



RESCUE UNION SCHOOL DISTRICT

"Educating for the Future Together"

2390 Bass Lake Road • Rescue, CA 95672

(530) 677-4461 • FAX (530) 677-0719

www.rescueusd.org

Getting Ready for Kindergarten (K) A Family Checklist for Incoming Kindergarten Students

We're excited to welcome your child to Kindergarten this August! While our classrooms are warm, nurturing, and full of joyful learning experiences, Kindergarten is not a play-based environment. Families should expect an age-appropriate level of structure, routine, and academic readiness as part of the school day.

Our Kindergarten program balances exploration and hands-on activities with early skill development in language, math, social-emotional growth, and independence. Below is a list of helpful skills and habits that support a confident transition into K. Every child develops at their own pace—this list is simply a guide to help you prepare your child for the exciting year ahead.

1. Social & Emotional Readiness

- ☐ Can separate easily from parents or caregivers at drop-off
- ☐ Takes turns, shares materials, and cooperates in small groups
- ☐ Manages and can name basic feelings and needs using words or by asking an adult for help
- ☐ Demonstrates kindness, empathy, and respect for others
- ☐ Wins and loses gracefully
- ☐ Listens and follows two- or three-step directions
- ☐ Listens to a short story without interrupting
- ☐ Understands the adults they will interact with on campus (teachers, principal, staff) and knows they are safe people to go to for help
- ☐ Understands that it's okay to go to the nurse if they do not feel well and that they will not be getting shots
- ☐ Shows curiosity and a positive attitude toward learning

2. Independence & Self-Management

- ☐ Bathroom skills – student does not wear a pull-up get on and off the toilet without assistance, wipe effectively and with an appropriate amount of toilet paper, flush without fear, pull up and button/snap pants, keep bathroom/stall door shut while in use, keep clothes on until door is closed
- ☐ Wash hands, wipe face, and blow nose, (cough, sneeze into elbow)
- ☐ Takes care of personal belongings (coat, backpack, lunchbox)
- ☐ Opens food containers and manages lunchtime tasks, can drink from a cup/container
- ☐ Follows simple classroom routines (lining up, cleaning up)

3. Early Language & Literacy

- ☐ Recognizes and can write first name using correct letter case
- ☐ Recognizes most uppercase and some lowercase letters
- ☐ Identifies the beginning sound in familiar words
- ☐ Holds a book correctly and knows that text moves left to right
- ☐ Recognizes some common sight words (e.g., "the," "and," "is")

4. Early Math & Number Sense

- ☐ Counts to at least 20 and recognizes numbers 0–10
- ☐ Understands that numbers represent quantities (“5” means five things)
- ☐ Can compare small groups (more/less/same)
- ☐ Recognizes and names basic shapes and colors
- ☐ Sorts, classifies, and patterns objects by size, color, or type
- ☐ Understands position words (over, under, next to, behind)

5. Fine & Gross Motor Skills

- ☐ Holds a pencil, crayon, or marker with correct finger grip
- ☐ Cuts along lines or around shapes using child scissors
- ☐ Draws simple pictures and basic shapes (circle, square, triangle)
- ☐ Can run, jump, hop, and skip with balance and coordination
- ☐ Catches, throws, or kicks a ball with reasonable control

6. Thinking, Curiosity & Problem-Solving

- ☐ Asks questions about how things work or why things happen
- ☐ Tries different ways to solve problems before asking for help
- ☐ Stays focused on a task for 10–15 minutes
- ☐ Takes pride in completing work and learning new things

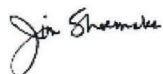
7. Family Tips for Readiness

- ☐ Read with your child daily and talk about stories and pictures
- ☐ Practice name writing, counting, and letter sounds in fun ways
- ☐ Encourage independence through chores and daily routines
- ☐ Provide opportunities for play with other children
- ☐ Talk positively about Kindergarten and what to expect

If, after reviewing this list, you notice that your child is missing *several* of these readiness skills, it may be a sign that they could benefit from additional support before the start of school. While children grow and develop at different rates, these foundational skills are important for a successful transition into a Kindergarten classroom, where routines, independence, and early academic learning are an expectation and part of the daily experience.

If you have concerns about your child’s readiness—or if many of these boxes are difficult to check—please reach out to our school staff. We want to partner with you early, discuss any questions you may have, and work together to ensure your child begins Kindergarten with confidence and the support they need.

We can’t wait to see your child’s bright smile on the first day of Kindergarten! For questions or additional resources, please contact your school office or visit our TK/K resource website which can be found at www.rescueusd.org [click on Registration and then click on Transitional Kindergarten (TK)/Kindergarten (K)]



Jim Shoemaker, Superintendent, Rescue Union School District