Kindergarten Round-Up

Wednesday, February 19, 2025

Most of what I really need to know about how to live, and what to do, and how to be, I learned in Kindergarten.

Robert Fulghum

All I Need to Know I Learned in Kindergarten

Meet our office staff!

Principal. . . Valerie Douglass
Assistant Principal. . . Erica Villarreal
Office Manager. . . Barbara Doran
Attendance Clerk. . . Nicola Hill
School Clerk 1 … Paige Church
LVN … Erin Stewart

Meet our 24/25 Kinder Teachers

Janet Bentley

Avonnette Bruce

Pleasance Conrady

Erin Pasqualetto

Is my child ready for Kindergarten?

- Child must be five years old by September 1, 2025

- School Readiness is most important in ensuring your child has a successful school career:
  - Personal Habits, Skills
  - Motor Development
  - Speech, Attention, Social

  **If unsure wait –
  Kindergarten is extremely academic now!

✔ Info on www.capousd.org website

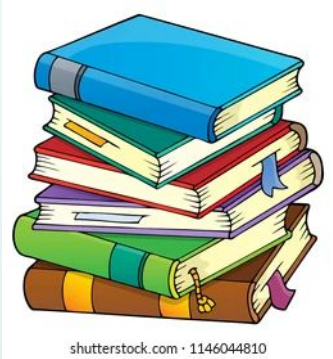
Life Skills

Students should be practicing these skills prior to coming to kindergarten:

- ✔ Tying shoes
- ✔ Zipping, snaps, buttons
- ✔ Taking care of own needs when coughing/sneezing
- ✔ Washing hands
- ✔ Carrying own tote bag (materials)

What are we going to learn?

All subjects are taught throughout the Kindergarten day



Language Arts
Math
Health/Science
Social Studies
Physical Education
Art, Tech & Music

All materials utilized are CUSD adopted and meet California guidelines and regulations.

Kinder Pre-Assessments

Monday, June 9th 8:00am – 3:00pm
(Lunch/closed 11:45 – 1:00)

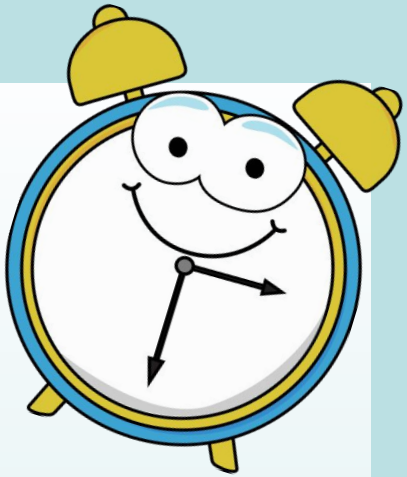
- Absolutely Free!
- Gives your child a head start
- Visit our website to sign up!

Kindergarten Kickoff

- Instructor: Avonnette Bruce
- Designed to give your child a boost of confidence as he/she enters kindergarten, this class will give children the opportunity to learn some interactive games and the kindergarten playground rules, as well as the chance to eat a snack at school. In addition, your child will become comfortable with the kindergarten setting and establish leadership skills that he/she will benefit from for the entire kindergarten year.
- Please visit www.saddleback.edu/ce to register.

Location	Class Start Date	Class End Date	Daily Class Times	Tuition Fee	Material Fee	Class ID
Oso Grande Elementary School	7/28/25	7/31/25	Mon-Thu 8:00-10:00 am	$150.	$10	TBA
Oso Grande Elementary School	7/28/25	7/31/25	Mon-Thu 10:30–12:30 pm	$150.	$10	TBA

What is the Kindergarten Schedule Under Normal Conditions?



Full day Kindergarten

8:00 am start

20 minute recess

40 minute lunch

20 minute recess (not on Wednesdays)

2:10 pm dismissal (12:55 pm on Wednesdays)

When is the first Day of School?

First Day of School :

Tuesday, Aug. 19th

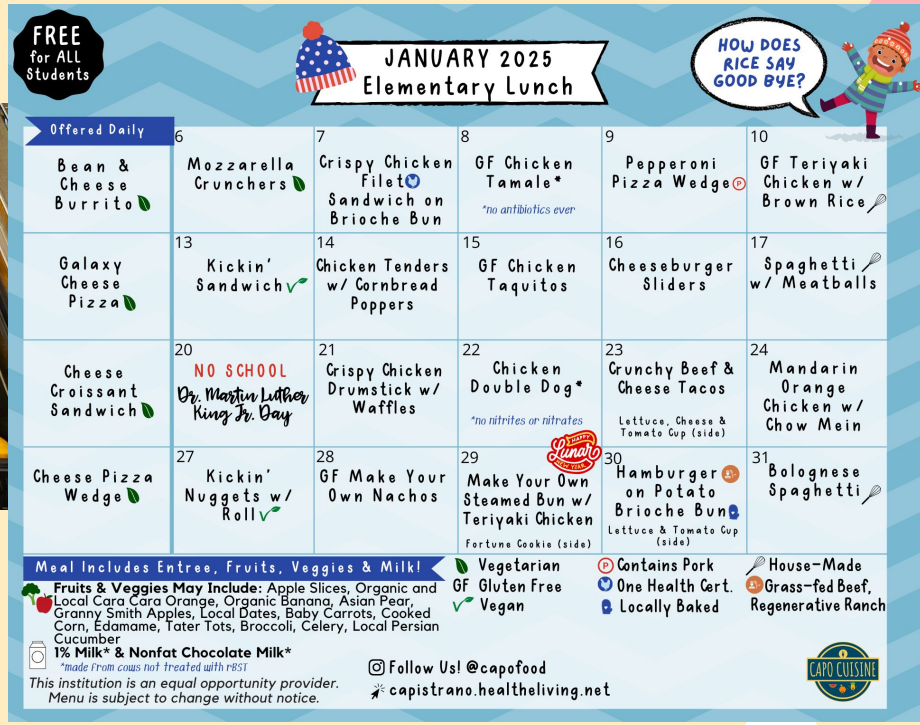
Kindergarten Parent-Child Orientation (Parents stay!)

8:30 – 9:45 am

Families will be notified of Teacher placement on Monday, August 18th by signing into their Parent Portal

CUSD Food & Nutrition Services

- Breakfast and lunch are available to **ALL** students at CUSD for **FREE**.
- Meals follow regulations from the **Healthy Hunger Free Kids Act** and include whole grains, protein, fruits, veggies, and milk.



FREE for ALL Students

JANUARY 2025
Elementary Lunch

HOW DOES RICE SAY GOOD BYE?

Offered Daily	6	7	8	9	10
Bean & Cheese Burrito	Mozzarella Crunchers	Crispy Chicken Filet Sandwich on Brioche Bun	GF Chicken Tamale* *no antibiotics ever	Pepperoni Pizza Wedge (P)	GF Teriyaki Chicken w/ Brown Rice
Galaxy Cheese Pizza	13 Kickin' Sandwich	14 Chicken Tenders w/ Cornbread Poppers	15 GF Chicken Taquitos	16 Cheeseburger Sliders	17 Spaghetti w/ Meatballs
Cheese Croissant Sandwich	20 NO SCHOOL Dr. Martin Luther King Jr. Day	21 Crispy Chicken Drumstick w/ Waffles	22 Chicken Double Dog* *no nitrites or nitrates	23 Crunchy Beef & Cheese Tacos Lettuce, Cheese & Tomato Cup (side)	24 Mandarin Orange Chicken w/ Chow Mein
Cheese Pizza Wedge	27 Kickin' Nugget w/ Roll	28 GF Make Your Own Nachos	29 Make Your Own Steamed Bun w/ Teriyaki Chicken Fortune Cookie (side)	30 Hamburger on Potato Brioche Bun Lettuce & Tomato Cup (side)	31 Bolognese Spaghetti

Meal Includes Entree, Fruits, Veggies & Milk!

Fruits & Veggies May Include: Apple Slices, Organic and Local Cara Cara Orange, Organic Banana, Asian Pear, Granny Smith Apples, Local Dates, Baby Carrots, Cooked Corn, Edamame, Tater Tots, Broccoli, Celery, Local Persian Cucumber

1% Milk* & Nonfat Chocolate Milk*
*made from cows not treated with rBST

Vegetarian
GF Gluten Free
Vegan

(P) Contains Pork
One Health Cert.
Locally Baked

House-Made
Grass-fed Beef, Regenerative Ranch

This institution is an equal opportunity provider. Menu is subject to change without notice.

Follow Us! @capofood
capistrano.healtheliving.net

CAPO CUISINE

Eat Real Certified

CUSD is **Eat Real** certified. Awarded to districts for promoting healthy food practices focusing on fresh, minimally processed, and locally sourced food.

Organic and locally grown magenta dragon fruit!

Eat Real

CUSD is the FIRST district in southern CA to receive certification!

Education Benefit Form

- Submit an **Education Benefit Form** to see if your family qualifies for benefits.
- Submit yearly starting in August.
- Questions? **949-234-9509.**

MAKE A DIFFERENCE FOR YOUR FAMILY & YOUR SCHOOL!

THE EDUCATION BENEFIT FORM:

BENEFITS YOUR FAMILY

- Free Chromebook coverage
- Discounted bus passes
- Discounted before & after school enrichment programs
- Discounts and fee waivers for college applications and admission tests
- Discounts and fee waivers for Advanced Placement (AP) tests
- Discounts on internet, electric, gas, and cell phone services

BENEFITS YOUR SCHOOL

- Provide increased funding through the Local Control Funding Formula
- Fund support staff
- Fund computers & technology
- Fund career tech programs
- Discounted internet costs to district
- Provide grants to improve school meal quality

NEW WEBSITE SCHOOLCAFE

APPLY TODAY!

Complete an Education Benefit Form EVERY School Year for Continued Benefits!

✓ Fill out one form per family ✓ Have your student's 7 digit ID #

✓ Apply online for 24 hour turnaround schoolcafe.com/CAPOUSD

✓ Paper forms available upon request & process in 10 business days

Frequently Asked Questions

- **My student has a food allergy - what do I do?**
  - Submit a Medical Statement to Request Special Meals. Must be signed by physician, physician assistant or nurse practitioner. Available at capistrano.healtheliving.net ****Notes in Aeries are NOT used by Food & Nutrition****

- **We are a vegetarian family - what do I do?**
  - Vegetarian options are available daily and are indicated on the menu.

- **Our family does not eat pork - what do I do?**
  - Few items contain pork and are indicated on the menu. Ⓟ

Food & Nutrition Services Contact Information:

949-234-9509

Capistrano.healtheliving.net

CapoFood

Oso Grande YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2025 - 2026

Kinder Plus and Extended Child Care

6:45 AM to 6:30 PM

Before and after school care

On site

Fee based

Phone (949) 388-0631

Sean Phillips – Director

Phone: 949-388-0631

Email: sphillips@ymcaoc.org

Please feel free to contact myself or the front office for any questions!

At what age can we start?

Eligible Age for Kindergarten

5 years old on or before
September 1, 2025

Eligible Age for First Grade

6 years old on or before
September 1, 2025

I'm ready! Sign me up!

- Registration begins online via the link on the Oso Grande website.
  - Click on the "School Information " link and then click on "Registration Information"

- Print out documents and bring to school site beginning **Thursday, February 20th through Friday, April 4th from 8:30-2:30 pm** when school is in session.

Please bring ALL required documents to the office:

- AIR online registration - last page requires a signature
- Home Language Survey
- Kindergarten Profile
- Verification of residency -copy of a recent mortgage statement/rental agreement **and** copy of recent utility bill - gas, electric or water
- Birth Certificate
- Child's complete immunization record
- Oral Assessment (NOT required at time of registration)

Students currently attending TK within the school district do NOT need to register for Kindergarten, they will automatically rollover to their school of residence

Additional Information

- Please arrive to school on time. If arriving late, students must be checked in at the front office in order to update their attendance.

- A government issued picture i.d. is required to sign a student out early. If another person will be picking up your child, they must be listed under your child's emergency contact information as well as have their government issued picture i.d.

- Our campus is a closed campus during school hours.

- All visitors/volunteers must enter through the office, sign in/out with their government issued photo i.d. and wear a volunteer/visitor sticker while on campus.

- Please label your kiddo's belongings! Our Lost n' Found overfloweth!

Oso Grande ES and Your Child's Health
Oso Grande ES y la salud de su hijo

Kindergarten Orientation
Orientación de Kindergarten

Health at School
La salud en la escuela

When to keep your child home
Cuándo debe quedarse su hijo en casa

- Temperature of 100.4
  Temperatura de 100.4
- Vomiting and/or diarrhea
  Vómitos y/o diarrea
- Undiagnosed rash
  Sarpullido no diagnosticado
- Unusually red eyes with drainage (not allergy related)
  Ojos anormalmente enrojecidos con secreción (no relacionados con la alergia)
- Other symptoms of illness/ cold symptoms (cough, sore throat, congestion, etc.)
  Otros síntomas de enfermedad o de resfriado (tos, dolor de garganta, congestión, etc.)

Medication at School
Medicamentos en la escuela

- Requires doctor's order/parent consent form
  Requiere la orden de un médico o un formulario de consentimiento de los padres
- Should be dropped off by parent to front office
  Debe ser entregado por los padres a la oficina de la escuela
- Must be in original container with pharmacy label
  Debe estar en el envase original con la etiqueta de la farmacia
- Kept in a locked cabinet in the health office
  Guardado en un gabinete cerrado con llave en la enfermería de la escuela

Kindergarten Oral Health Assessment

Evaluación de la salud dental al ingresar a kindergarten

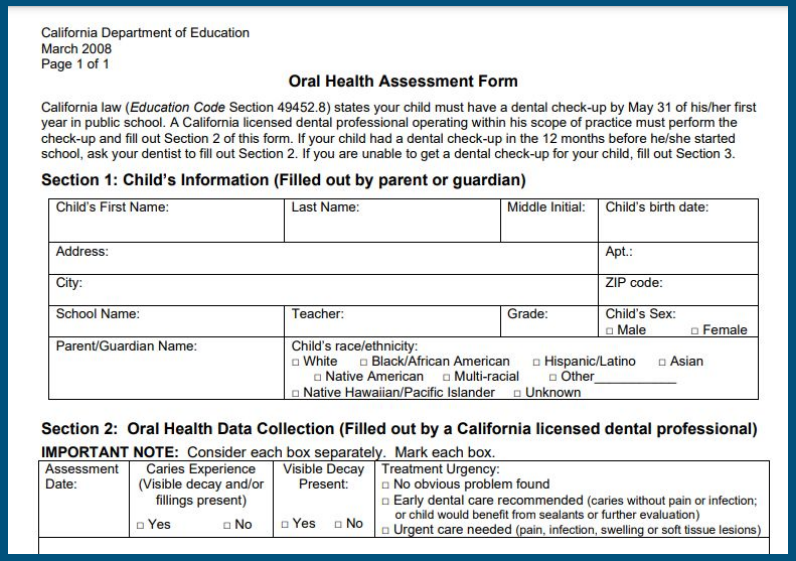
Complete before May 31, 2026

Completar antes del 31 de mayo de 2026

California law requires that the oral health assessment be completed by May 31 in either Kindergarten or 1st grade, whichever is your child's first year in public school (*Ed. Code* Section 49452.8)
La ley de California exige que la evaluación de la salud dental sea completada antes del 31 de mayo, ya sea en Kindergarten o en primer grado, cualquiera que sea el primer año que su hijo curse en una escuela pública (Código de educación, sección 49452.8)

Assessments that have happened within 12 months before your child enters school also meet this requirement.
Las evaluaciones efectuadas en los 12 meses anteriores al ingreso del niño a la escuela también cumplen este requisito.

Blank form is in kindergarten packet
El formulario en blanco está en el paquete de kindergarten



California Department of Education
March 2008
Page 1 of 1

Oral Health Assessment Form

California law (*Education Code* Section 49452.8) states your child must have a dental check-up by May 31 of his/her first year in public school. A California licensed dental professional operating within his scope of practice must perform the check-up and fill out Section 2 of this form. If your child had a dental check-up in the 12 months before he/she started school, ask your dentist to fill out Section 2. If you are unable to get a dental check-up for your child, fill out Section 3.

Section 1: Child's Information (Filled out by parent or guardian)

Child's First Name:	Last Name:	Middle Initial:	Child's birth date:
Address:			Apt.:
City:			ZIP code:
School Name:	Teacher:	Grade:	Child's Sex: ☐ Male ☐ Female
Parent/Guardian Name:	Child's race/ethnicity: ☐ White ☐ Black/African American ☐ Hispanic/Latino ☐ Asian ☐ Native American ☐ Multi-racial ☐ Other_____ ☐ Native Hawaiian/Pacific Islander ☐ Unknown		

Section 2: Oral Health Data Collection (Filled out by a California licensed dental professional)

IMPORTANT NOTE: Consider each box separately. Mark each box.

Assessment Date:	Caries Experience (Visible decay and/or fillings present)	Visible Decay Present:	Treatment Urgency:
	☐ Yes ☐ No	☐ Yes ☐ No	☐ No obvious problem found ☐ Early dental care recommended (caries without pain or infection; or child would benefit from sealants or further evaluation) ☐ Urgent care needed (pain, infection, swelling or soft tissue lesions)

Immunizations
Vacunas

- Students must be fully immunized before entering kindergarten

  Los estudiantes deben estar completamente vacunados antes de entrar a kindergarten

- You must show proof of immunization when registering your child

  Debe presentar la prueba de vacunas cuando inscriba a su hijo

- Exceptions include a permanent medical exemption or a temporary medical exemption- Updates to requirements January 1, 2021

  Las excepciones incluyen una exención médica permanente o una exención médica temporal- Actualización de los requisitos del 1 de enero de 2021

Kindergarten Immunization Requirements
Requisitos de vacunas para el Kindergarten

Polio *Polio*	DTAP *Difteria, tosferina y tétano*	MMR *Sarampión, paperas y rubeola*	Hep. B *Hepatitis B*	Varicella *Varicela*
4 Doses/*dosis*	5 Doses/*dosis*	2 Doses/dosis	3 Doses/dosis	2 Doses/dosis
3 doses ok if one dose was given on or after fourth birthday *3 dosis, si una se ha administrado durante o después del cuarto cumpleaños*	4 doses ok if one dose was given on or after fourth birthday *4 dosis, si una se administró en el cuarto cumpleaños o después*	Must be given on or after first birthday *Debe administrarse en o después del primer cumpleaños*		

Regarding Medical Exemptions for Immunizations

Respecto a las exenciones médicas para las vacunas

- The California Immunization Registry Medical Exemption web site is a secure site for physicians to issue and manage standardized medical exemptions for children in school or child care. Parents use the same site to request medical exemptions from vaccination for their children. Schools and child care facilities can monitor and get updates for medical exemptions issued for children in attendance. The school will not be able to print a copy of the actual medical exemption so it still must be printed by the Physician's office and delivered to the school.

- *El sitio web del Registro de Vacunas de California para exenciones médicas es un sitio seguro para que los médicos emitan y gestionen exenciones médicas estandarizadas para los niños que asisten a la escuela o a centros de cuidado de niños. Los padres utilizan este mismo sitio para solicitar exenciones médicas de vacunas para sus hijos. Las escuelas y los centros de cuidado de niños pueden controlar y obtener actualizaciones de las exenciones médicas emitidas para los niños que asisten a dichos lugares. La escuela no puede imprimir una copia de la exención médica real, de manera, que deberá ser impresa por el consultorio médico y presentada en la escuela.*

  Visit/*visite* https://cair.cdph.ca.gov/exemptions/home for more information/*para obtener más infomación*

Hearing and Vision
Audición y visión

- Students will have their hearing and vision screened in kindergarten

  A los estudiantes se les examinará la audición y la visión en el kindergarten.

- This is a state mandated requirement

  Este es un requisito exigido por el Estado

- Subsequent screenings are done in 2nd, 5th and 8th grade

  Se realizan exámenes posteriores en 2.º, 5.º y 8.º grado

Specialized Health Needs
Necesidades de Salud Especializadas

Action Plans
Planes de Acción

- Food Allergy Action Plan / *Plan de acción para las alergias alimenticias*
- Insect Allergy Action Plan / *Plan de acción para las alergias a los insectos*
- Asthma Action Plan / *Plan de acción para el asma*

Forms are available from school health office
Los formularios están disponibles en la enfermería de la escuela

Contact district nurse for other medical needs or accomodations

Comuníquese con la enfermera del distrito para otras necesidades médicas o adaptaciones

Who is in the Health Office?

8:00-2:30pm

Erin Stewart, LVN

ermstewart@capousd.org

949-234-5966 press 3

We look forward to supporting your child!
¡Nos complace poder ayudar a su hijo

Jenny Freije, District Nurse

Oso Grande PTA *LOVES* our Kindergarten Parents!

Diana Weber

2025-2026 PTA President

PTA = Parents & Teachers working together to enrich our school community.

We would love for <u>you</u> to be involved in <u>ANY</u> way you can!! No experience necessary!

Several ways to get involved…

Become a PTA member! • Become a Volunteer! • Make a Donation!

*

How Do Your PTA Donations Impact Our School?

+

Fundraisers

Donations

Volunteering

=

School Field Trips ● School Assemblies ● Librarian & Library Improvements ● Art Masters Program ● Science Fair & Programs ● 2 STEAM Labs ● Technology Support & Chromebooks ● Family Fun Nights ● School/Safety Improvements ● Grizzly Spirit Wear ● Social/Emotional Learning Support ● Yearbook ● Literacy Day ● Red Ribbon Week ● Fun Fridays ● All Abilities Day ● …and more!

Check Out **www.osograndepta.com** for more info!

WHAT DOES THE PTA DO?

PTA Supported Programs & Events

- Arts (Art Masters)
- Literacy Week
- Assemblies
- Field Trips
- Library Books
- SEL
- Staff Appreciation
- All Abilities Day
- Celebration Book Club
- School Improvements/Safety
- Fun Fridays/Game Gallery
- Teacher Reimbursement & Grants
- Spirt Wear
- Book Fair
- Family Fun Nights
- Science Fair
- Red Ribbon Week
- Reflections
- Yearbook
- and much more!

Stay in Touch...

(The PTA will primarily communicate electronically to save resources.)

PTA NEWS

Check your email:
The PTA Newsletter is emailed every Monday

Visit Us:
www.OsoGrandePTA.com

Email Us:
info@osograndepta.com

Follow Us:
Oso Grande Elementary PTA

Follow Us: (Like & Comment)
Oso_Grande_PTA

OSO GRANDE PTA NEEDS YOU!

JOIN

Visit www.OsoGrandePTA.com to join the PTA. Annual dues are **$16 per membership**. Membership does not require volunteer commitment. Individual level of involvement is completely voluntary.

DONATE

The Oso Grande PTA continues to fund and manage many of the programs and initiatives that are part our school. The PTA funds $250 per student each year to make these programs happen for your students. Your financial support is needed and much appreciated.

BENEFITS

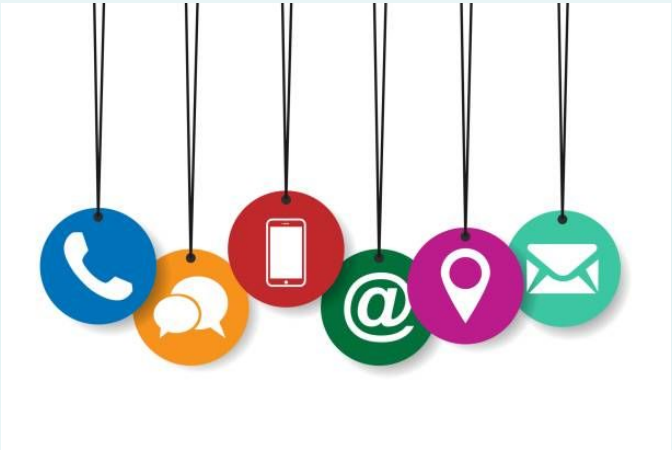
As a PTA member you will be even more connected to the Oso Grande community. You will have opportunities to share your ideas with other parents with similar interests and goals. And you, together with others will be making a positive impact on our school and the education of your child.

How can I stay informed?

- School Messenger emails
- Recorded phone calls
- School website
- Classroom websites
- Room parent emails
- PTA website
- Instagram, Facebook, Twitter ☺

How can I contact my school?

- **Main Line** (949) 234-5966
- **Reporting An Absence** (949) 234-5938
- **Office Manager** bjdoran@capousd.org
- **Attendance/Enrollment** nthill@capousd.org
- **LVN** ermstewart@capousd.org



Thank you! We look forward to seeing you soon!