



Welcome Sunflower Kindergarten Families:

It is with great joy and excitement that I look forward to this coming school year. We will be learning, growing and playing together in the kindergarten at our beautiful school site.

For those of you I have not yet met, let me introduce myself. I have been involved with Waldorf Education since 1987, and I completed my Waldorf Early Childhood training at the Rudolf Steiner College in Sacramento in 1992. I went on later to complete my Montessori infant-toddler training in 2007. My husband and I were one of the founding families of the Desert Marigold Waldorf School in Phoenix, twenty years ago. We have an 8 1/2 year old daughter, Acacia, who will be in the third grade here at Mountain Oak. Our family has been actively involved with the Mountain Oak School community for the last four years.

As you may know the Waldorf Kindergarten approach works with the daily, weekly and seasonal rhythm throughout the year. We will begin creating our own school rhythms with watercolor painting, baking, modeling, storytelling, singing, gardening, woodworking and nature walks as we make new friends. There are many wonderful festivals that we will celebrate throughout the school year. I welcome you to share any that are special to your family with our class, thereby enriching all of us.

As summer draws to its close there is an excitement in the air that school will soon begin. The first day of school is **Tuesday, August 21st**. Enclosed please find some helpful hints and a supply list for what you will need for the first day of school, as well as a personal family history form that we can go over in more detail in person. Please take time to read the newly revised Kindergarten handbook, available online at our website at www.mountainoakschool.org. In an effort to promote easier communication please sign up through our website, to receive our weekly newsletter 'the Tuesday'. I also invite you to join us on **Saturday, August 18th** at 10:00 am for a family workday to prepare our classroom and site. This will be a nice chance to work and play together before school begins.

There are many practical needs throughout the school year such as weekly laundry, shopping, joining us for our regular walks, class parent and PA representative, helping with the festivals, repairs and sewing just to name a few. Let me know if you are interested in helping with any of this work, and mark your calendar for **Thursday, August 30th** for our first parent evening!

Again, I look forward to a wonderful year and the chance to learn, grow and play together as we are all a part of the Mountain Oak School's Waldorf community!

Ms. Gena Hahn

Mountain Oak School
Sunflower Kindergarten
Helpful hints for the beginning of kindergarten
2012-2013

- Each child will have their own cubbie/hook in which to store their belongings. In the Kindergarten we do a lot of rigorous activity and we often get dirty, so please bring a full set of extra clothing, a sun hat and also water/mud boots. For inside the classroom we ask that the children wear soft well-fitted slippers. Please see that your child's name is on all of their belongings for these items will remain at school until needed. The kindergarten parent handbook, available via our new website, has more details or you may speak to me if you have any questions.

- Daily we will provide a healthy mid-morning snack of grains served with fruits and nuts or vegetables and also tea or water. We try to use organic ingredients as much as possible! Please let me know if there are any special dietary concerns we need to be aware of for your child. We will do our best to make any special arrangements to honor your family's request. Please, also bring a water bottle with your child's name on it.

- We highly recommend that your child does not have any television, computer-screen time, or any other overly stimulating media, especially in the morning before school. In fact, it is the school's view that little or none at all is best. I would be glad to discuss alternatives if this is a concern, so we can make this transition easier.

Finally, I encourage you to take a moment to look through the parent handbook for more information about school routine and daily rhythms. If you have any questions or concerns please feel free to speak to me. I will be available right after school daily or you may contact me via my school email address <ghahn@mountainoakschool.org>, or I can be reached at school, (928) 541-7700. I will contact you to arrange for a home visit or to set a time when we can connect so that I may learn about your child i.e.: their birth, any nutritional concerns, favorite play things, siblings etc...

It is going to be a wonderful year and I look forward to getting to know your child and your family!

Ms. Gena

Mountain Oak School
Sunflower Kindergarten
Supply List

2 boxes of Kleenex

1 ream of recycled white copy paper

1 bag of cough drops (Ricola or other natural kind)

1 box of band-aids

2 glue sticks

1 bottle of liquid glue

~ please put your child's name on these personal items ~

Full set of extra clothing

Sun hat

Soft soled inside slippers/shoes

Water bottle

Mud/snow boots and warm winter hat when the season changes

Mountain Oak School
Sunflower Kindergarten
Child & Family History 2012-13

Personal History

Child's name _____

Date and place of birth _____

Child's birth order (first born, last, middle etc.) _____

Siblings (names and ages) brothers _____

sisters _____

Please describe child's relationship with siblings _____

Briefly describe the pregnancy: _____

Hospital or home birth? _____

Was the child born early, on time or overdue? _____

Briefly describe the birth _____

Weight at birth _____ Was your child breast or bottle fed? _____

For how long? _____

Development History

At what age did your child crawl? _____ Teethe? _____

Walk? _____ Speak? _____

What were your child's first sounds, words? _____

When did your child confidently say "I" in reference to oneself? _____

When was your child toilet trained? _____

Does your child wet the bed? _____

What childhood illnesses (if any) has your child had? _____

Has your child had any serious accidents? _____

Describe any allergies (past or present) _____

Describe any habits (thumb sucking, nail biting, hair twisting etc.) _____

Please give an evaluation of your child's present physical health _____

Describe any special needs or areas of concern _____

Briefly describe your child's temperament (i.e. sunny, serious, contented, leader)

How does your child express adversity? (easily frustrated? angered? calm?)

What are your child's special interests? _____

Favorite pastimes? _____

Home and Family Rhythm

When is your child's bedtime? _____ wake up? _____

Describe how your child awakens (dreamy, cheerful, crabby etc.) _____

Describe how your child goes to sleep (ritual) _____

Does your child nap daily? & how long? _____

How is discipline handled in the home? _____

What is your family food orientation? _____

What foods does your child like most? _____

What are your child's comfort foods if different from above? _____

What foods does your child like least? _____

Do you prefer your child to avoid any foods? _____

Average number of hours of TV., VCR viewed daily _____

Favorites: _____

Average number of movies viewed per month: _____

Favorites: _____

What are your views about TV. for children? _____

Does your family have any pets? _____

Does your child have any imaginary playmates? _____

Does your child initiate own play? _____

What language(s) are fluently spoken in the home? _____

Is there any pertinent personal (family) information you feel the teachers should know?