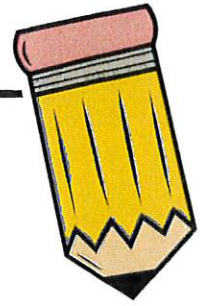


# welcome to kindergarten



## HELLO THERE!

It is my pleasure to welcome you to Kindergarten! This will be a wonderful year of learning and fun, not to mention an incredible year of change. You will be amazed as you watch your child bloom as a friend, reader, writer, mathematician, scientist and so much more!

Thank you for entrusting me with your child's education and care this year. My goal is to create a safe, nurturing and engaging classroom where every student feels valued and encouraged to grow. I look forward to partnering with your family and getting to know each of you. See you at orientation.



## WHAT TO EXPECT

Kindergarten is a transition big transition year! Here are some things to expect:

1. No naps
2. Students must be in the classroom no later than 8:15am
3. Lunches and Before/After Care are not included in tuition.
4. Students are required to wear a uniform each day.
5. Students must bring in their own snack each day.

**WISHLIST: [HTTPS://WWW.TARGET.COM/GIFT-REGISTRY/GIFT/KARAS-KINDERGARTENE](https://www.target.com/gift-registry/gift/karas-kindergartene)**

## ABOUT MS. KARA

I am an alumni of First Lutheran and could not wait to come back to a school that has brought me so much joy! I have been at FLS for 13 years and have been teaching Kindergarten for 3 years. I am the mother of an amazing son and have 2 dogs, a cat and a bearded dragon.



# Kindergarten

## School Supply List

- 1 clear front binder 2 inches (any color)
- 2 boxes of 24 count Crayola crayons
- 2 boxes of 24 count colored pencils
- 4 small Elmer's glue sticks
- 2 packs of wide tip classic color Crayola markers
- 24 count #2 lead pencils
- 2 count black sharpies
- 4 count colored sharpies
- 2 folders (any design) for homework
- 1 pair of child scissors
- 1 pack of index cards
- 1 pack of Expo Markers (any color)
- 1 pack of stickers
- 2 sets of Crayola watercolor paint sets
- 1 backpack (*school size: can fit lunchbox & homework folder*)
- 1 water bottle
- 1 pair of wired headphones
- 1 complete change of uniform clothes to leave at school
- 4 pack of baby wipes
- 2 boxes of Kleenex
- 2 pack of paper towels
- 3 pack of clorox wipes (or similar)
- 1 bottle of sanitizing spray

# Getting Ready for Kindergarten

Dear Parents,

For many students, this time can be a huge adjustment. Here are a few skills to work on before the big day!

- Encourage your children to observe and talk about their experiences.
- Read to your child every day. Reading builds vocabulary, creates a shared experience and exposes your child to print concepts that will help them in reading.
- Praise and encourage personal independence. Have them dress themselves, have them help pack for a trip or make a shopping list. Have them help out around the house.

**I would love for your future Kindergartener to know:**

- **Their first and last name**
- **Their parents REAL name. (mom= Shirley)**
- **How to write their first name with a capital first letter and lower case letters after.**
- **How to count to 20 verbally and recognize 1-10 visually.**
- **The basic shapes: circle, square, rectangle, rhombus, oval, star and heart.**
- **The basic colors: red, orange, yellow, green, blue, purple, pink, black, white and grey.**
- **Match most letters to their sounds.**
- **Identify most upper and lower case letters**
- **Be able to give you a sequence of events after reading or watching a story/movie (beginning, middle, end)**
- **Be able to communicate feelings: "I am upset because he took my toy." "I am angry because I had to eat peas."**

# Kindergarten Reading Log

Please write down what you have read over the summer!

There are so many fun books to discover!

If you complete at least 10 and return it to me at the beginning of the year, you will get a PRIZE!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_



# WELCOME TO PE/ATHLETICS

Howdy y'all!

I am excited to be here for my third year at First Lutheran and my 16<sup>th</sup> year coaching and teaching. I teach PE and I am also the Athletic Director.

## Important things to know about PE

- Please wear tennis shoes on PE days.
- 5th-8<sup>th</sup> grade students have the option to change into athletic clothes.
- Proper athletic clothes: First Lutheran shirt, shorts that are mid-thigh or longer in length, and jogger pants. Leggings can be worn, but must have a shirt that covers their bottom without pulling down their shirt. All students must change back into uniform attire at the end of PE.
- All students must participate in daily activities.
- If your student cannot participate in PE or athletics for any reason, please send me an email or a doctor's note with instructions.
- We do fitness testing
- Field Day for K-8 is on May 14, 2027
- Participate, have fun, and find a lifetime activity you love!

## Athletic Activities for Students

A sports physical is required for some sports activities. Please have sports physical done before sports season begins. Sports physical forms can be found in the school office or table across from the school office.

Volleyball, Basketball,  
Cheer, and Soccer: Grades  
5th-8th

\*Needs an athletic physical on file.

Pep Squad: Grades 1st-4th  
Little Lions: Grades 1st-4th

Cross Country: Grades 3rd-8<sup>th</sup> grade

\*Needs an athletic physical on file.

\*\* Sports activities available are subject to change if we do not meet the numbers needed to play that sports activity.

## Contact Me

Email: [athletics@firstlutheranschool.com](mailto:athletics@firstlutheranschool.com)

Phone: (865) 524-0308



# WELCOME TO PE/ATHLETICS

## Important Athletic Dates

- Aug. 6, 2026- First day of volleyball practice
- Aug. 7, 2026- First Day of cross Country practice
- Aug. 10, 2026- Volleyball and Cross Country parent meeting
- Aug. 22, 2026- Germanfest
- Sept. 28- Oct. 2, 2026- Volleyball End of Season Tournament
- Oct. 3, 2026- Cross Country Area Championships
- Oct. 24, 2026- Cross Country State Championships
- Oct. 12, 2026- First Day of basketball, cheer, and pep squad practices for boys and girls
- Oct. 20, 2026- Basketball and Cheer parent meeting
- Oct. 27, 2026- pep squad parent meeting
- Jan. 15- 17, 2027- Lutheran Basketball Tournament at St. Stephens Lutheran School- Hickory, NC
- Feb. 1-5, 2027- Basketball End of Season Tournament
- Feb. 8- March 5, 2027- Little Lions Basketball
- Feb. 16, 2027- Little Lion parent meeting
- Feb. 16- April 30, 2027- MS Soccer Season
- May 14, 2027- Field Day K-8<sup>th</sup> grades

### Contact Me

Email: [athletics@firstlutherschool.com](mailto:athletics@firstlutherschool.com)

Phone: (865) 524-0308