



**Welcome to Kindergarten
Round-Up at
Chaparral Elementary
2022-2023**

MISSION: To ensure all students become contributing members of society, empowered with skills and knowledge necessary to excel in a changing world.



Welcome Future Chaparral Champions!

Your incoming Kindergarten children
are members of the high school
graduating class of the year:

2035



Agenda

- ➔ Welcome & Chaparral Overview
- ➔ Health Information
- ➔ CUSD Food & Nutrition
- ➔ YMCA
- ➔ PTA
- ➔ Kindergarten registration process (5 years old on or before September 1, 2022)
- ➔ Overview of Kindergarten Program



Meet the Office Staff

- ➔ Principal – Melissa Schaefer
- ➔ Assistant Principal – Dara Stephens
- ➔ School Counselor – Kristin Vizcaino
- ➔ Office Manager – Helen Larson
- ➔ Attendance Clerk – Joy Dinsmoor



About Chaparral

- ➔ Enrollment – 675 students in grades TK – 5
- ➔ Fee Based and State Funded Preschool
- ➔ Full-time Assistant Principal and Part-time Counselor
- ➔ PBIS (Positive Behavior Interventions and Supports) schoolwide
- ➔ Chromebooks (Preschool-5)
- ➔ After School YMCA Program
- ➔ Saddleback College After School Classes



School and Your Child's Health



Kindergarten Orientation



Health at School

When to keep your child home

- Temperature of 100.4
- Vomiting and/or diarrhea
- Undiagnosed rash
- Unusually red eyes with drainage (not allergy related)



Medication at School

- Requires doctor's order/parent consent form
- Should be dropped off by parent to front office
- Must be in original container with pharmacy label
- Kept in a locked cabinet in the health office





Report of Health Examination

Complete after February 17, 2021

CUSD recommends this be completed before entry into Kindergarten or 1st grade

Blank form is in kindergarten packet

Can be completed at same time as a well child visit

State of California—Health and Human Services Agency Department of Health Care Services
Child Health and Disability Prevention (CHDP) Program

REPORT OF HEALTH EXAMINATION FOR SCHOOL ENTRY

To protect the health of children, California law requires a health examination on school entry. Please have this report filled out by a health examiner and return it to the school. The school will keep and maintain it as confidential information.

PART I TO BE FILLED OUT BY A PARENT OR GUARDIAN

CHILD'S NAME—Last First Middle BIRTH DATE—Month/Day/Year

ADDRESS—Number, Street City ZIP code SCHOOL

PART II TO BE FILLED OUT BY HEALTH EXAMINER

HEALTH EXAMINATION
NOTE: All tests and evaluations except the blood lead test must be done after the child is 4 years and 3 months of age.

REQUIRED TESTS/EVALUATIONS	DATE (mm/dd/yyyy)
Health History	___/___/___
Physical Examination	___/___/___
Dental Assessment	___/___/___
Nutritional Assessment	___/___/___
Developmental Assessment	___/___/___
Vision Screening	___/___/___
Audiometric (hearing) Screening	___/___/___
TB Risk Assessment and Test, if indicated	___/___/___
Blood Test (for anemia)	___/___/___
Urine Test	___/___/___
Blood Lead Test	___/___/___
Other	___/___/___

IMMUNIZATION RECORD
Note to Examiner: Please give the family a completed or updated yellow California Immunization Record.
Note to School: Please record immunization dates on the blue California School Immunization Record (PM 286).

VACCINE	DATE EACH DOSE WAS GIVEN				
	First	Second	Third	Fourth	Fifth
POLIO (OPV or IPV)					
DtaP/dT/dT/dT/dTg (diphtheria, tetanus, and [acellular] pertussis) OR (tetanus and diphtheria only)					
MMR (measles, mumps, and rubella)					
MM (Meningitis) (Haemophilus influenzae B) (Required for child care/preschool only)					
HEPATITIS B					
VARICELLA (Chickenpox)					
OTHER (e.g., TB Test, if indicated)					
OTHER					

PART III ADDITIONAL INFORMATION FROM HEALTH EXAMINER (optional) and RELEASE OF HEALTH INFORMATION BY PARENT OR GUARDIAN

RESULTS AND RECOMMENDATIONS
Fill out if patient or guardian has signed the release of health information.

Examination shows no condition of concern to school program activities.

Conditions found in the examination or after further evaluation that are of importance to schooling or physical activity are: (please explain) _____

I give permission for the health examiner to share the additional information about the health check-up with the school as explained in Part III.

Please check this box if you do not want the health examiner to fill out Part III.

Signature of parent or guardian _____ Date _____

Name, address, and telephone number of health examiner _____

Signature of health examiner _____ Date _____

PM 171-A (08/07) (8/19/04) If your child is unable to get the school health check-up, call the Child Health and Disability Prevention (CHDP) Program in your local health department. If you do not want your child to have a health check-up, you may sign the waiver form (PM 171-B) found at your child's school.
CHDP website: www.dhcs.ca.gov/hserVICES/chdp



Immunizations



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- Students must be fully immunized before entering kindergarten
- You must show proof of immunization when registering your child
- Exceptions include a permanent medical exemption or a temporary medical exemption- Updates to requirements January 1, 2021



Kindergarten Immunization Requirements

Polio

4 Doses

3 doses ok if one dose was given on or after fourth birthday

DTAP

5 Doses

4 doses ok if one dose was given on or after fourth birthday

MMR

2 Doses

Must be given on or after first birthday

Hep. B

3 Doses

Varicella

2 Doses



Immunization Law Change for 2021-22 School Year

Beginning January 1, 2021, doctors will use an electronic form available through the California Immunization Registry (CAIR). CAIR is a secure computer system that is already used across California that stores children's immunization (shot) records. The doctor can send the form to the child's parent or school, or the school can access the form through CAIR directly. Schools can only accept medical exemptions on the CAIR form. If you have questions or concerns about CAIR's system or forms, please contact your District Nurse.

Hearing and Vision

- Students will have their hearing and vision screened in kindergarten
- This a state mandated requirement
- Subsequent screenings are done in 2nd, 5th and 8th grade





Specialized Health Needs

Action Plans

- Food Allergy Action Plan
- Insect Allergy Action Plan
- Asthma Action Plan

Forms are available from school health office

Contact district nurse for other medical needs or accommodations



Who is in the Health Office?

Evelyn Mancini

8:30 am - 1:30 pm



We look forward to supporting
your child!

Karen Elkins, RN, MSN
District Nurse
949-234-9356
kaelkins@capousd.org





CUSD Food and Nutrition Services

<https://capistrano.healtheliving.net/>



CUSD FOOD & NUTRITION SERVICES



Menus feature whole grains, protein, milk, fruit & veggies. Meals include choice of entree, milk, fruits & veggies.



Entrees are produced and packaged at our Central Kitchen then cooked at school sites.



We strive to minimize artificial ingredients, source chicken with no antibiotics ever, and serve clean label items whenever possible.



Chef Joana creates new recipes each month. We miss student taste tests - student voice matters!



Capo Favorites: Spaghetti with Meatballs, GF Make Your Own Nachos, Crispy Chicken Drumstick with Waffles, GF Teriyaki Chicken with Brown Rice.



Meals are FREE for all students this school year.



JANUARY 2022 Elementary Breakfast

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
GF Cinnamon Rice Chex	3 Oatmeal Chocolate Chip Bar	4 Chicken Sausage Waffle Sandwich	5 Buttery Maple Waffle	6 Cinnamon Apple Spice Nada	7 Mini Cinnis
GF Honey Nut Cheerios	10 Oatmeal Chocolate Chip Bar	11 Sunrise Sandwich	12 Wild Blueberry Waffle	13 Chicken Sausage Pancake Sandwich	14 Mini Cinnis
GF Cinnamon Rice Chex	17 <i>Dr. Martin Luther King Jr. Day</i>	18 Chicken Sausage Waffle Sandwich	19 Buttery Maple Waffle	20 Cinnamon Apple Spice Nada	21 Mini Cinnis
GF Honey Nut Cheerios	24 Oatmeal Chocolate Chip Bar	25 Sunrise Sandwich	26 Wild Blueberry Waffle	27 Chicken Sausage Pancake Sandwich	28 Mini Cinnis
GF Cinnamon Rice Chex	31 Oatmeal Chocolate Chip Bar	<p>FREE for ALL Students</p> <ul style="list-style-type: none"> Vegetarian GF Gluten Free Contains Pork Contains Tree Nuts 			

Fruits & Milk with Meal

Fruits May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit

1% Milk & Nonfat Chocolate Milk

This institution is an equal opportunity provider.

Follow Us! @capofood
capistrano.healtheliving.net

Due to distribution and product shortages, this menu is subject to change without notice.





JANUARY 2022 Elementary Lunch

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
3 Bean & Cheese Burrito	3 Crispy Chicken Filet Sandwich	4 GF Make Your Own Nachos	5 Cheeseburger	6 Chicken Double Dogs <small>(Nitrate & Nitrite Free)</small>	7 GF Teriyaki Chicken w/ Brown Rice
10 Cheese Croissant Sandwich	10 Macaroni & Cheese	11 GF Beef Tacos	12 Crispy Chicken Drumstick w/ Waffles	13 Penne w/ Meatballs & Garlic Toast	14 Crispy Chicken Bites w/ Biscuit
17 Galaxy Cheese Pizza	17 <i>Dr. Martin Luther King Jr. Day</i>	18 GF Make Your Own Nachos	19 Mandarin Orange Chicken w/ Brown Rice	20 Fiesta Pocket	21 Crispy Chicken Tenders w/ Cornbread Poppers
24 Bean & Cheese Burrito	24 Crispy Chicken Filet Sandwich	25 Chicken Tacos	26 Cheeseburger Sliders	27 Grilled Dilla	28 GF Teriyaki Chicken w/ Brown Rice
31 Cheese Croissant Sandwich	31 Macaroni & Cheese			Vegetarian Gluten Free Contains Pork	
Fruits, Veggies & Milk with Meal				Follow Us! @capofood *capistrano.healtheliving.net	

Fruits, Veggies & Milk with Meal
 Fruits & Veggies May Include: Apple, Pear, Orange, Banana, Raisins, Fruit Cup,
 Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans, Tater Tots, Broccoli, Celery.
 1% Milk & Nonfat Chocolate Milk

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CUSD FOOD & NUTRITION SERVICES

 capistrano.healtheliving.net

 **CapoFood**

949-234-9509





On campus YMCA child care

- ➔ Available right on the campus
- ➔ YMCA walks kindergarten children to and from kindergarten class
- ➔ YMCA information: Director Meredith Turner
949-364-2082 or mturner@ymcaoc.org



Chaparral PTA

- Programs
- Education
- Family Events
- Fundraising

We encourage you to get actively involved!



The kindergarten registration packet

- ➔ Pick up Packets at the office starting Thursday, February 3rd. Please write your name on the log and follow the directions on the Information Sheet.
- ➔ Packet contains info to register online along with other forms to return to the office to complete your registration
- ➔ Schedule an appointment with your doctor
- ➔ Please return packet to office in person within 1 week of completing the 'new student on-line enrollment' registration first.
- ➔ Call with any questions 949-234-5349.



Let us know if your plans change

- ➔ If you're "kindergarten shopping"
- ➔ If you change your mind on attending
- ➔ If you move away
- ➔ If you decide to wait one more year for kindergarten.
- ➔ Please help us plan for next year by letting us know as soon as possible.



School of Choice

- ➔ The School of Choice window is open January 31-March 4. Chaparral Elementary School will be opened to School of Choice (SOC) with limited space for the 2022-23 school year. Please complete the form, so we know you are planning to apply.



The First Day of School!

➔ Tuesday, August 16, 2022

➔ Parents: Plan on attending the first day of kindergarten with your child



Class Posting

- ➔ Parents will access teacher information through the Parent Portal the day before school starts.



Staying in touch

- ➔ www.capousd.org - District calendar
- ➔ 949-234-5349
- ➔ Stop by/call the office
- ➔ Register for School Messenger on our school website



Our Kindergarten Teaching Staff

- ➔ Mrs. Clarke
- ➔ Mrs. Melo
- ➔ Mrs. Russell
- ➔ Mrs. Schofield



Agenda

- ➔ Curriculum
- ➔ Daily Schedule
- ➔ Supplies
- ➔ Preparing For Kindergarten
- ➔ Jumpstart Kindergarten
- ➔ August Assessments
- ➔ Questions



Kindergarten Schedule

Every M-T-Th-F

8:00 a.m. – 2:10 p.m.

Every Wednesday

8:00 a.m. – 12:55 p.m.

Daily Routine

Reading Groups

Literacy Centers

Recess

Writing

Lunch

Math

Science/Social Studies

Recess

PE/Art/Music

Technology

*This schedule is tentative



What Supplies Will My Child Need?

- ➔ A backpack
- ➔ Paper bags for snacks
- ➔ Lunch boxes are allowed for lunches
- ➔ Reusable water bottle (spill proof)
- ➔ Closed-toe/heel shoes
- ➔ School supplies.
 - Package available through PTA, or lists will be available in the office.



Is My Child Ready?

- ➔ If your child is 5 years old by September 1, 2022, he/she is ready for kindergarten. 😊



What Should I Be Doing Now?

- ➔ Fully potty train your child.
- ➔ Practice putting on and taking off sweaters/jackets, buttoning and unbuttoning pants, etc.
- ➔ Practice opening snack items.
- ➔ Practice zipping/unzipping backpacks and lunch boxes.



What Should I Be Doing Now?

- ➔ Read to your child everyday!
- ➔ Play board and card games with your child.
- ➔ Share nursery rhymes, songs and poems.
- ➔ Celebrate all of your child's attempts at writing.



What Should I Be Doing Now?

- ➔ Take opportunities to count objects.
- ➔ Look for opportunities to point out shapes in the world around you.
- ➔ Have your child practice writing their name.
 - Start with a capital and proceed with lower case letters.
 - Use “tripod” grasp.
 - Start all letters from the top.



Jumpstart Kindergarten

- ➔ Ease the transition into kindergarten
- ➔ Teachers: Amy Clarke & Kylie Schofield
- ➔ August 1st-4th 8:00am-10:00am
- ➔ Cost: \$125
- ➔ Please register online at www.saddleback.edu/ce



August Assessments

- ➔ August 1st-3rd
- ➔ Sign-up at <https://www.signupgenius.com/go/10C0F48ADAB2DA3F4C07-chaparral>
- ➔ 20 minute time slots
- ➔ You can make changes at any time



Questions

➔ Feel free to unmute and ask any questions you may have at this time.

THANK YOU

