Success in the Early School Years

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&
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Timing

7:30 – 7:45 Introduction and Opening comments - Principal Bill Overton
7:45 – 8:15 Presentation - Karen Friedland-Brown
8:15 - 8:45 Panel Discussion – Margaret Sachs and K/1 teachers
8:45 – 9:00 General Q & A
What skills make K/1 children successful?

- Children need a balance of skills
  - Social Emotional development
  - Strong fundamentals
  - Self-regulation
What does ‘success’ look like for K/1 students?

✓ Take on challenges: Best effort
✓ Engage in respectful communication
✓ Learn from mistakes, keep trying: Resilience
✓ Know how and when to focus: Listen and look at speaker
✓ Become self-directed, engaged learners
✓ Make connections: sort, categorize, patterns
Basic building blocks

Kindergarten Academics

Self-Regulation  Social Expression

Self-Care & Motor Skills
Kinder Teacher Priorities

Relative Importance of Each Building Block

Relative Amount of Time Spent on Each Building Block
Social and Emotional Development

• Healthy social and emotional skills in young children include:
  – Strong self-advocacy: appropriately expressing needs
  – Resilience/Coping skills
  – Problem solving and cooperating with friends
  – Showing they care about others
  – Relating well to adults
• Boundaries and limits: critical for school success
• Let them do what they can for themselves
  – Carry their own backpack
  – Keep track of their own things
  – Clean up after themselves
• Sleep, food, hydration and exercise
  – Research shows young children need 10-12 hours of sleep each night
• Allow for adequate downtime
• Fine motor: provide opportunities to use pencils, scissors and other fine-motor skills
Self Regulation

• Builds self-reliance
  – A strong sense of their own abilities: “I can do it”
  – The feeling that they matter: “My family needs me”
  – Personal influence over their lives: “I can make things better”

• A child with strong self-regulation skills can often:
  – Be patient
  – Take turns
  – Follow directions
  – Plan and set goals
  – Control his/her actions and reactions
  – Pay attention to a teacher or a friend
Developing Self-Regulation

It takes time to develop self-regulation.

• Set clear limits and boundaries
• Provide structure and predictability
  — Routines, Chores, family rules
• Listen actively to your child
• Play turn-taking games
• Help them put themselves in another’s place and respect differences.
Building school and family partnerships

- Education is a partnership between parents, teachers and students
- Make connections and develop trust
- Talk to your child’s teacher if you have any questions
- Volunteer at Ohlone
Some final thoughts

• Parenting is a big job
• You’re not alone
• Ohlone resources:
  – Your teachers
  – Margaret Sachs, School Psychologist
  – POW (Parenting and the Ohlone Way)
  – CVC (Core Values Committee)