



Dear First Grade Parents,

The first grade teachers would like to welcome you our classrooms. We are looking forward to a fun-filled learning experience and hope you and your child are as well. This will be an exciting year. We are ready for it to begin! We have a few things to tell you about that can't wait until Back To School Night. Some of these items will need to be in place on the first day of school.

1. Have you child wear shoes for gym **EVERY DAY**. First grade has P.E. every day. We go directly from Spanish to P.E. The schedule does not allow time for students to change into different shoes.
2. Students need to bring a water bottle **EVERY DAY** with a sports top. Please label it with you child's name. Frozen bottles and bottles with a lot of ice can cause tears when their papers get wet from the sweating bottle. A water bottle with cold water works best.
4. Healthy snacks need to be sent **EVERY DAY**. We will have snack time each morning. Since the purpose of a snack is to provide our little ones with additional nutrition for added brain power, we can't allow students to eat junk food. Snacks need to be simple and ready to eat. Fruit is an excellent choice as long as it is peeled, quartered, washed and ready to be eaten. Protein bars, cheese, and vegetables are also good choices.
5. E-mail is a wonderful way to communicate with us. Please feel free to contact us at: [sembach@ckcs.net](mailto:sembach@ckcs.net) or [lmiller@ckcs.net](mailto:lmiller@ckcs.net). You can also call the school and have Ms. Sarah connect you to our voice mail.

We have so much to tell you! Back to School Night will be here quickly. We will save most of it until then., but look for tidbits of information coming home now and then. We look forward to meeting you and working together! Please complete the following two pages and return them to us during the first week of school. Thanks for all your help!

Mrs. Embach and Mrs. Miller