

## HOW TO HELP YOUR TK/KINDERGARTEN CHILD SUCCESSFULLY TRANSITION TO SCHOOL

### SAY A QUICK GOODBYE

LINGERING AND WATCHING YOUR CHILD OUTSIDE THE CLASS OR THROUGH THE GATE MAKES THEM THINK YOU ARE UNSURE OF THEIR SAFETY.

CREATE A GOODBYE ROUTINE (SECRET HANDSHAKE, ONE KISS, ONE HUG, EXCHANGE PICTURES, ETC.)

PRACTICE THE ROUTINE AT HOME IN A PLAYFUL MANNER.

### PAY ATTENTION TO YOUR OWN ANXIETY

KIDS LOOK TO PARENTS FOR CLUES ON WHETHER TO BE CALM OR WORRIED. THINK ABOUT THE MESSAGE YOU ARE COMMUNICATING TO YOUR CHILD. TAKE SOME TIME FOR SELF CARE. THE FIRST FEW WEEKS OF SCHOOL CAN BE HARD FOR EVERYONE.

### ENCOURAGE POSITIVITY

ENGAGE THEM IN CONVERSATIONS ABOUT THE THINGS THEY'RE LOOKING FORWARD TO.

TELL THEM WHEN AND WHO WILL PICK THEM UP FROM SCHOOL

### VALIDATE THEIR FEELINGS

STAY CALM AND POSITIVE

NORMALIZE THEIR FEELINGS WITHOUT FEEDING INTO THEM

LET THEM KNOW THAT YOU HEAR THEIR CONCERNS EVEN IF YOU DON'T AGREE.

### WHAT CAN I SAY TO HELP MY CHILD?

"I'M SORRY YOU FEEL THAT WAY. THAT MUST BE REALLY HARD."

"I BET A LOT OF OTHER KIDS ARE FEELING LIKE THAT RIGHT NOW TOO."

"SOMETIMES I FEEL THAT WAY TOO. DO YOU WANT TO KNOW WHAT USUALLY HELPS ME FEEL BETTER?"

### SEND A COMFORT ITEM FROM HOME

CONSIDER SENDING YOUR CHILD'S FAVORITE STUFFED TOY, A FAMILY PHOTO, OR A PICTURE YOU MADE TOGETHER IN THEIR BACKPACK



ELEMENTARY STUDENTS NEED 10-11 HOURS OF SLEEP A NIGHT. WELL RESTED CHILDREN DO MUCH BETTER AT SCHOOL, WHILE TIRED CHILDREN TEND TO BE MORE IRRITABLE, EMOTIONAL AND INATTENTIVE.





# GoPass Metro Tap Cards 2023-2024

REGION  
NORTH

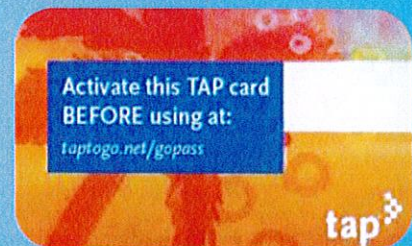
## Tap Card Program Overview:

- All TK-12 students received their unique TAP Card eligibility code via Schoology message this summer.
- The code is unique to each student and can only be used once.
- The code will allow free rides from July 1, 2023, to June 30, 2024.
- Students are encouraged to keep using their same TAP Card from last year but must renew it with the new eligibility code.
- Contact your school about getting a Tap Card if you need a replacement.
- Students can use a virtual card from the TAP LA mobile app, but this will deactivate their physical TAP Card.



(1) Look up Tap Eligibility Code on Schoology: [lms.lausd.net](https://lms.lausd.net)

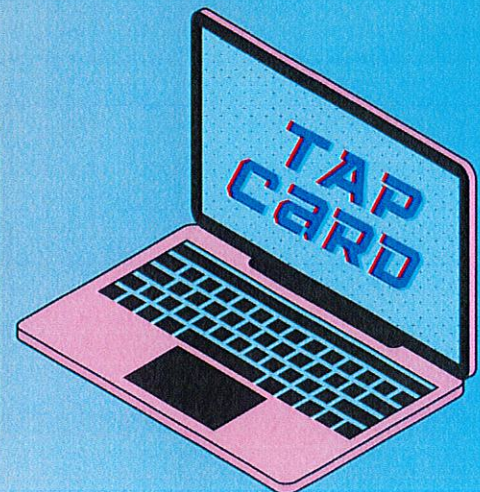
(2) Register your Tap Card here (ask your school if you need a replacement card): [taptogo.net/gopass](https://taptogo.net/gopass)



(3) For further assistance in registering, contact (866) TAP-TO-GO (866) 827-8646 from Mon.-Fri., 8 a.m. to 4:30 p.m.

## Key Reminders

- All renewals need to be done from the website [taptogo.net/gopass](https://taptogo.net/gopass).
- Students cannot renew or apply codes directly into the phone app.
- Wait one hour to use your TAP Card after registering it.
- Make sure you use your TAP card within 30 days to finalize your registration or the eligibility code will expire.
- Contact your school for a new code if yours is expired.





**WOODLAKE ELEMENTARY COMMUNITY CHARTER PTSA**

**Tuesday, August 29**

**TANG & JAVA**  
GELATO COFFEE

**ENJOY A  
LITTLE PICK ME  
UP! LET'S GO FOR  
ICE CREAM!**



**HAVE YOU TRIED THE  
POFFERTJES?  
(MINI PANCAKES)  
YOU SHOULD...**

**FRESH MADE  
GELATO FLAVORS &  
CRAFTED COFFEES  
SMOOTHIES & REFRESHERS!**

**8:30am-8:00pm**

**22776 Ventura Blvd**

**[www.TangAndJava.com](http://www.TangAndJava.com)**

**818-567-4390**

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