



EPISCOPAL
SCHOOL OF BATON ROUGE

Lower School
STEP-UP PACKET
2026-2027

PreK-4





Dear Parents,

We are so excited to welcome you to Episcopal's PreK-4 Program! We look forward to seeing your children work, discover, imagine, play, and learn in our classroom.

In preparation for the school year, attached you will find information about the teachers and resources you can use with your child at home to support efforts in the classroom.

Orientation for students in PreK-4 consists of a two-hour visit on either **Thursday, August 6** or **Friday, August 7**. They will visit with us in small groups to help acclimate them to our schedule and classroom. We will reach out to you soon to schedule your child's visit. We are looking forward to getting to know your child better. The first full day of school for students in PreK-4 is **Monday, August 10**.

Our contact information is listed on the "Meet the Teacher" page in this packet. Please do not hesitate to get in touch with us with any questions or concerns that arise.

Thank you for trusting Episcopal with your children and giving us the privilege to lead them to learn and discover this year during the first steps of their educational journey.

We look forward to seeing you in August!

Fondly,

Mrs. Ezell, Ms. Frey, and Mrs. Sakovich



Meet the Teachers

Stephanie Ezell has over twenty years of experience in education, including significant Montessori experience. She joined Episcopal's Lower School team after serving as a kindergarten Language Arts and Math teacher and first-grade Reading Specialist at The Runnels School. She also taught kindergarten and Pre-K for several years in Oklahoma and Georgia. Stephanie earned a Bachelor of Arts in Elementary and Early Childhood Education from Furman University and trained at the Montessori Institute of Atlanta. Stephanie is involved with numerous community service organizations, including the Junior League of Baton Rouge and Southeast Ministries.

Email: ezells@ehsbr.org

Anna Frey is a 2001 Episcopal graduate and returns to her alma mater as a Prek-4 teacher. Recently, Anna taught kindergarten at Caneview K-8 in West Baton Rouge Parish. Prior to that, she was a Pre-Kindergarten Teacher's Aide at St. James Episcopal Day School. Anna is certified in Early Childhood Education and earned a Bachelor of Arts in psychology from Louisiana State University. She is active in the community as a member of the Chi Omega Sorority Alumnae Association and the Junior League of Baton Rouge.

Email: freya@ehsbr.org

Angele Sakovich has taught in Florida, Texas, and Louisiana. She is a graduate of the University of Florida, with a Bachelor of Arts degree and a Master of Elementary Education, specializing in Early Childhood. Angele has taught PreK-4, Kindergarten, and fifth grade. She also served as an Assistant principal in Florida and as a STEM teacher in Texas. Angele loves teaching in Early Childhood, and she values play-based and project-based learning. Angele also enjoys traveling and spending time with her family.

Email: sakovicha@ehsbr.org

PreK-4 Supplies

2025-2026

Crayola colored pencils 12 count (1)
Spiral Notebook Wide ruled BLUE
Play- Doh 16oz 4 pack Assorted Colors
Elmer's rubber cement (1)
Baby Wipes (1)
Paper Towels (4) **PLEASE ONLY ORDER 2
PLY PAPER TOWELS

Astrobrights white cardstock (8 ½ x 11) pack
of 80 (1)
Kleenex (1)
Hand Soap (2)

Enrichment Supplies:

Glue Stick .88 oz Elmer's White (4)
Poster Board (1)
Ziploc Gallon Storage Bags (1)
Baby Wipes (1)
Wipes Clorox disinfecting 35 ct. bleach free
(1)

*It is strongly suggested that you purchase supplies through the Parents' Guild School Supply Sale.
By doing so, you ensure that your child has the correct supplies.*

Additional Supplies:

- Children are to wear Velcro shoes daily in PreK-4. Please none that light up or have laces.
- Standard size Backpack: Please no mini or toddler-sized backpacks.
- Change of clothes (uniform, underwear, socks, shoes)
- Machine Washable Nap Mat (mats will be sent home every Friday to be washed and returned on Monday; we recommend the Stephen Joseph or Olive Kids nap mat – both available on Amazon); please no large foam nap mats.



- Kids Camelbak or Contigo Water Bottle (no sippy cups)

Preparing for PreK-4

Literacy Ideas

Reading

Read to your child every day to foster a love for reading and to enhance your child's vocabulary.

Keep reading this summer - *all summer long* - and use [this log](#) to track what you've read or books someone read to you. Print off extra copies if you need room for recording more books! Please bring your book log to school on the first day of school in August and share it with your teacher.

Letters

Begin to identify some letters in your child's name.

Social and Emotional Growth & Development Ideas

Practice Personal Care Routines

Allow your child to practice dressing and undressing out of their uniform, making sure they can pull up undergarments and shorts. They should practice putting on and taking off (shoes should be Velcro). Also, make sure your child can independently clean himself/herself after using the restroom. Hand-washing routines should be practiced at home, as well.

Practice Bathroom Routines

All Episcopal students must be potty-trained before the start of school. Of course, we recognize that accidents may occur, but the school may also deem an excessive number of accidents as a reason to ask parents to keep a child home until they are fully potty-trained. A series of three (or more) bathroom accidents within a 10-day period indicates that the child is not yet fully potty-trained. In this case, the child will be asked to remain home for a week until he/she can demonstrate independence of their toileting needs. Pull-ups are not permitted to be worn at school.

Practice Independent Play

Play independently for at least 15 minutes at a time quietly. Practice cleaning up his/her mess.

Playing with others and taking turns

Play games together and practice taking turns, problem solving, winning and losing.

Set up Daily Chores

Help build independence and confidence. Have your child clear their plate from the dinner table, pick up toys, dress independently, feed a pet, and make other small household contributions. Give support and encouragement when chores are completed.

Practice Mealtime	Allow your child to practice staying in a chair while eating meals at the dinner table for an extended period of time. Remind him/her to use utensils. Remind him/him to practice table manners.
Establish a Schedule	Adjust your schedule a few weeks before school starts so that your child is going to bed and waking up at the time they'll need to during the school year.
Play!!!!	Play dress up, build with Legos and blocks. Ride your bike or scooter. Use your imagination and tell stories or put on puppet shows.

Summer Math Ideas

All Lower School Students

Family game night	<p>This is a great way to have fun with math! Many games encourage counting, flexible thinking, problem-solving, strategic thinking, multi-step problem-solving, spatial reasoning, pattern recognition, resource management ... and so on!</p> <p>Here are a few of our favorites, and here are a few other sites with great ideas:</p> <ul style="list-style-type: none"> • mindresearch.org • understood.org • discoverexplorelearn.com
Cook together	There's tons of math in cooking! From measuring the ingredients to setting the oven temperature and timer to determining how many portions a meal will make -- and it's fun too!
Calendar	Encourage your child to keep a calendar on the wall. Give your child a list of the events s/he will do this summer and put them to work by filling in the calendar. From time to time, ask your child calendar questions -- How many more days until Sunday? When do we go to the library? What day of the week is that? How many more days until school ends? And so on!

Early Childhood Students

Count out loud at every opportunity	For example, say "You have five cookies: one, two, three, four, five" as you place them on the plate one at a time. Have your child join you, pointing to the cookies as you count together.
The Teen Numbers	The teen numbers (between 10-20) can be tricky for young children because they don't follow the typical pattern. When counting, slow down when you get to these numbers, announcing the pronunciation. Practice writing the numbers. Use a paper plate or a tray and some salt or sand to have your child write different teen numbers as you say them aloud. You can also do this with shaving cream or whipped cream.

<p>Practice Counting on</p>	<p>Give your child a group of objects (ex: 3 blocks). Count the blocks together. Give them more objects (ex: 4 more blocks) and have them practice counting without recounting the first group (3, 4, 5, 6, 7).</p>
<p>One more, One less</p>	<p>Give your child a group of objects. Ask “If I give you one more, how many would you have? If I take one away, how many would you have left?”</p>
<p>Practice Patterning</p>	<p>Have your child create a pattern with objects found in your home (Legos, race cars, Fruit Loops, crayons, items from nature, etc). Start first by making an AB pattern. Once your child has mastered that, move to more challenging patterns ABC, AABB.</p>
<p>Classify and sort found objects</p>	<p>These can be objects from your home (blocks, Legos, coins) or nature (rocks, flowers, leaves). Have your child sort the objects by different properties (size, color, shape, material, etc). Then, have them think of another way to classify objects and explain their organizational system to you.</p>
<p>Use mathematical vocabulary in familiar contexts</p>	<p>Sometimes we feel like we have to water down the way we talk to children, but if a child can get their mouth ready to say “tyrannosaurus rex,” you would be surprised by the vocabulary they are ready to learn. (Perimeter, greater than, fewer, equal, octagon, positional words like behind, over, etc.)</p>

Literacy Resources

Foster a love of reading all summer long!

- East Baton Rouge Parish Library
 - Summer Reading Program
 - Storytimes and Events
 - BookFlix pairing fiction and nonfiction
 - Overdrive e-books collection
 - Digital Resources galore!
- Epic! e-books, audiobooks, and Read-to-Me books
- Novel Effect App brings stories to life with interactive music and sound effects
- Highlights Magazines
- PBS Kids Games and Videos

