



REL Southeast
Director's Email

May 2023

Greetings from the REL Southeast,

School readiness refers to the extent to which a child is prepared to engage in and benefit from classroom instruction and other educational experiences in elementary school. It encompasses a range of skills and abilities, including cognitive, language, social-emotional, and physical development.

School readiness is important for student achievement because it has been shown that children who are well-prepared for school are more likely to succeed academically and socially.¹ Children with a solid foundation in various skills and knowledge gained during these early years are able to engage in learning and interact effectively with teachers and peers in school.

Research suggests that school readiness is associated with a variety of factors, including home environment, early childhood education experiences, access to healthcare, and family income.² By promoting school readiness, parents and educators can help ensure that children are prepared to succeed in school and beyond.

This month, REL Southeast would like to encourage our stakeholders to learn more about school readiness by exploring resources from the Institute of Education Sciences. We hope you find these materials informative and useful, and as always, thank you for helping to improve educational outcomes for every student in our region.

With gratitude,

Dr. Nicole Patton Terry

Director, REL Southeast

¹ Williams, P. & Lerner, M. (2019) School Readiness. *Pediatrics* (2019) 144 (2).
<https://doi.org/10.1542/peds.2019-1766>

² Center on the Developing Child. (2010). *The foundations of lifelong health are built in early childhood*. Harvard University. <https://developingchild.harvard.edu/resources/the-foundations-of-lifelong-health-are-built-in-early-childhood/>



Preparing a School-Ready Child

This infographic developed by [REL Southeast](#) defines school readiness, outlines four factors critical to school readiness, and provides additional resources for more information.

[Click here to view the infographic.](#)



Preparing Young Children for School

This [What Works Clearinghouse](#) practice guide, developed in conjunction with an expert panel, distills contemporary early childhood and preschool education research into seven easily comprehensible and practical recommendations. The guidance will help to prepare young children to benefit from the learning opportunities they will encounter in school.

[Click here to view the practice guide.](#)



Play and Learn: Effectiveness of Play as a Teaching Strategy in the Early Grades

This blog post from [REL Mid-Atlantic](#) reviews the evidence on three approaches to play as a teaching strategy in classroom settings: teacher-directed play, child-directed play, and mutually directed play.

[Click here to read the blog post.](#)



What does 20 years of research say about teaching language and literacy in preschool?

This infographic from [REL Southeast](#) presents effective strategies identified in the report, *Effectiveness of Early Literacy Instruction: Summary of 20 Years of Research*, and additional examples of activities that support five instructional areas: language, phonological awareness, print knowledge, decoding, and early writing.

[Click here to view the infographic.](#)



