



For more information on  
Early Learning Programs in  
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# Parent Handbook

## Cataline StrongStart Centre

Cataline Elementary School

1175 Blair St.

Williams Lake, B.C.  
V2G 1X3

Phone: (250) 392-7154



### Inside this Handbook:

- Welcome
- Considerations and General Guidelines for the school and the program
- Roles of the Parents and the Early Childhood Educator (ECE)
- Guidance and Discipline Policy
- Wellness/Illness Policy

Welcome to Cataline StrongStart Early Learning Centre

It is my pleasure to extend a warm welcome to you and your child(ren). The StrongStart program offers an inviting and comfortable environment for children to explore and learn with the support and guidance of their parent.



We are open:  
**Monday-Friday**  
9:00 am to 12:00 pm

*Just a reminder...  
...your child's birth  
certificate is required  
for registration*

**StrongStart** is a FREE, drop-in, parent participation program.

We are funded and supported by  
The Ministry of Education and School District #27.

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## Wellness/Illness Policy

It is all of our responsibility to protect all of the children that are attending the StrongStart Centre. Please keep your child home if any of these symptoms are present:

- They have, or have recently had flu like symptoms; vomiting, diarrhea, fever, chills, etc.
  - They have pink eye or head lice and have not had proper treatment
  - They have any communicable diseases such as chicken pox
  - They are continuously coughing and sneezing
- They are not feeling well enough to take part in the program

Please inform the StrongStart ECE of any diagnosis of a communicable disease in either the child or a member of the child's family.

The child is welcome to return when symptoms have passed the contagious stage and the child is well enough to participate in the program.

To help prevent the spread of germs everyone must wash their hands when they arrive at the program, before and after snack and/or any food preparation, after toileting, and after sneezing or coughing. Please encourage children to sneeze into their elbow. This new sneezing and coughing strategy can significantly reduce the spread of germs in comparison to sneezing into one's hands. We appreciate your consideration.



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## Guidance and Discipline Policy

### **We believe in positive discipline. Positive discipline**

- is a process that helps children develop the skills that encourage them to express themselves appropriately and to understand their feelings.
  - is a process that encourages respect, self-confidence, sensitivity, and co-operation
- builds respect between the children, the parents, and myself.

### **We believe that children's behavior is influenced by**

- their development
- their environment;
- and the adults who care for them.

### **Strategies that we use to guide the children are:**

- establish clear, consistent, and simple limits. The children are made aware of what is acceptable behavior. The children are told "why" these limits are set in a way that they can understand and relate to. Limits are stated in a positive way.
- reinforcing positive behaviour.
- redirecting the negative behaviour. This strategy helps to meet the needs of the children.
- observing the children. We watch for what their interests, moods, and what kinds of things are challenging/not challenging. Observing the children's behaviour allows us to redirect, reinforce and meet their needs effectively.
- acknowledging the children's feelings and encouraging them to express themselves.
- model problem solving skills.
- offering choices

Please feel free to talk to the StrongStart ECE regarding any questions or concerns you may have.

Adult involvement in StrongStart BC Early Learning centres is fundamental to the purpose of the program. Research shows that parent/caregiver involvement in early childhood settings supports positive outcomes for children.

### **Role of the Parents/Caregivers:**

- Parents and Caregivers attending StrongStart are expected to participate in organized sessions like circle time, in play activities, and in serving a healthy snack.
- Can discover new ways to support your children's learning at home
- make valuable connections with others attending the centre.

### **Role of the Early Childhood Educator (ECE) :**

- StrongStart ECEs encourage adult and child participation
- Create a learning environment and activities that positively influence children's learning
- Model strategies that can be used by adults to support children's learning
- Provide information to foster adults' understanding of children's development and learning



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## Considerations and General Guidelines

**Attendance:** please be sure to sign in and sign out each day you visit.

**Clothing:** All efforts are made to be sure that paints and glues will not damage children's clothing. Paint smocks are available for you to use. We ask that the children come dressed in clothing that allows for messy play.



**Closures:** The program will be closed for all stat holidays as well as school holidays. Please watch the calendar on the parent board for notices of closures.

**Cellphone Use:** Please ensure all cellphones are in silent mode during your StrongStart visit and restrict use to emergencies.

**Gym Time:** See details posted in the classroom. Children are encouraged to wear inside shoes during gym time.

**Hallway:** Please be considerate of other students in the school that are in classes while you are in the hallways. Encourage quiet voices and save adult visiting for the outside area.



**Inside shoes:** Please remove outside footwear at the front entrance and store them on the boot racks. Please bring inside shoes or slippers in case of a fire or fire drill.

**Library Time:** See details posted in the classroom. Your child must be registered with StrongStart in order to sign out books.

**Notices/Newsletters:** Important information can be found on the parent board near the door.

**Smoking:** There is no smoking permitted on any school grounds or on any group field trip.

**Snack Time:** StrongStart provides a healthy snack each day. Both adults and children are asked to wash their hands prior to eating and handling food. Please keep food in the eating area. Be sure to notify staff of any food allergies.



**Washrooms:** Parents are to accompany their child to and from the washroom.