

preparing for Kindergarten

Parents are a child's most important teacher - everything a child learns in Kindergarten is built on a foundation of family, home and community learning before they come to school. Your interaction and involvement is vital to your child's success.

Try this!.

- Help him/her to recognize his/her printed name.
- Read together daily, sing often and have fun!
- Provide materials and opportunities for your child to cut, paste, paint, draw, use pens and pencils, construct and build, and explore with play dough.
- Get outside! Run, walk and discover the natural world.
- Have conversations and talk about activities, actions, feelings and reflections.
- Find opportunities in your daily life to notice, talk about and play games with:
 - Letter names, sounds and environmental print like signs, food labels, and menus...
 - Numbers, quantities and comparisons like counting cookies, numbering steps as you walk, comparing how heavy items are...
 - Colour names in items you can see and touch and by playing games like I Spy...

For more ideas or if you would like advice, please visit your local school, StrongStart or contact an Early Years Coordinator at 250-398-3839 (North) or 250-395-9303 (South). A full "Getting Ready for Kindergarten" list is available on the web @ www.sd27.bc.ca



School District No. 27
(Cariboo-Chilcotin)

Learning, Growing and Belonging Together

Welcome to Kindergarten



School District No.27

350 North 2nd Ave., Williams Lake, BC V2G 1Z9
250-398-3800—www.sd27.bc.ca

Children turning 5 years old by December 31st are welcome to attend Kindergarten. If you choose to enter your child in school during the year they turn 6, please, visit your school to discuss the best placement.

Welcome!

Kindergarten is usually a very exciting time for children and their parents, but Kindergarten can also be a challenging year as students transition from being at home to being in a school environment. During the next year in Kindergarten, your child will have many experiences and opportunities to meet and work with other children as well as get used to the routines of school.

Parents are their child's first teachers. We want to work with you to educate your child in the years to come. This booklet is intended to help you and your child understand and prepare for the adventure ahead.

Let's get started!

What is Kindergarten?

The Kindergarten Program is designed to meet the needs of young children who learn in a variety of ways and at different rates—each child is unique. Kindergarten kids will be involved in whole class, small group, partner and individual learning. A lot of what you see in Kindergarten looks like play—and it is! Children learn through play. Through unstructured play children learn language, improve coordination and movement skills, enhance creativity and problem solving, and practice social interaction skills. Structured play, developed by the teacher, provides children with the foundational skills needed for academic learning. In all play-based activities children ask questions, experiment with new ideas and materials, seek solutions and learn to learn.

How Can I Help My Child?

Help your child stay healthy:

- Get enough sleep (10-12 hours)
- Understand nutritional needs and eat a healthy diet including breakfast
- Develop cleanliness habits and independent personal hygiene practices (eg. washing hands before eating and after using the toilet)
- Check hearing, eyesight, teeth and physical health
- Update immunizations for Kindergarten
- Keep your child home to rest when he/she is ill
- Limit electronics-TV, computer and handheld devices



Help your child become independent and self-sufficient—teach them to:

- Make their own bed and clean their room
- Dress themselves for outside play, including shoes
- Use the toilet alone and wash hands well
- Be responsible for cleaning up
- Understand consequences, be patient and work cooperatively
- Identify, name and express feelings
- Understand emergency procedures & safety rules
- Have conversations with others of all ages
- Practice positive social manners