



Welcome to Kindergarten

Upper Grand District School Board

What is the Kindergarten Program?

The Kindergarten Program (2016) identifies what 4 and 5 year old children across the province will learn in Ontario's two-year Kindergarten Program. It describes how educators will help children learn through play and inquiry.

For more information on the 2016 Kindergarten Program please go to this website:

<http://www.edu.gov.on.ca/eng/curriculum/elementary/kinderprogram.html>



How can I help my child get ready for school?

Be positive about school, stressing opportunities to make new friends, to learn, and to have fun. Support your child in learning to:

- **Use the washroom by himself or herself**—flush the toilet and wash hands.
- **Dress himself or herself**—choose clothes, jackets, shoes and boots that are easy for your child to independently put on, take off and fasten (Velcro shoes and pull on pants are great). Please provide a complete change of labeled clothes for possible accidents.
- **Enjoy books and stories** while listening quietly. Talk with them about the story. Notice signs and numbers in their environment. Sing songs, including the alphabet song, and practice counting objects to 5 then 10.
- **Use crayons, markers and pencils.** Draw, colour, and start to recognize and print their name.
- **Talk about experiences** by playing with your child and providing opportunities like going to the park, library or grocery store. Engage in make-believe play together.
- **Play with other children** and encourage turn taking and sharing.

A few weeks before school begins:

- **Practice packing and unpacking his or her backpack**—provide a backpack that will hold a lunch, books, and a change of clothes.
- **Practice independently unpacking his or her snacks,** lunch bag and lunch containers.
- **Practice the routine of walking to school or to the bus stop,** so it begins to feel familiar.
- **Attend the bus orientation and go over the bus safety rules** a few times, if your child will be riding the bus.
- **Get your child used to the bedtime and wake-up schedule** that will be followed. Your child needs 10 to 12 hours of sleep per night.
- **Ensure that your child knows how to tell adults and other students about any allergies.**

What should my child wear to kindergarten?

Choose clothes that are durable and easy for your child to put on, take off, and fasten by him/herself. Spend time practicing with him/her.

Outdoor play is an important part of the Kindergarten Program. **Your child needs outdoor clothing for all types of weather.** For example, splash pants, rain boots, hats, snow pants, jackets, extra mittens and socks.

What foods should I send with my child?

It is suggested that children bring healthy snacks and lunches.

Fruits and vegetables, yogurt, hummus, or whole grain crackers and cheese would be considered a great snack.

Canada's Food Guide discourages foods with:

- high sugar
- high salt
- trans-fats

Your child's teacher or ECE will inform you about any food restrictions based on the allergies or sensitivities of other children in the class.

Please send your child's snacks and lunch in containers they are able to open by themselves.

Before and/or After School Programs (Kindergarten & Grades 1-6)

Before and/or After School Programs are offered at **some** schools. Please go to the board website for more information.

Programs are offered based on the board survey in collaboration with data collected by the municipality.

For more information please use the following links or contact your school:

Upper Grand District School Board

<http://www.ugdsb.ca>

Kindergarten Program (2016)

<http://www.edu.gov.on.ca/eng/curriculum/elementary/kinderprogram.html>

Ontario Ministry of Education

<http://www.edu.gov.on.ca/kindergarten/>

