

Welcome to a wonderful journey of learning!

Getting Ready for Kindergarten – *the first steps*

1. Self Care

I'm a big kid now!



I'm learning to look after my things:

- Your child needs to wear comfortable clothing that allows free participation without worrying about getting messy!
- Your child must be able to dress and undress independently so the clothes need to be easy to take on and off.
- Please try to send a change of clothes in a labelled bag, to be kept at school...just in case.
- Your child needs two pairs of shoes, one for indoors and one to wear outside. Please send shoes that have rubber soles and ensure that your child can do them up. Velcro shoes are a good choice.
- Your child also needs an “over-the-shoulder” backpack that is large enough to hold a lunch bag and books. It should not be adult sized or it may be too heavy for a small back.



I go outside to play and explore everyday:

- Clothes need to be suitable for the weather.
- During cold weather your child must have labelled hats, mittens, boots, snowsuits, etc.
- In warm months, your child should have a sunhat and suitable clothing to provide sun protection.

Outdoor activities are part of the daily kindergarten program. If your child is not well enough to go outside, he or she is not well enough to be at school.



I can manage the washroom alone:

Kindergarten children use the washroom independently while at school.

Be sure your child can:

- Wash hands with soap and water.
- Manage clothing in the washroom.



Kindergarten Registration

2. Making the transition to school:

Before your child starts school he or she will have a chance to visit the classroom with you. Parents and children meet the teacher and see the room. This gives the child a chance to see where he or she is going.

3. Heading Out:

On the first full day of school:

- Get up in plenty of time so there is no rushing.
- Be calm and positive about the new experience.
- Talk about the fun things your child will be doing.
- Take your child to the bus or school on time.

Saying Goodbye:

- Give your child a “magic” kiss on his or her hand. These kisses don’t wash off and can be used whenever the child feels lonely or misses a parent.
- Reassure your child that you know he or she will be fine.
- Give your child another kiss and then leave quickly. It is usually easier for a tearful child to calm down when the parent is not there.

“Is it lunch yet?”:

It is important that children have access to nutritious food while they are at school. Your child will have at least two opportunities to eat during school hours. He or she will need a lunch bag or box that can be easily opened and closed. It is important to pack healthy foods that:

- are easy to open independently;
- can be repacked if not finished;
- do not require heating (if you wish to send warm foods please use a thermos);
- are in reusable or recyclable containers (remember to include utensils if needed);
- **are peanut and nut free.**

Check your child’s lunch box at the end of the day to ensure that your child is eating at school. You will find that preparing food the night before will help make getting ready for school in the morning much easier.

For healthy lunch and snack ideas contact the Simcoe Muskoka District Health Unit at:
<http://www.simcoemuskokahealth.org/>
or 1-877-721-7520 ext 8813.