

Preparing for Kindergarten at Knollwood Park Public School



Information package for parents/guardians

If you have any questions or concerns, please contact us at

519-452-8290

Visit our website at <https://knollwoodpark.tvdsb.ca/en/index.aspx>

How to Prepare your Child for School



Our focus in kindergarten begins with building friendships, gaining independence and learning social skills necessary for children to feel safe and happy in kindergarten. Here are some activities to prepare for kindergarten...



Visit the EarlyON Child & Family Centre located in our school

Play with other children

Spend some time away from parents (e.g. at grandparents' or playgroup)

Sleep and eat on a routine schedule

Use the bathroom independently (e.g. wipe, wash hands, change themselves if they have an accident)

Read together and talk about books

Take turns and wait patiently in lines (e.g. by playing board games or lining up to sign-out a book at the public library)

Sit at a table to eat lunch out of a lunch bag and containers

Clean-up toys after playing

Calmly ask for help (e.g. while working on a craft)

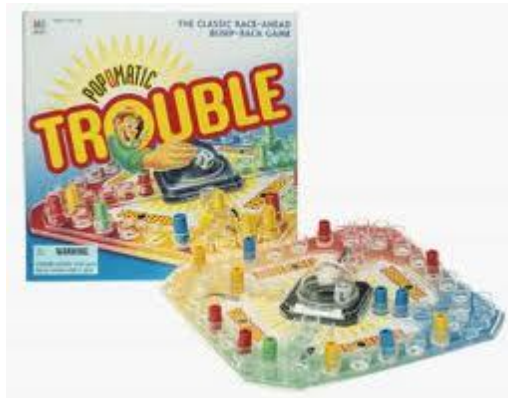
Do-up Velcro, buttons and zippers

Dress themselves as much as possible

Play together (e.g. play dough, puzzles, blocks)

Visit the doctor for a check-up and discuss any concerns (e.g. toilet training, hearing, vision, etc...)

Visit Knollwood Park school playground



Working on Math at Home

You can support your child's mathematical development at home and have fun at the same time.

Number Sense

- Count plates, forks, spoons while setting the table
- Count the number of steps as you walk up them
- Count toys
- Play board games

Patterning

- Read books with a predictable pattern
- Clap patterns and have children repeat them
- Find patterns in clothing, wallpaper and pictures
- Play action pattern games (e.g. Head and Shoulders, Knees and Toes)

Sorting and Graphing

- Sort toys, laundry, groceries and books
- Line objects up to see which has more or less

Measurement

- Fill different size containers with water in the bathtub and then compare them
- Measure ingredients for baking

Geometry

- Play with Lego or Duplo
- Look for different shapes in your house
- Build with recyclable materials (e.g. cereal boxes, tissue boxes)

Working on Literacy at Home

You can support your child's literacy development at home and have fun at the same time.

Reading

- Read together every day
- Point to words and pictures
- Talk about the pictures
- Use different expressions or character voices
- Talk about the story (What did you like? What didn't you like?)
- Praise your child's reading efforts
- Let your child hold the book and turn the pages

Oral Language

- Talk about books and television programs
- Act out stories and nursery rhymes
- Sing songs (e.g. ABC's, Twinkle Twinkle)
- Play 'I Spy'
- Tell stories at bedtime, mealtime, bath time, bus rides
- Engage in back-and-forth conversations
- Encourage interactions amongst children (e.g. at park or play group)

Writing

- Teach your child to recognize and identify the letters in their name
- Make letter using play dough
- Make letters in the sand
- Have your child help write the grocery list (even if they're just adding pictures)

What to Bring on the First Day of School



Please bring...

- ✓ Large backpack
- ✓ Lunch in a lunch bag
- ✓ Indoor shoes (Velcro- no laces please)
- ✓ Water bottle filled with water
- ✓ Hat (optional)
- ✓ Sunscreen
- ✓ Extra change of clothes in a labelled baggie (pants, shirt, underwear, socks)



No toys from home

Remember to write your child's name on everything so that if anything is misplaced we can return the item to your child.

No need to pack any school items such as pencils or notepads – we have everything your child needs at school.

We are grateful to families who bring a box of tissues to share with the class.





If your child is a picky eater, you'll be surprised to see how many more foods they will eat once they see the lunches of their peers. Try packing new foods like olives, cold meats, and vegetables.



Ask your child what they would like to eat at school (e.g. what fruit would you like in your lunch today?) If your child helps to prepare their lunch they will be more excited to eat it too.



Pack easy-to-open containers so that your child can be independent during lunch.

It is helpful to slice apples and other fruit or vegetables into smaller pieces.

Remember to pack a spoon or fork if necessary.



Our school is nut free. Please do not pack peanut butter or spreads that look like peanut butter (No Nutella). We will inform you of any other dietary concerns in our classroom.

Lunch Tips for a Balanced Day School



In a Balanced Day School, we have two nutritional breaks.

11:00-11:50 First nutritional break

1:50-2:30 Second nutritional break

Until students get use to dividing their lunch into two parts, it is helpful to label food items with the numbers “1” and “2” or put food in separate compartments of their lunch pail.

For Example:

- Use a permanent marker to label containers, wrappers or plastic bags with a “1” or a “2”
- Separate all the foods that are to be eaten during first nutrition break into one area of the lunch bag or even in a separate baggie. Put all the foods for second nutrition break in a different area of the lunch bag
- Some children might find it easier to have foods colour coded – put a blue sticker on food for first nutrition break and a green sticker on their food for second nutrition break



Attendance

We recognize that parents of young children sometimes have difficulty getting children to attend school regularly. Sometimes children miss school because they seem to catch every illness that's going around in their first few years. Sometimes they are just not morning people. Some children are very anxious and worry when they have to be separated from their mom or dad. Others have trouble adjusting to the routines and rules of school.

The first few years of a child's education are very important in establishing good attendance habits and providing the basis for helping children to achieve in school both now and in the future. Our school team is happy to work together with parents and students to make school a positive, successful experience.

Safe Arrival and Departure

If your child will be absent, please let the school know by reporting the absence on the SchoolMessenger app. (Login information was included in your registration package.) Automated attendance calls will go out daily beginning at 9:30am for any students marked absent if a parent has not reported the absence.

To ensure the safety of our students, teachers will only release students to adults who the parents/guardians have indicated may do so. If there is someone who will regularly be picking up your child, please contact the office so they may be added to the list. ID will be requested for anyone who is not familiar to the classroom team.

In case of illness or other issues, it is very important that we are able to get a hold of parents, guardians or other emergency contacts during the school day. If your contact information (phone number, etc.) changes during the school year, please ensure that you let the office at the school know as soon as possible.