

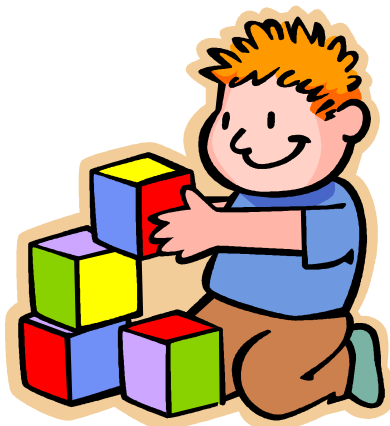
# Everything You Need to Know About Kindergarten at Welborne

## Needed to Leave at School

- **indoor running shoes** that your child can put on and do up without help. These shoes will be kept at school for indoor wear including gym and should provide good traction. **Velcro closures are essential.** Laces are problematic as we change our shoes many times each day.
- **emergency clothes** including underwear, socks, pants and a shirt in a **labeled plastic bag.** Should an accident occur, the soiled clothes would be sent home. Replacement clothes should be returned the next day.

## Needed Daily

- a large zip lock "**Connection Bag**" will be provided. Each morning the teachers will check the Connection Bags for notes, forms and library books. **Any money should be put in a small, labelled zip lock bag and then placed in the Connection bag.** Notes or school information will be sent home in this bag. **Please return the Connection Bag each day.**
- a **backpack**, large and **labeled** with your child's name, that your child can open and close without help. The backpack should be large enough to carry a lunch bag, library books, Connection Bags and other necessary items.
- a **lunch bag**, labeled with your child's name, containing a variety of nutritious food items. Students will have a thirty minute nutrition break in the morning, and another one in the afternoon. Please note that allergy information will be coming in September.
  - snacks - Children are encouraged to bring healthy snacks. Sweets are saved for dessert. Please score oranges for easy peeling. Ideas include fresh fruit and vegetables, cheese and crackers, yogurt, pretzels or unbuttered popcorn.
  - Please pack food your child will enjoy. Children are often more willing to eat things that they've helped pick out or make.
- a **reusable plastic water bottle** (filled from home), labeled with your child's name.



**Labels** - Your child's name on **all** belongings will help ensure that things are not misplaced.

**Outdoor Play** - Children are expected to play outside at all recess times unless the weather is severe (-25°C or pouring rain). Please make sure that your child is dressed for the weather. It is recommended that sunscreen be applied before your child leaves home. If you decide to send sunscreen to school, it needs to be a lotion and your child will need to apply it independently. Sharing of sunscreen is not permitted. Extra socks and splash pants are essential on wet days and extra mittens are needed in the winter.

**Outdoor Shoes and Boots** - We put on and take off our shoes many times each day! Children must have indoor shoes and outdoor shoes or boots that they can put on and do up by themselves. Velcro seems to work best.

**Dress** - We will be very active at school, including gym class, so please send your child in sturdy play clothes and leave dress up clothes for a special occasion.

**Toys** - There is a "no toys from home" policy for Kindergarten. Active toys which encourage gross motor skill development will be provided for children to use at recesses.

**Printing** - If you are printing with your child at home, please ensure that your child is forming the letters correctly (i.e. starting each letter at the top). It is also helpful when your child learns to print his or her name to use lower case letters with a capital first letter. Please check your child's grasp on the pencil often to ensure that poor grip habits do not form. Proper letter formation will also prevent poor writing habits. Please see the attached handout for more information.

**Goodbyes** - When dropping your child off at the Kindergarten gate or the bus stop, a hug, kiss 'goodbye' and a quick exit is best. We ask that if your child has difficulty separating from you, that you bring him/her to the supervising teacher in the yard and leave immediately. The longer you remain, the more difficult it will be to settle your child. Please know that we have lots of experience helping anxious children through the first days of school. We will call you if there is a problem.

**Change in Home-Time Routine** - Please send a note in the Connection Bag to advise of any change in your child's home-time routine. For safety reasons, we are unable to make changes to your child's home time routine without written permission.

