



Ready, Set, Learn

Ocean Cliff Elementary

At this time **Ready, Set, Learn** events are virtual rather than in person. We understand the importance of connection between the families, the school and the community. We have created this document as a modified way to help families prepare for school and connect in the community.

For more information about Kindergarten Registration at **Ocean Cliff Elementary** please call: **604-538-1770**.

This document is divided into 6 sections:

★ Family 

★ Healthy Living 

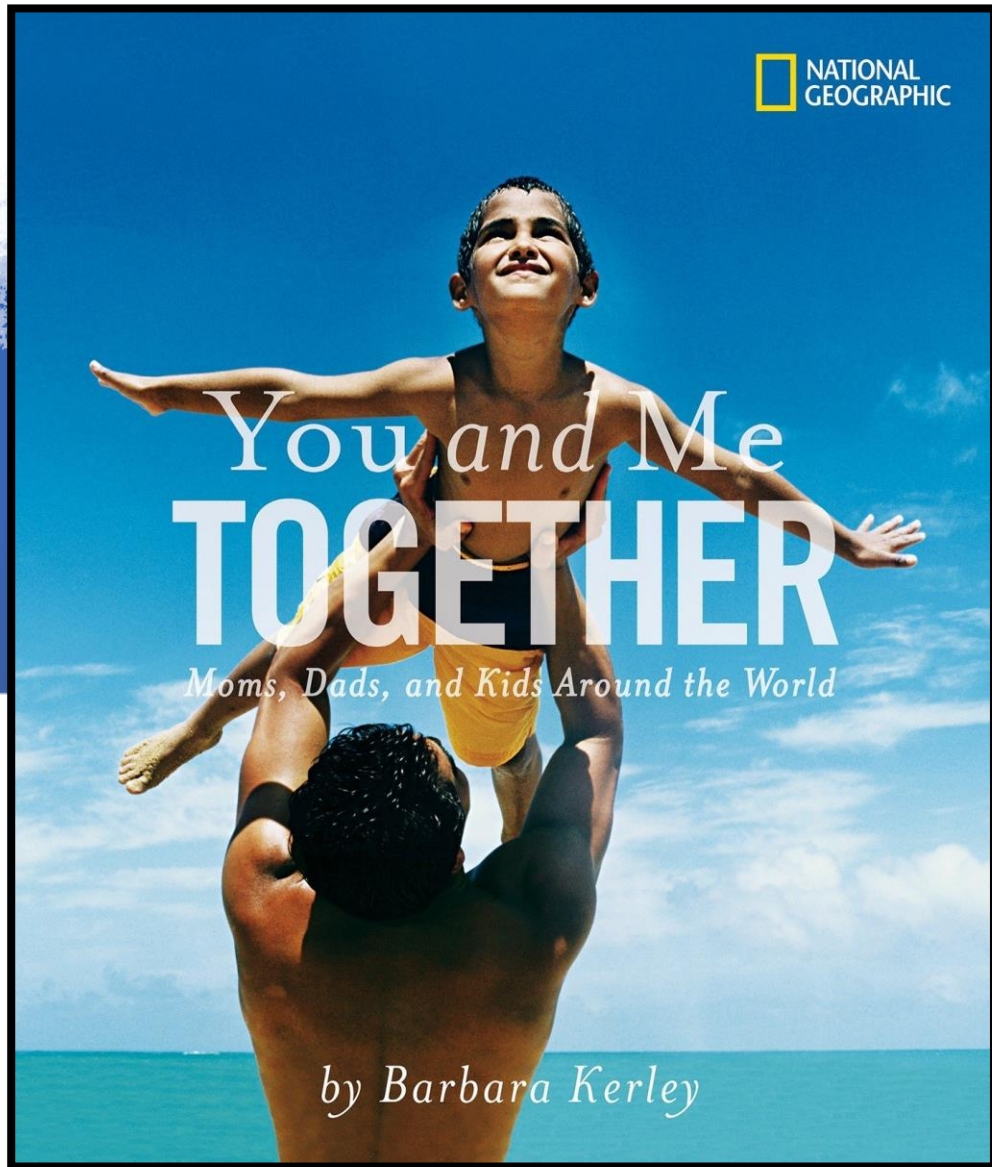
★ Literacy 

★ Healthy Habits 

★ Numeracy 

★ Community Connections 





Family



This is a heartwarming story which celebrates the parent and child connection. It is illustrated with gorgeous imagery from National Geographic's stunning archive and captures the universal bond between parent & child across cultures and the world. To hear this story click on the link:

<https://safeYouTube.net/w/bzFG>

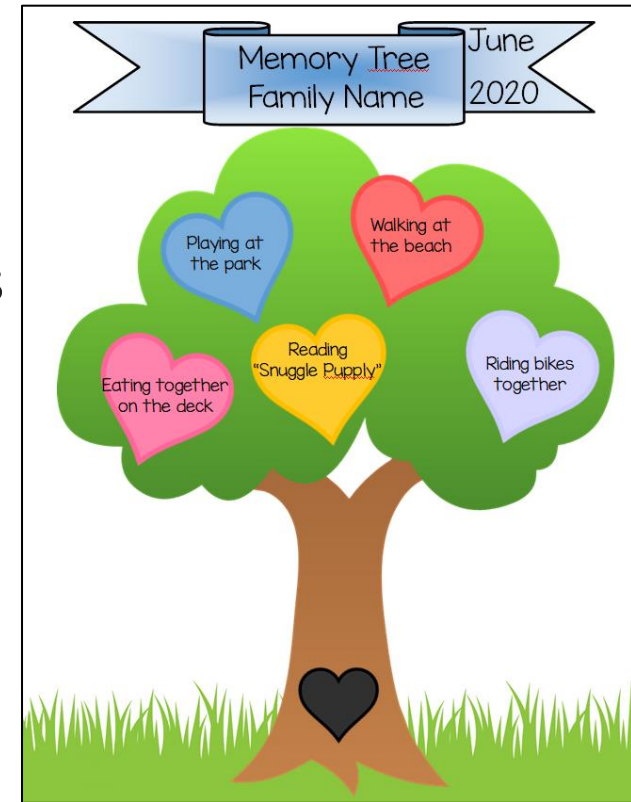
Family Time



While reading this story, you can reflect and discuss your own special bond within your family with your child. Here is an art idea to do with your family to foster connection and creative time together:

Make a special “**Memory Tree**” using the template, crayons, hearts and glue:

- ★ Have your child colour the tree & add some grass
- ★ Discuss special memories together
- ★ Parent writes the memories on the hearts
- ★ Child can glue the hearts onto the tree
- ★ Remember to put your name & date at the top!
- ★ Note: find the templates at the end of this document



Literacy



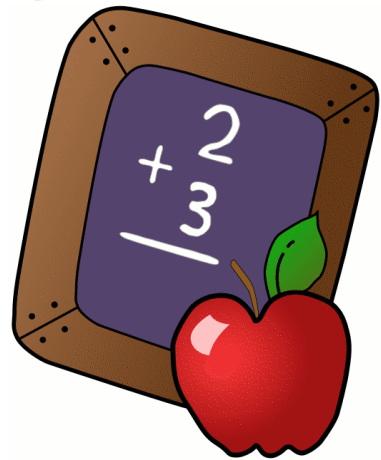
"Reading should not be presented to children as a chore or duty. It should be offered to them as a precious gift." — Kate DiCamillo

There are many definitions of **literacy** and the key to all of them all is language; communication (expressing, speaking, listening), reading and writing. **Literacy** all begins at home. On the following pages are some activities to support literacy in your home.

- ★ Read, read and read some more! Reading stories at home is one of the best ways to improve your child's success in life (and it's fun!)
- ★ Let your child choose stories – repeated stories can help your child in many ways, it is familiar which builds a sense of security, it can help develop logic skills and increase their vocabulary
- ★ Predict while reading, ask your child, “What do you think will happen next?”
- ★ Allow your child to ‘read’ to you by telling you about the pictures
- ★ If your child is very active – check out this page for ideas on how to keep reading fun:
https://www.readingrockets.org/content/pdfs/tips/RR_tips_toddlers.pdf
- ★ Click on the Reading rockets icon to explore their amazing website for parents & kids
- ★ Click on the links below for more literacy ideas from <https://surreyschoolsone.ca>
 - [Drawing and Writing at Home](#)
 - [I Spy](#)
 - [Read the Pictures](#)
 - [Listening and Noticing Walk](#)



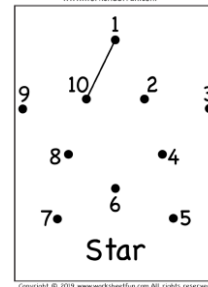
Numeracy



Numeracy is the ability to apply maths concepts in all areas of life. **Numeracy** skills involve understanding numbers, counting, solving number problems, measuring, sorting, noticing patterns, adding and subtracting numbers.

- ★ Using rhymes and songs is a fun way of learning numbers. You can use number songs and rhymes like “10 Little Monkeys Jumping on the Bed” or “This Old Man – He Played One”.
- ★ Use numbers in daily tasks with your child. For example, ask your child to help set the table and place one fork or two spoons with each plate.
- ★ Take a walk around the neighbourhood with your family and point out numbers you see. Look for the number 0 (e.g. use licence plates, street signs, house addresses), then 1, then 2, etc.

- ★ Teach number order with connect-the-dots.



- ★ Count fingers and toes.

- ★ Click on the links below for more numeracy ideas from <https://surreyschoolsone.ca>

- [Set the Table](#)

- [Heavier or Lighter](#)

- [Count the Laundry](#)

- [Shapes on Point](#)

1 2 3 4 5 6 7 8 9 10

Healthy Living



Regular **physical activity** is an important part of a child's growth and development. When children are **active**, they learn better, achieve more and have higher self-esteem.

Families play a critical role in supporting children's health, as do others across our communities. Encouraging kids to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

- ★ **Be a role model and make time for family exercise.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
- ★ **Provide active toys.** Young children especially need easy access to balls, jump ropes, scooters, and other active toys.
- ★ **Find a fun activity.** Help your child to find a sport that they enjoy. The more they enjoy the activity, the more likely they will continue. **Play with your child.** Get the entire family involved. It is a great way to spend time together.
- ★ **Provide an environment that is safe.** Make sure your child's equipment and chosen site for the activity is safe. Make sure your child's clothing is comfortable and appropriate.
- ★ For more information check out: [Healthychildren.org](https://www.healthychildren.org)



- ★ **A good sleep routine** is also an important part of healthy living. Going to bed at the same time helps build routines for our bodies. It can also help children to be more physically active through out the day!

Healthy Habits



Good health also comprises physical, mental and emotional well-being. Knowing about our bodies and making healthy choices helps us look after ourselves. Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.

Children tend to pick up healthy habits if parents model them. Some important good health habits to instill in your child are eating a healthy balanced diet, washing your hand properly and good oral hygiene. Click on the links below to support these healthy habits!



- ★ [Healthy Snacks](#) to make together
- ★ [Wash Your Hands](#) song by Charlotte Diamond
- ★ [Brush your Teeth](#) song by Super Simple Monsters

Developing social skills and understanding emotions helps children to become more confident and able to self regulate. Self regulation is the ability for a child to manage their own emotions and behaviours depending on the situation (for example, being able to wait for a turn rather than crying).

- ★ [You Hold me Up](#) by Monique Gray Smith (A story about relationships)
- ★ Click on the links below for more ideas on Social Emotional Learning from <https://surreyschoolsone.ca>

- [If You're Happy and You Know It](#) (Identifying emotions)
- [Engage](#) (Relationship skills)
- [Bubbles](#) (Calm down techniques/self regulation)
- [We Like Routines](#) (Self Management)



Community Connections



Ready, Set, Learn recognizes the value of fostering positive connections between families, the school system and local early learning community partners who provide resources and information.

We are so lucky to live in such a beautiful area! Here are some local community connections available to enrich and support family health and well being:

- ★ Visit our local Library at <https://www.surreylibraries.ca/>
- ★ Surrey Parks and Rec workshops: <https://www.surrey.ca/culture-recreation/1697.aspx>
- ★ Surrey Art Gallery: <https://www.surrey.ca/culture-recreation/1537.aspx>
- ★ Alexandra House: <https://www.alexhouse.net/>
- ★ Surrey Sports and Recreation Centre: <https://www.surrey.ca/culture-recreation/1697.aspx>
- ★ Surrey Swimming Pools: <https://www.surrey.ca/culture-recreation/1742.aspx>
- ★ Surrey Ice Rinks: <https://www.surrey.ca/culture-recreation/1799.aspx>
- ★ Surrey Parks: <https://www.surrey.ca/culture-recreation/2015.aspx>
- ★ Sources: Family Services Programs: <https://www.sourcesbc.ca/our-services/family-services-program/>
- ★ Public Health Unit: www.fraserhealth.ca (our Ocean Cliff Health Nurse is Laura Dhillon)



