

Welcome to North Ridge Elementary School



Kindergarten Parent Handbook

Important Notice

This is an important notice. Please have someone translate it.

Chinese: 請找人替閣下翻譯這重要通告。

French: Voici une annonce importante. Veuillez la faire traduire s'il vous plaît.

Hindi: यह बहुत ज़रूरी नोटिस है इसका हिन्दी में अनुवाद कराईये।

Korean: 이것은 중요한 통지입니다. 꼭 번역하여 읽으십시오.

Polish: To jest ważne zawiadomienie. Poproś kogoś żeby je przetłumaczył.

Punjabi: ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਸੂਚਨਾ ਦਾ ਅਨੁਵਾਦ ਕਰਵਾਓ।

Spanish: Noticia importante. Favor pedir que alguien se la traduzca.

Tagalog: Ito ay importanteng impormasyon. Mangyaring isalin ito sa Tagalog.

Vietnamese: Đây là thông báo quan trọng. Xin nhờ người phiên dịch.

: Arabic هذه الرسالة مهمة جداً . يرجى الطلب من شخص ما بترجمتها لك .

: Urdu یہ ایک اہم پیغام ہے - کسی سے اس کا ترجمہ کروائیے -

PREPARING FOR A SUCCESSFUL YEAR IN KINDERGARTEN



The following are suggestions for helping your child feel successful in Kindergarten and the following school years:

Please...

- Read to your child daily to help him/her develop vocabulary, concepts, and literacy skills. This can be in your first language or in English.
- Introduce your child to colours, shapes (triangle, square, etc.) and sizes (big, tall, etc.). This can be in your first language or in English. If it has been learned in one language it will be easier to transfer the skills to another language.
- Go on outings to the library, playground, the park, the beach, the zoo or on longer trips. Talk about your shared experiences. This will help develop language and also develop background knowledge needed for reading.
- Sing songs with your child. This will help develop language skills as well as an appreciation for music.
- Encourage your child to use scissors, crayons, pencil and paper for various art activities. This will develop his/her fine muscle control, making it easier to learn to write and develop appreciation for art.
- Encourage your child to play with other children. This will develop social skills and help him/her get along with other children. By playing with children who speak English, your child will find it much easier when starting school.
- Encourage your child's participation in pre-school or community programs. This will provide valuable skills useful for school, like following directions, learning to play with other children, etc.

Attempt some of the games and activities contained in the following pages:

Everyday Learning Experiences



In the Living Room

- Talk about loud and soft sounds. (e.g., radio, television, etc.)
- Find various shapes. (e.g., television, pillows, rugs, pictures, books, table tops, magazines, etc.)
- Name common objects and their use.
- Develop motor skills by: pushing a vacuum cleaner, dusting, sweeping, mopping.

In the Bedroom



- Name articles of clothing in the closet.
- Match shoes and socks.
- Sort clothes by colours.
- Help put his/her clothes away.
- (socks in this drawer, t-shirts in this drawer etc.)
- Talk about and compare day time clothes and night time clothes.
- Talk about and compare clothes for hot and cold weather.
- Talk about front and back of clothes.
- Talk about the size of toys, books, etc.
- Put toys away by shape, colour etc.
- Find various shapes.
- Count toys, blocks, books, etc.

Watching Television

- Encourage television shows based on children's books. (e.g. Reading Rainbow)
- Limit the amount of television watching and incorporate other reading and writing activities.
- Know what programs your child is watching.
- Build bridges between television shows and books (e.g. if you see a program about an oil spill, you could read books about endangered species)
- Talk about the television programs clarifying differences between real-life and television stories.



Maximum 30 minutes a day.

- Please limit your child’s screen time to 30 – 60 minutes a day, as recommended by children’s paediatrician doctors. A “screen” is a TV, a phone screen, a computer, a laptop, an iPod, an iPad and a tablet.
- Please monitor what your child watches and plays on screens. Here are a few websites and an app, to help you make decisions about what your child watches and plays.
- www.kids-in-mind.com is a website that rates movies for their violence, profanity and mature content.
- www.commonsemmedia.org is a website that has ratings for movies, apps and video games. Also available is a “common sense media” app.
- Please monitor what your child plays for video games. Look at the rating for the game. “A” for Adult, “M” for Mature and “T” for Teen” are not appropriate games for Elementary school-aged children.
- www.esrb.org is a rating website.
- www.participaction.com is an excellent website, with examples of the value of creative and active play, inside and outside.
- We hope that this media information is helpful. Review these guidelines so that you are able to enforce them.

IN THE KITCHEN



- Put cans, boxes and containers in order according to size.
- Find various shapes.
- Measure with teaspoons, tablespoons, etc.
- Talk about size, texture, and colour of foods.
- Name colours of common objects.
- Sort utensils in a divided tray.
- Sort and name foods after a trip to the grocery store.
- Talk about smells.
- Count plates, glasses, forks, etc.
- Help set the table.
- Find opposites – hot/cold, big/little, hard/soft.
- Talk about size, texture and colour of foods.
- Wash fruits and vegetables

Car Games

GUESS WHAT I'M THINKING

The first player thinks of something. You may like to set out a category to choose from at the start (e.g., Story Characters, Animals, Vegetables, etc.). The other players try to guess what you are thinking about by asking questions to which the first player can answer only “Yes” or “No.” If you are playing with younger children, you can add a new clue after each question.

ONE BY ONE

In this game, all the players need to pay close attention the entire time. You begin by saying a word. The next person adds the next word and on it goes. The goal is to create a story. To add variety to this activity, you can set a plot (must have a princess saving a lion) or insist on a specific object (e.g., a basketball must be in the story) to be included in the story before you begin.

ALL THE SAME

To start, you choose two things that are relatively different and ask how they are the same. For example, you may ask: How are cats and people the same? In the game, which encourages observation and divergent thinking, off-beat answers are expected as well as more conventional answers.

GOING TO THE FARM

The first person chooses an animal and starts a story like this: “I went to the farm and saw a cow.” The next person continues but adds another animal. “I went to the farm and saw a cow and a horse.” The game continues for as long as possible simply by adding on a new animal each time. Try a variation by choosing a different than the farm.



Reading Activities

FOR PARENT AND CHILD

- Leave a message for your child on the fridge using magnetic letters and then:
 - find the first word in the message
 - point to each word
 - count the number of words
 - put the message back together after you mix up the order of the words
 - play with the letters to create new words



- When at the grocery store, look for names of various products (e.g. “Find something that starts with the letter “d” or “Find something that starts with the letter “d” sound).
- Play “fish” with alphabet letter cards (e.g. “Do you have an “e”?”
- Have your child point to and name letters in words they see frequently (e.g. on signs, labels, cereal boxes).
- Have your child read the words they see frequently around them (e.g. environmental print in signs, labels cereal boxes, etc).



- When sending a greeting card or letter, invite your child to print his/her name and/or a message.
- Write a note to your child in which you ask a question. Your child can read the note and respond with a verbal or written answer.
- Read recipes together as you cook.
- Play sound games as you a preparing a meal, cleaning or driving in the car. (e.g., Riddle, riddle, me, we see something that starts with “t”.)

- Play “Pick a Sound” game. Have your child listen to words you say. Each time your child hears a word that begins with the special sound (predetermined at start of game) he or she stands up, raises hand, or shouts “sound”.
- Play “Silly Word Day”. Replace the first letter in words with another sound.
- Look at the pictures and captions in the advertisement flyers that come to your home. Draw attention to the letters and words.
- Go on walking trips around the neighbourhood talking about the various sights you see.
- Go on a “listening” trip noticing the noises around and identifying them.
- Go on a scavenger hunt. Make a list beforehand of those things you want to find. (e.g., a white flower, a brown stone, a pine cone, etc.)



- Go to the grocery store.
Locate various items around the store using clues (e.g., I am looking for something starting with the letter “c”. That’s right, carrots!)
- Go to the library.
Notice all the different kinds of books. Look for a particular story type or author. What makes some of the books different? Find different kinds of books (e.g., pattern, picture, predictable, etc.)
- Go to the farm.
Notice all the different kinds of animals. Which animals have fur? Feathers? What are the sizes of the animals? How many feet?
- Go to the forest.
What makes this different from around our house? What animals do you see? Why is the forest helpful to the animals?
- Go to the beach.
Explore the tide pools.
- Talk about the trip and what you saw, heard, touched, or smelled.
- Make a booklet about your trip with your child. Have your child dictate a story to you about the trip. Print it out for your child. Your child can then illustrate it with pictures.
- Take pictures during your trip. With your child, sequence the pictures in order and put them in a photo album.
- Play a game or sing a song relating to your trip.
- Let your child make a scrapbook by cutting pictures from magazines of things he/she saw on the trip.
Let your child make a collage with the things you found during your walk or trip.
- Set up a kitchen centre and let your child play store after visiting the grocery store.

Writing Activities for Parent and Child












The following are some examples of activities that will engage you and your child with print in a way that is enjoyable as well as purposeful. You can invent many more. The important thing is to maintain an element of playfulness and curiosity that will motivate your child to participate eagerly as she/he is learning.

- Use magnetic letters on the refrigerator.
This will provide your child with the opportunity to manipulate letters and create words.
- When sending a greeting card or letter, invite your child to print his/her name and/or message.
- Write a note to your child in which you ask a question so that your child can respond with a verbal or written answer.
- Make a scrapbook with your child. Your child can add his/her own captions below the pictures etc.
- Create labels for objects at home (e.g. table, Lego, paper tray).
As you print each label, have your child name the letters and then place them on the appropriate spot.
- Invite your child to help you make a grocery list. As you print each word, talk to your child about what it is and help him/her sound out the letters in the word.
- Make an Alphabet Book with your child. Label each page with a different letter and allow your child to glue in photographs or magazine pictures that correspond to each letter.



COUNTDOWN TO KINDERGARTEN

AUGUST

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Use this calendar in August to help you get ready for school. Colour in one box each day.	Talk about the weather today. Is the sun shining?	School starts in one month. North Ridge is excited you're coming.	Listen to the sounds. What do you hear?	At school friends share and take turns. How are you a good friend?	You will learn about shapes. What shapes do you know?	Try putting on and taking off your own coat and shoes today.
Practice printing your name with an uppercase followed by lower case letters	Draw circles today. 	Your teacher will read you stories. What is your favourite story?	Colour a picture. Can you name the colours?	Can you sing the ABC song? ABCDEFG ...	You will get to use scissors. Ask someone to show you how today.	Try zipping up zippers today. 
Try saying the days of the week.	Look at a book today. 	Painting is fun. At school you get to paint pictures. 	Can you count to 10? *****	Draw a triangle today. 	Can you say the letters in your name?	You will get to go to the gym at school. 
Draw a square today. 	At school there are lots of toys. What do you like to play with?	Try to button your buttons today. 	There are puzzles at school. Try a puzzle today.	You will sing songs in kindergarten. What songs do you know?	Try printing some numbers. 1 2 3 4 5	Practice saying "please" and "thank you".
You will get to play instruments at school.	You can draw stories at school. Make a story today.	Print some letters today. A B C D	You have a first name and a last name. Practice saying your name.	There is a library at school.	Think of healthy snacks for school. 	Try walking to school today with an adult.

