



## The Importance of Play

The Kindergarten classroom is an active environment in which children learn with their bodies, minds and hearts. The program is designed to meet the needs of young children who learn in a variety of ways and at different rates – each child is unique!

Play is essential to children’s healthy development and learning. Play enables children to develop a greater understanding of their environment and to make sense of the world.

### CHILDREN LEARN THROUGH A VARIETY OF PLAY-BASED ACTIVITIES INCLUDING:

- Physical movement, music and the arts
- Hands-on activities
- Making choices
- Thinking and talking about their learning
- Exploring, creating and playing with materials and each other
- Developing literacy and mathematics skills through the day
- Experimenting with print
- Investigating curiosities and wonders

### THROUGH THESE ACTIVITIES CHILDREN WILL ALSO PRACTICE:

- Accepting responsibility for their actions
- Cooperating with others
- Accepting and respecting others



# Preparing for Kindergarten

## Building Confident Learners

Your child is a competent, capable individual with strengths and talents. You are your child’s first and best teacher. As you help your child with challenges at school, celebrate his/her effort, progress and abilities. We look forward to working with families to support the learning of all students.

*Teachers and parents are considered partners in the child’s education. They consult and collaborate to create a climate of respect, success and joy necessary for lifelong learning.*

(2000, Primary Program: A framework for Teaching, p16)



To enable students to reach their **intellectual, social, aesthetic** and **physical potential** in challenging and stimulating settings which reflect the **worth of each individual** and promote **mutual respect, cooperation** and **social responsibility**.

# How can you support your child for a smooth transition to Kindergarten?

To be ready for learning, here are some areas to think about:

## READY TO LEARN

- Gets 9 – 10 hours of sleep at night (bedtime by 8:00 pm)
- Eats a healthy breakfast and nutritious snacks
- Enjoys being read to daily by parents, caregivers, or family members
- Recognizes own name
- Use crayons, pencils, paper, glue and scissors
- Likes singing
- Enjoys having conversations (talking about the day, likes, interests and activities)
- Asks questions and is willing to explore new ideas
- Sits for 10 – 15 minutes to listen to a story or join in a group discussion
- Takes part in daily physical activity (walks, playground, tag, playing ball, riding bikes, Community Centre activities)
- Spends no more than one hour/day on electronic games, computers, iPads, and TV

## SOCIALIZATION

- Plays cooperatively, takes turns and shares
- Names feelings (eg. happy, sad, mad)
- Has experience playing with others of the same age (playdates, teams)
- Waits for turn, listens to others and speaks clearly
- Understands and follows simple directions
- Is respectful to others (peers, adults in family, school and community)

## INDEPENDENCE

- Uses the washroom including washing and drying hands
- Dresses/undresses self without help (including buttons & zippers)
- Hangs up coat, puts on and takes off shoes
- Opens food containers and eats independently
- Cleans up after themselves and is responsible for own materials
- Zips/unzips backpack and carries own things (jackets, backpacks)

## VSBC Early Learning Programs

- Strong Start
- Ready, Set, Learn
- Welcome to Kindergarten

Check with your local school to see which programs it offers. More information on these programs is available at: [www.vsb.bc.ca](http://www.vsb.bc.ca)

