

## Sickness

Children often catch at least one childhood illness during the first few months at school. If your child is not well, keep the child at home. Colds and other illnesses are quickly passed from one child to another. It is unfair to a child's classmates to send an unwell child to school. A child who is not well is often cranky and out of sorts and will have a miserable time at school. If you know your child will be away from school, please call the school between 8:30 and 9:00 a.m. to let us know (895-7225). When a child is absent and the school has not been told, the secretary will call the home or workplace. This is to ensure that the child is not lost, injured, or has wandered off on his/her own.

## Snacks

Please send your child with small, nutritious snacks such as carrots, celery, cheese, apples and oranges (no nut products). The children are welcome to take drinks at the water fountain during the morning.

Please ensure snacks are ready to eat (no need to cut). This is a snack and does not need to be more than 1-2 small snack items.

## In Our Kindergarten

We play fair and take turns.

We are kind to each other.  
Friends are important and worth keeping.

We listen to each other.  
When we are working on a problem,  
Two heads are better than one.

We put things back where they go.

We tell people how we feel about the things they do.

We exercise our bodies every day. It helps us feel better and makes us ready to learn.

We read every day.  
It opens the world to us.

We experiment with writing.  
It will help us to remember things.

We sing and dance and draw pictures.  
It make learning fun.

We look everywhere.  
We talk to each other.  
We notice things.

This is our classroom.  
We take care of it.



**River West Park School**

30 Stack St. | Winnipeg, MB R3R 2H3 | 204.895.7225  
[www.pembinatrails.ca/riverwestpark](http://www.pembinatrails.ca/riverwestpark)

## Welcome to Kindergarten

*Starting school is quite a milestone in the life of a child and his/her parents. This pamphlet will provide you with some information about kindergarten and the adjustment from home to school that each child must make. We hope this will help to ease your child's entry into school.*



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## **Routines**

Your child must also cope with new routines when starting school. He/she is likely to feel insecure and uncomfortable since he/she does not know what to expect. At school, we try to establish a consistent routine from the very first day, thus minimizing this period of insecurity. In the classroom, we work to foster a comfortable, secure feeling in your child.

A very real concern of a child starting school is "When can I go home?". It will be less of a worry for your child if you can explain the amount of time to be spent at school. Reassure your child that you will be coming back just before lunch.

Going to the washroom is sometimes another worrisome area. You can help by making sure that your child is able to attend to his/her own bathroom needs. Let your child know that he/she may go to the bathroom at any time. They just need to ask permission and they are allowed to go. It is helpful if your child wears clothing that can be easily undone and re-fastened. Although we expect each child to attend to their own needs, we are aware that problems can arise. Let your child know that any adult at school will help if asked.

## **Meeting Strangers**

Your child is likely to feel considerable anxiety in taking the major step to going to school. Many feelings are likely to be associated with meeting strangers. Some children are outgoing and enjoy the experience, but some may show varying degrees of distress. Consider how an adult feels entering a room filled with strangers. Often a friend is taken along for moral support even though adults have well-developed social skills! Your child with far fewer skills is likely to need a tremendous amount of understanding during the settling-in period at school. Express positive feelings about school, but do not force him/her to be happy about going to school. It is natural for a child not to be ecstatic about giving up a comfortable, safe relationship at home or day care for the uncertain territory of school. Allow your child to express his/her feeling, but continue to let your child know that going to school is something that is expected and something fun to do.



## **Student Fee**

There will be a \$40.00 student fee which will be used throughout the year for classroom consumables, cooking and craft supplies. Cheques can be made out to River West Park School and handed to the teacher on your child's first day of school,

## **Attendance**

It is important for your child to attend school regularly. If attendance is irregular, a child may have difficulty being accepted as a member of the group. Children, like adults, often form small social groups of 3-4 members. There is often an accepted leader, certain preferred toys, favourite areas to play, etc. A child who is absent frequently has difficulty in becoming part of such a group and may feel insecure or unhappy.

## **Dress**

Dress your little one in comfortable play clothes that the children don't have to worry about getting dirty. All children will need a pair of runners that stay at school. Slip-on or Velcro are best. All clothing must be labelled with your child's name. Provide your child with a large backpack for bringing home library books, handmade treasures, and notes from school.