

Ready ... Set ... Go!

(Child's Name)

is off to
Kindergarten!

Foreword

Welcome to the North Vancouver School District. I hope that you and your child will enjoy being part of our learning community. Children's early years are central to their future success in school and we are committed to working in collaboration with the early childhood educators in our community to ensure that North Vancouver children are given every opportunity to thrive. We also are committed to honouring the work parents do with their youngsters. After all, parents are their children's first teachers!

I am pleased to provide you, our new Kindergarten parents, with this resource written by North Vancouver Kindergarten Teachers. I hope that you will find it useful in preparing your child for the transition to Kindergarten.

I extend my appreciation and gratitude to Heather Calder, Ann Echols, Sandi Goldie, Leslie Purvis, Gretchen Tolfo and Erin Simpson for their contributions to this valuable resource.

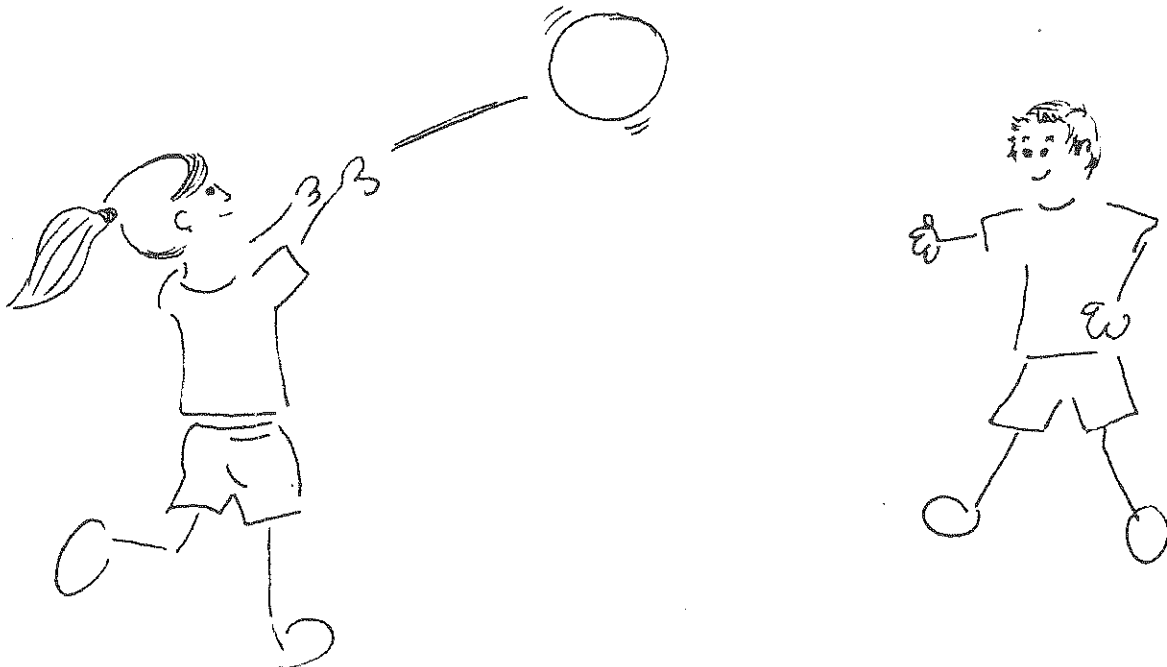
John Lewis
Superintendent of Schools

With a friend I can:

- Play and have fun
- Take turns
- Share
- Talk

Notes to Parents:

- Arrange play dates for your child
- Include children who are the same age as your child
- Limit TV watching and video games
- Encourage imaginative play: it is extremely valuable to your child's development
- Step back and let children sort out their differences whenever possible
- Be nearby to help children problem solve if necessary
- Teach sharing and taking turns: they are important social skills
- Encourage talking and planning to develop language and build confidence
- Praise children when they are successful



With a grown up I can:

Visit the library

- Get my own library card
- Check out books regularly
- Look for books with tapes/music
- Check out both fiction and non-fiction
- Go to story time at the library
- Take stories on tape for long car trips

Listen to a story for 10 minutes

- Read different types of books and magazines
- Look at and discuss the pictures
- Make predictions about the story before reading
- Read daily at predictable times
- Read any time during the day

*"A child's mind is not a vessel to be filled;
it is a fire to be kindled"Plutarch*

Notes to Parents:

- The card gives your child ownership
- Good literature ignites the imagination and love of books
- Check out books for yourself to model the enjoyment of books
- Longer stories help build listening stamina

(10 minutes is not too long to sit!)

- Shows different reasons to read
- Be careful not to destroy the story with too much talking
- Develops higher level thinking skills
- Research says frequent, consistent reading is one of the best predictors of future success in learning to read



"Early experiences help to determine brain structure, thus shaping the way people learn, think, and behave for the rest of their lives."

The First Years Last Forever

Talk and listen

Learn and understand new words:

- Learn the names of body parts:
-head, arm, leg, wrist, shoulder, elbow, knee, ankle, foot, toes, fingers
- Learn and understand position words:
-front, back, over, under, through, around, next to, between, behind
- Learn and understand opposites:
-hot/cold, fast/slow, loud/quiet, big/little/ happy/sad, good/bad
- Learn to identify basic colours and shapes
- Young children acquire language at a rapid pace
- Take advantage of every opportunity to help your child increase the number of words he can use and understand



Develop conversation skills:

- Listen to another person and respond appropriately to what the other person says
- Look at the person who is talking
- Listen without interrupting
- Take turns talking and listening
- Understand directions
- Tell all about my day
- Say most sounds accurately
- Conversation requires active participation
- To be successful in school children must be able to listen, think and respond
- Expect eye contact when having a conversation
- Children need to learn good manners. Encourage words like "Excuse me"
- Children can learn to wait their turn
- Children can understand 3-part related directions. For example, "Put your toys away and wash your hands before dinner"
- Encourage children to use sentences and include details
- Don't worry if your child has difficulty with the sounds of "l, r, k, th, ch and sh"



Sing songs and recite rhymes

- Sing along with tapes in the car or at home
- Sing songs with rhymes
- Sing the alphabet song
- Read or chant nursery rhymes everywhere:
 - in the car
 - in the bathtub
 - at bedtime
 - while waiting in line
 - while waiting for appointments
- This activity develops listening skills and rhythm
- Rhyming is an important early literacy skill
- Nursery rhymes play with language.
- Rhyming is an important pre-reading skill
- Some rhymes teach number awareness: (eg. Three Blind Mice, Hickory Dickory Dock, One Two Buckle My Shoe, Three Men in a Tub)



Go for walks in the neighborhood

- Increase distance to increase endurance
- Walk in all kinds of weather
- Get to know my community
- Have a conversation while we walk
- Quality time shows children you care
- Physical fitness is important
- We live in a rain forest - love the rain!
- Children need a sense of belonging
- Talking and listening are core skills



Look for letters and numbers

- Find them in the house
- Find them in the neighborhood
- Find them in the stores
- Recognizing print in the environment is early literacy

abcdefghijklmnopqrstuvwxyz

Count

Count anything and everything:

- Stairs
- Fingers and toes
- Place settings on the table
- People
- Red cars, blue cars, black cars
- Pickets on a fence
- Cars on a train
- Letters on a truck
- Windows on a bus
- Books on a shelf
- Flowers in the garden
- Easter eggs
- Candles on a birthday cake
- Rote counting is reciting the number name sequence in proper order
- One-to-one correspondence is a strategy children use to compare sets. For example, you can ask your child if there are enough cookies for all the children at the table

0123456789

Have fun with crayons, markers and paper

- Use a variety of paper and writing tools
- Be creative in my drawing and writing
- Correct pencil grip is developmental. Children need many experiences with a variety of writing tools in order to develop an efficient pencil grip
- Children's creativity blossoms with encouragement and praise

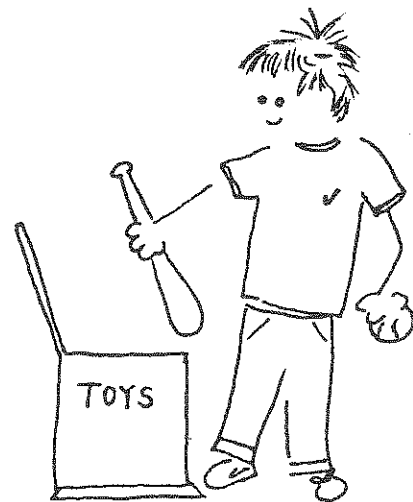
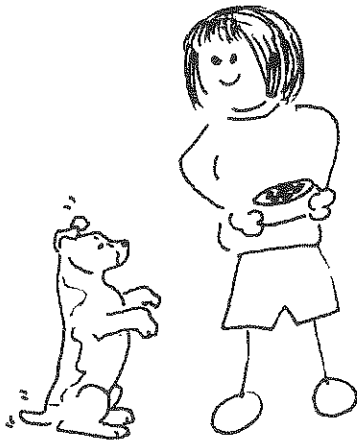
Print my name

- Begin with a capital letter and use lower case for the rest of my name
- It's helpful to point out to your child that most letters start at the top and pull down (see printing guide)
- Since your child's name is so important it's a great place to begin letter recognition



Help with family chores

- Learn how to do a task well
- Complete tasks
- Learn and master new skills
- Sort, count, and organize when helping to fold laundry, clean up toys, or set the table
- Feed the family pet
- Doing a task well teaches responsibility and builds self esteem
- These chores help build early numeracy skills
- Feeding the family pet fosters compassion and responsibility



Play games

- Play board games
- Play listening games
- Board games teach turn-taking, one-to-one correspondence and good sportsmanship
- Listening skills foster learning

Aa Bb Cc Dd

Ee Ff Gg Hh

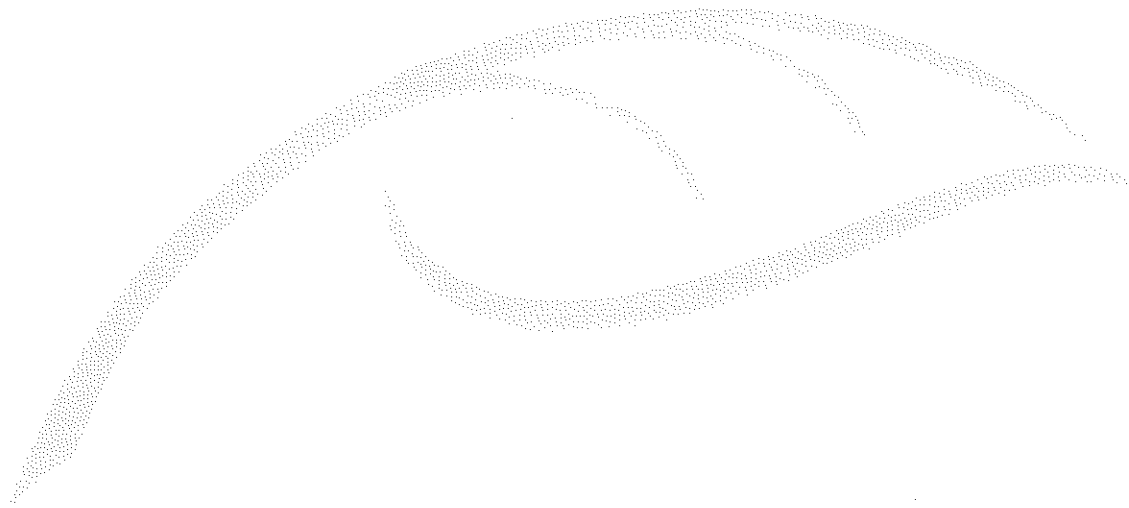
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