

# **Preparing for Full Day Kindergarten at Plattsville & District Public School**



## **Information package for parents/guardians**

If you have any questions or concerns, please contact us at

**519-684-7436**

Visit our website at <https://plattsville.tvdsb.ca/en/index.aspx>

Kindergarten at PDPS page <https://plattsville.tvdsb.ca/en/our-school/kindergarten-at-pdps.aspx>

# How to Prepare your Child for School



Our focus in kindergarten begins with building friendships, gaining independence and learning social skills necessary for children to feel safe and happy in kindergarten. Here are some activities to do over the summer to prepare for kindergarten...



- Play with other children
- Spend some time away from parents (e.g. at grandparents or playgroup)
- Sleep and eat on a routine schedule
- Use the bathroom independently (e.g. wipe, wash hands, change themselves if they have an accident)
- Read together and talk about books
- Take turns and wait patiently in lines (e.g. by playing board games or lining up to sign-out a book at the public library)
- Sit at a table to eat lunch out of a lunch bag and containers
- Clean-up toys after playing
- Calmly ask for help (e.g. while working on a craft)
- Do-up velcro, buttons and zippers
- Dress themselves as much as possible
- Play together (e.g. Play Doh, puzzles, blocks)
- Visit the doctor for a check-up and discuss any concerns (e.g. toilet training, hearing, vision, etc...)



# What to Bring on the First Day of School



Please bring...

- ✓ Large backpack
- ✓ Lunch in a lunch bag
- ✓ Indoor shoes (Velcro- no laces please)
- ✓ Water bottle filled with water
- ✓ Hat (optional)
- ✓ Sunscreen
- ✓ Extra change of clothes in a labelled baggie (pants, shirt, underwear, socks)
- ✓ Mask (optional)

**No toys from home please!**

Remember to write your child's name on everything so that if anything is misplaced we can return the item to your child.

No need to pack any school items such as pencils or notepads – we have everything your child needs at school.

However, a pencil case or container for their personal supplies would be helpful.

We are grateful to families who bring a box of tissues to share with the class.



## Examples of Healthy Lunches



Try to include a variety of food items in their lunch:

- ✓ Yogurt, cheese string or cheese cubes
- ✓ fruits or vegetables
- ✓ sandwiches, crackers, wraps
- ✓ cold cuts, eggs, tuna



Thermoses are great for packing oatmeal, soup, cereal, or dinner leftovers (e.g. spaghetti, pizza, pastas). Students are not picky if food is not warm by the time they eat it.



Some children order milk at school (when available) and others bring a juice box or a filled water bottle. The water bottle filling station will be available to re-fill bottles during the school day.





If your child is a picky eater, you'll be surprised to see how many more foods they will eat once they see the lunches of their peers. Try packing new foods like olives, cold meats, and vegetables.



Ask your child what they would like to eat at school (e.g. what fruit would you like in your lunch today?) If your child helps to prepare their lunch they will be more excited to eat it too.



Pack easy-to-open containers so that your child can be independent during lunch.

It is helpful to slice apples and other fruit or vegetables into smaller pieces, as well as peel oranges.

Remember to pack a spoon or fork if necessary.



**Our school is NUT FREE.**

*Please do not pack peanut butter or spreads that look like peanut butter. We will inform you of any other dietary concerns in our classroom.*

## Lunch Tips for at School



At Plattsville & District PS, we have two nutrition breaks. Students will have at least 20 minutes during each break to eat with their class.

1<sup>st</sup> Snack is our “Healthy” snack and we expect that the children will eat a healthy snack at this time. Healthy snack choices might include:

- Fruit (whole, slices and/or sauces)
- Vegetable slices
- Yogurt (a cup or tube)
- Cheese/Crackers



If you wish to send one treat to school (e.g. granola bar, cookie or fruit snack), then students are guided to save their treat for lunch or the second snack in the afternoon.



We run a free Healthy Snack program daily supported by the Ontario School Nutrition Program. School Council offers a hot lunch program three times a week. Details for ordering will be provided in September.