

Preparing for Kindergarten at Bonaventure Meadows Public School



Information Package for Parents and Guardians

If you have any questions or concerns please contact us
at: 519-452-8060 or email: bonaventure@tvdsb.ca

Visit our website at: <http://www.tvdsb.ca/Bonaventure.cfm>



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
- Visit the school playground
- Practice proper hand washing and hygiene
- 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 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
- Learn to use zippers and velcro closures
- Dress themselves as much as possible
- Play with others, e.g. with play dough, 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 [**MUST BE NUT FREE**]
- Indoor shoes, Velcro, no laces please



- Water bottle filled with water
- Hat (optional)
- Extra/Change of clothing in a labelled bag: pants, shirt, underwear, socks



No toys from home please.



- Remember to **write your child's name on everything** so that if anything is misplaced we can return it to your child.
- No need to pack any school items such as pencils or notepads. We have everything your child needs at school.



Examples of Healthy Lunches

In a Balanced Day School we have two nutritional breaks.

First Break: 11:00 to 11:50 a.m.

Second Break: 1:50 to 2:30 p.m.

WE ARE A NUT FREE SCHOOL. NO PEANUTS, TREE NUTS OR PRODUCTS MADE FROM THEM PLEASE.

**We have students with severe allergies and we need to keep them safe.
Thank you.**

Try to include an item from each area of the Canada Food Guide:



- ✓ Dairy product
- ✓ Fruits or vegetables
- ✓ Grains
- ✓ Meat/alternative

- If you wish to send one treat to school, e.g. a granola bar, cookie or fruit snack, then students are instructed to save their treat for the second nutrition break.
- Water bottles are required as they can be refilled at school and are less messy than other beverages. Water fountains may not be available.
- Ask your child what they would like to eat at school. If your child helps to prepare their lunch they will be more excited to eat it, too.
- **Our school is NUT FREE. Please do not pack peanut butter or Nutella/nut spreads.**

