

Zone Township Central School Early Years Parent Information Meeting

Preparation For School:

Beginning life at school can be an anxious time for children. Sometimes this can lead to fears, some regression in behaviour and other adjustment difficulties. If you communicate with your child and with the school, as we will communicate with you and your child, adjustment can be both quick and smooth. You can help your child develop more independence for school by encouraging him or her to:

- Hang up coats and sweaters and identify personal belongings
- Begin to manage buttons, zippers, buckles and shoe laces
- Take turns in talking and listening
- Use simple safety rules, e.g. not to run inside buildings and to be alert when crossing the street
- Use toilet unassisted and be able to wash and dry his/her hands

We encourage you to purchase Velcro items and easy fasteners for clothing and as well, **Please ensure that your child's name is attached/labelled to coats, sweaters, book bags, shoes, and so on.**

Supplies for School:

- Clothing suited for indoor and outdoor activities and play
- Running shoes with Velcro fasteners for gym and indoor use
- A change of clothes
- A box of tissues
- A large book bag
- Lunch (2) nutritional snacks

Parents can help make Kindergarten a successful experience by:

- Starting each school day positively, a calm beginning at home makes the school day better.
- Providing your child with good nutritious meals as well as at least ten hours of sleep.
- Praising your child each day for something he/she has done well.
- Providing a special place to display artwork or whatever treasure may be brought home.
- Encouraging your child to think of kindergarten as exciting and important. Attitudes develop during this year and will likely set the tone for the entire school experience.
- Listening attentively to your child as he/she talks about school experiences. Take some time each day to discuss his or her accomplishments or activities from that day.
- Encourage regular attendance and giving it importance. If your child is ill, home is the best place; otherwise your child needs to take advantage of every school day.
- Keeping the lines of communication open between yourself and your child's teacher.
- Informing the teacher of your child's method of going to and from school, and then notifying the teacher in writing about any changes.
- Reading to your child to create an interest in books and a love of reading. Every child should be read to each day.
- Taking your child to the library and checking out books.
- Providing crayons, paint, glue, scissors and blank paper to your child to use.
- Letting your child attempt independence whenever possible in solving problems and quarrels at home and school.
- **MOST IMPORTANTLY, WE NEED TO COMMUNICATE TO EACH OTHER ESPECIALLY IF YOU HAVE A CONCERN.**