



# Welcome to Nursery and Kindergarten in room 1 with Ms. Murray!



My Name is Ms. Murray, and I will be your son/daughter's Nursery/Kindergarten teacher at Lord Selkirk this year. I am very excited to get to know all of you! This year, your child will be learning through play by experimenting, creating, and reenacting the world around us.

## **Pick up and Drop Off**

Students are expected to wait with their caregivers at the Nursery/Kindergarten doors. At 8:45 a.m. (morning class) and 12:55 p.m. (afternoon class) I will invite students to come into the school to change their shoes and put away their belongings.



All children must be dropped off by an adult and supervised until I welcome the students into my classroom. If your child is late after 9:00 am. or 1:00 p.m., you will need to bring your child to the office and sign them in. They will receive a welcome slip and a staff member will walk your child to your class.

Please make sure to check your child's backpack every day for important notes.



### **Snack and Nutrition**

A nutritious breakfast is important for your child to be ready to learn and have a successful day. During the day, students will be provided with a light healthy snack. Students are invited to bring their own snacks from home as well, so long as they are nutritious and healthy. Examples healthy snacks are: fruit, vegetables, yogurt, cheese and crackers, granola bars. Please do not send snacks that contain nuts as there are students in our

school with life-threatening allergies. This includes any treats sent for classroom parties/celebrations.

### **Getting School Ready**

A good night's sleep is very important to ensure students can be successful throughout their day. It is recommended that children age 4, and 5 get 10-13 hours of sleep each night. A big breakfast, or lunch (if they are N/K PM) can go a long way to ensuring that your child can focus on their learning while at school.

Please send students to school with weather appropriate clothing. This should include:

- snow pants, hats, mittens/gloves, and neck warmers in the winter
- Raincoats, and rainboots on days it might rain
- A hat, and a water bottle on hot days

We will be going outside every single day for about 30 minutes and it is important that your child is warm and dry during that time.



### **Parent Volunteers**

I would like to take this opportunity to invite any of you to come and volunteer. If you are interested, in volunteering, please contact Mandi Jacobson, our Community Support Worker to register. It is wonderful to have parent volunteers especially on fieldtrip/ special event days.



### **Technology/Active Living**

Technology use at school is limited at Nursery/Kindergarten. Studies shows that children ages 4-5 should have less than one hour of screen time per day. It is recommended that children be active for at least 30 minutes each day. These activities can include going for a walk, playing outside or participating in clubs or afterschool programs. Using technology at home to support your child's learning can be supported by educational websites or apps like [abcy.ca](http://abcy.ca), [starfall.com](http://starfall.com), or [pbskids.org](http://pbskids.org).

### **How you can support your son/daughter at home:**

- Read, read and read some more. Have a special reading spot or blanket to form life-long reading habits.
- Talk about the story; ask open-ended questions after you have read
- Practice tracking the print (For example: follow with your finger!)
- Encourage resiliency and always discuss the importance of trying and taking risks
- Teach your child rhymes, emphasizing similarities and differences in sounds
- Model proper speech and correct improper grammar
- Help your child print his/her name. Give them lots of opportunities to develop a strong pencil grip
- Practice counting your environment. (For example: how many apples did you buy at the grocery store?)
- Practice and model social skills to develop good habits. (For example: holding the door, washing your hands)
- Waiting your turn, saying "please" and "thank you"
- Make patterns
- Play with puzzles
- Sing Songs

