

Getting Ready for Kindergarten



PWPSD



A Family Guide for Peace Wapiti Public School Division



Welcome to Kindergarten!

Dear Parent(s)/Guardian(s)

Welcome!

Starting kindergarten is an exciting milestone for children and their families.

In **Peace Wapiti Public School Division**, our kindergarten classrooms focus on play, exploration, and meaningful experiences that help children grow socially, emotionally, physically, and academically.

Our educators help children build confidence, curiosity, independence, and a love of learning.

Families are an important part of this journey, and strong partnerships between home and school help children feel safe and ready to learn.

We look forward to a fantastic year of exploration and fun!

- Peace Wapiti Public School Division

Getting Ready for Kindergarten

Working on the skills in each domain will help prepare your child to begin Kindergarten.

01 Awareness of Self and Environment

- Identify common signs
- Understand positional concepts (front, back, top, bottom, etc.)
- Recognize body parts

02 Social-Emotional Development

- Take turns
- Share materials
- Play cooperatively

03 Literacy

- Enjoy books and stories
- Name letters and sounds
- Draw
- Rhyme
- Sing Songs

04 Numeracy

- Count objects
- Recognize shapes and patterns
- Sort and match items

05 Language and Communication

- Ask and respond to questions
- Listen to others
- Verbalize feelings
- Understand action words (hop, skip, clap)

06 Fine and Gross Motor

- Use scissors, crayons, and pencils
- Jump, climb, skip, balance
- Kick and throw
- Zip and unzip coats



Preparing for Kindergarten Independence: “I can statements”

These “I can” statements reflect important independence skills that support a successful start in Kindergarten. Children are not expected to master all of these before starting school —they are skills to develop over time with guidance, practice, and encouragement.

I can take care of my belongings.

I am learning to manage my backpack, lunch kit, and personal items, and put them in the right place independently.

I can follow simple routines.

I am learning to follow daily routines like lining up, cleaning up, and transitioning between activities.

I can use the bathroom independently.

I am learning to manage toileting, handwashing, and personal hygiene independently.

I can get dressed for the weather.

I am learning to put on and take off my coat, shoes, and outdoor clothing (zippers, velcro or shoe laces).

I can ask for help when I need it.

I am learning to use words or gestures to communicate my needs to adults and peers.

I can try new things, even when they feel challenging.

I am building confidence to take risks in my learning and keep trying.

I can take part in helping and cleaning up.

I am learning to care for my classroom by tidying materials and participating in shared responsibilities.

I can manage my feelings in a safe way.

I am learning strategies to express emotions and begin to regulate my behaviour with support.

I can say goodbye to my parent or caregiver for the day.

I am learning to separate from my family, knowing they will return, and I can feel safe and cared for at school.

When children are given the chance to do things on their own, they build confidence, independence, and a sense of belonging.

Supporting Big Feelings about Kindergarten

Starting Kindergarten is an exciting milestone. It is also normal for children and families to feel a mix of emotions. At PWPSD, we value wellness, belonging, and strong relationships as the foundation for a positive start to school.

Calm & Predictable Goodbyes

- Keep goodbyes brief, calm, and reassuring
- Use a consistent phrase: “I’ll see you after school”
- Avoid sneaking away

Comfort & Familiar Routines

- Talk about the day using simple, positive language
- Keep morning routines consistent and predictable
- Share stories or read books about starting school

Confidence Through Encouragement

- Acknowledge feelings: “It’s okay to feel nervous”
- Focus on strengths and positive experiences
- Trust the school team to support your child



Nutrition Tips for Families

About Nutrition in Kindergarten

Healthy eating supports children's energy, focus, and overall well-being throughout the school day. In Kindergarten, students are also building independence skills, including managing their own snacks and lunches.

These tips are designed to support both nutritious choices and growing independence.

Building a Balanced Lunch & Snacks

- Include a variety of foods. Aim for a mix of:
 - Fruits and vegetables
 - Whole grains
 - Protein (e.g., cheese, yogurt, eggs, beans, meat)
- Keep portions child-sized



Independence with Food

A key Kindergarten readiness skill is being able to manage food independently. Teachers often support many students at once, so independence helps ensure children have enough time to eat.

Practice at Home:

- I can open my lunch container
- I can peel or unwrap my food
- I can open snack packages
- I can use simple containers (not overly tight lids)
- I can put my garbage away or back in my lunch kit



Time to Eat:

- Pack foods that can be eaten within a typical 15–20 minute eating time
- Choose items that are quick and easy to eat

Supporting Independence & Confidence with Nutrition at this age is not just about food, it's about:

- Building confidence and self-help skills
- Supporting self-regulation and routines
- Encouraging responsibility for personal needs

What will my child learn in Kindergarten?

English Language Arts & Literature	<ul style="list-style-type: none">• Develop listening and speaking skills by sharing ideas, stories, and poems• Recognize and write letters and words• Share understandings of people, places, or things that are real or imaginary• Express ideas and information creatively• Identify sounds at the beginning, middle and end of words• Identify one syllable rhyming words• Copy words to become familiar with how words are spelled
Mathematics	<ul style="list-style-type: none">• Count and represent quantities within 10• Recognize 2-D and 3-D shapes in the environment• Compare objects by length, area, mass, and capacity• Order a sequence of events according to time• Recognizing Patterns
Science	<ul style="list-style-type: none">• Explore properties using the five senses• Examine movement of objects, humans, and other animals• Examine components of environments• Protect the environment by reducing waste, recycling, and reusing• Explore the purpose of instructions
Physical Education & Wellness	<ul style="list-style-type: none">• Take part in physical activities that bring enjoyment• Use spatial awareness to move safely during various physical activities• Support their social-emotional well-being through healthy relationships• Explore a variety of foods that help their body grow• Communicate personal boundaries through words and actions• Explore the value of Canadian coins and bills
Social Studies	<ul style="list-style-type: none">• Examine places in communities• Develop a sense of self in relation to their community and others• Investigate the role of leaders in communities• Explore needs and wants, belonging, and working together

Parent/School Partnership

Parents/Guardians are a child's first and most important teachers. The skills your child is developing for Kindergarten grow through experiences both at home and at school. When families and schools work together, children feel supported, confident, and ready to learn.

At Peace Wapiti Public School Division, we value strong, respectful partnerships with families where communication is open and every voice is heard.

Simple, everyday actions—such as talking with your child about their day and encouraging independence at home help build a strong connection between home and school.

Together, we can support your child's growth and create a positive start to their learning journey.

Welcome to Kindergarten!

