

Welcome to Kindergarten



Welcome



Dear Families,

Welcome to St. Edmund! The start of kindergarten is a magical milestone filled with endless possibilities and infinite opportunities.

We are so excited to meet you and work together as you and your little one start a wonderful new journey.

Sincerely,

The St. Edmund Team

**This is your
school.**



[Link to school's website](#)

**Here are the
kindergarten
teachers at
your school:**



Here are staff members from your school's daycare.



Important Information About The First Day of School

- Kindergarten Information Evening
 - Tuesday, August 29th, 2023
- Progressive Entry
 - Schedule to be sent in July
- Folder of Important Information
 - Forms - Please return completed forms on the first day
 - Contains additional documents and information to ease the transition
 - **Daycare & Lunch Program Registration - May 2023**
- Bus Information Available on Mozaik in August

Find a School Using Your Address



<https://busplanner.lbpsb.qc.ca/Eligibility>

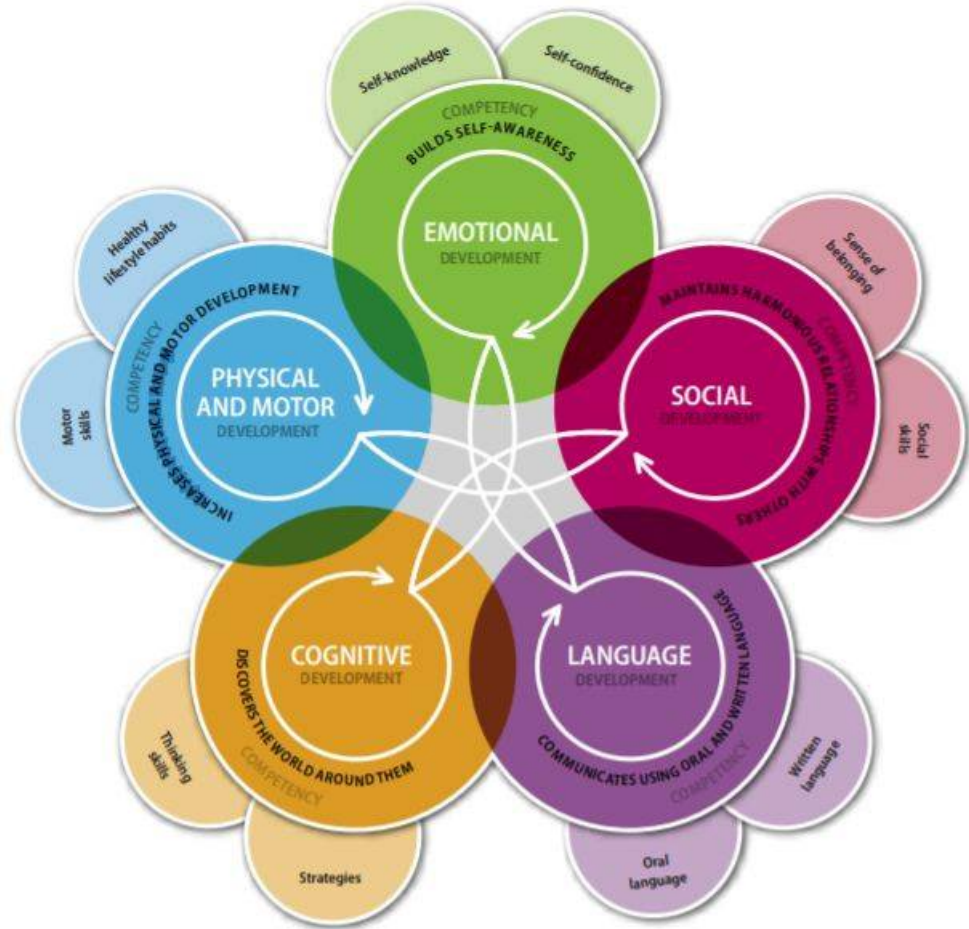
Important Information About The First Day of School



Additional Information:

- Dress Code
 - Navy Blue, Red, White
- Areas of Independence to promote
 - Bathroom
 - Shoes
 - Zippers
 - Lunch

The Program



The Program

Note: from the Praxair Cycle Program

AREAS OF DEVELOPMENT, COMPETENCIES, FOCUSES OF DEVELOPMENT AND KEY FEATURES

Areas of development and competencies	Focuses of development	Key features
Physical and Motor Development Increases physical and motor development	Motor skills	<ul style="list-style-type: none"> Explores sensory perceptions Develops body awareness Uses gross motor skills Uses fine motor skills Explores the concept of space Explores the concept of time Discovers lateral dominance Explores different ways of moving
	Healthy lifestyle habits	<ul style="list-style-type: none"> Explores the world of food Explores different ways of relaxing Adopts practices associated with good personal hygiene Learns about safety
Emotional Development Builds self-awareness	Self-knowledge	<ul style="list-style-type: none"> Recognizes own needs Recognizes own characteristics Expresses own emotions Regulates own emotions
	Self-confidence	<ul style="list-style-type: none"> Explores own autonomy Responds with confidence
Social Development Maintains harmonious relationships with others	Sense of belonging	<ul style="list-style-type: none"> Shows openness to others Participates in group activities Collaborates with others
	Social skills	<ul style="list-style-type: none"> Gradually complies with rules of conduct Creates connections with others Regulates own behaviour Resolves conflicts
Language Development Communicates using oral and written language	Oral language	<ul style="list-style-type: none"> Interacts verbally and non-verbally Demonstrates understanding Expands own vocabulary Explores different kinds of statements Develops phonological awareness
	Written language	<ul style="list-style-type: none"> Interacts with written language Recognizes some reading and writing conventions Discovers some functions of writing Knows the letters of the alphabet
Cognitive Development Discovers the world around them	Thinking skills	<ul style="list-style-type: none"> Acquires new knowledge relating to the subject areas (mathematics, arts education, social sciences, science and technology) Uses reasoning skills Uses imagination
	Strategies	<ul style="list-style-type: none"> Takes action Explores different actions Explains the actions taken

Learning Through Play

**Play is at the
core of the
program**



The Program

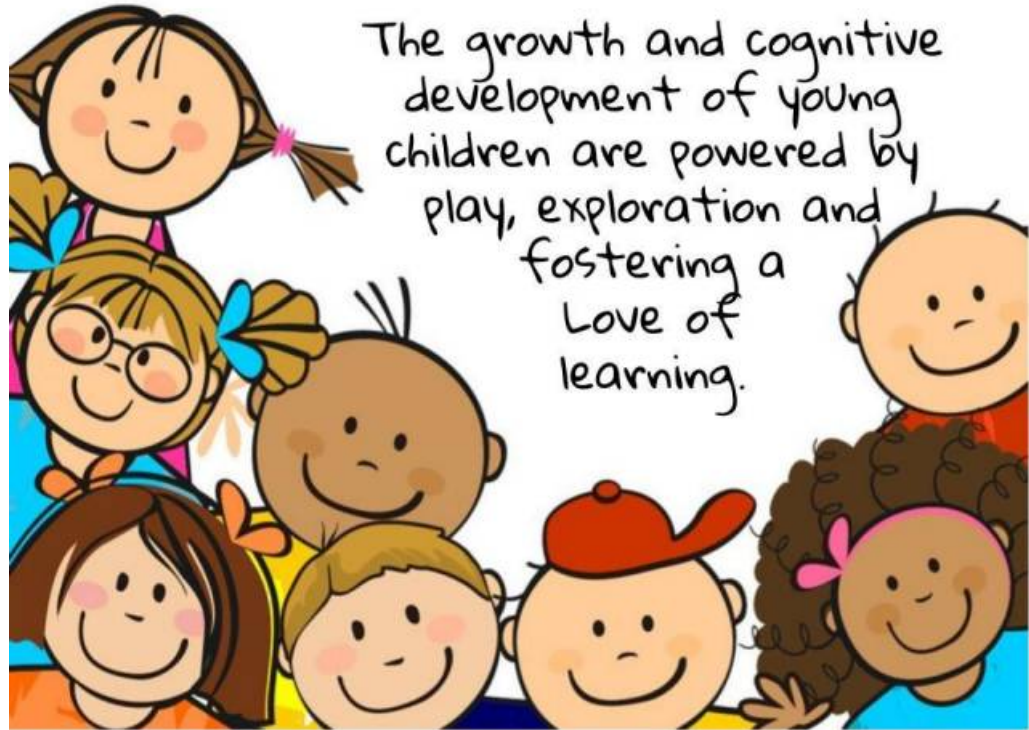
How do we achieve these goals?

- Circle time
- Gross-motor activities
- Blocks and puzzle play
- Fine-motor activities
- Phonemic awareness
- Art activities
- Early numeracy activities
- Music activities
- Story time
- Science activities
- Play plans
- Dramatic-play activities

For a Smooth Transition...



At home, it's the little things you do every day that prepare your child for kindergarten.



The growth and cognitive development of young children are powered by play, exploration and fostering a Love of learning.

For a Smooth Transition...

Playing in French and English



Lester B. Pearson School Board
Commission scolaire Lester-B. Pearson
1025 Brookdale Ave., Dorval, QC, Canada
www.lbspb.ca

En attendant la maternelle...

A Je joue avec mes amis. 	B Je fais des bulles. 	C Je trace des objets et je raconte leur couleur et leur usage. 	D Je danse avec un partenaire de ma famille. 	E Je fais appeler mon quartier et je parle de ce que j'en aime. 		
F Je goûte à un morceau fruit. 	G Je joue avec mes amis. Je fais du vélo et je glisse sur glace. 	H Je demande à un adulte de m'expliquer à quoi sert un objet que j'ai vu dans les histoires. 	I Je fais une histoire aux insectes. 	J Je joue à un jeu. 	K Je saute comme un kangourou. 	L Je joue aux Lego.
M J'écoute de la musique et j'imite l'appareil qui produit cette chanson. 	N Je regarde les nuages et je trouve des formes animales. 	O Je fais des expériences pour apprendre à reconnaître les couleurs. 	P Je joue à la photo. 	Q Je joue à un jeu de mots. 	R Je me repose en lisant un livre. 	S Je joue à jouer du ballon.
T Je joue au jeu du déshydrate. 	U Je fais un objet. Je fais une activité qui me plaît. 					

Maria-Eve Lafontaine LBPB 2019



Before I start kindergarten...

A I explore the alphabet by recognizing my own name. A C P J U T S K I M	B I build with blocks, blocks and toys. 	C I am creative. I play dress-up, play dough and paint. 	D I identify, draw and colour. 	E I explore history and emotions by reading books and talking about them. 		
F I try new healthy foods to feed my growing body. 	G I play games with single rules. 	H I try to hop on one foot, then on one foot. 	I I use my imagination to tell stories. 	J I practice jumping jacks. 	K I know my name and age. 	L I visit the library.
M I take a picture. I build with magnetic tiles. 	N I name objects, places and people. 	O I play outside every day. 	P I complete puzzles. 	Q I ask lots of questions to find out more about the world. 	R I am ready to write. 	S I sing songs.
T I teach my body every day. 	U I practice walking up stairs and down stairs. 	V I tell a grown-up to help me make a card to introduce myself to my new teacher and school friends. 	W I practice walking my hands while jumping a song. 	X It marks the start! I play stronger hard to work for wide resources. 	Y I try yoga. 	Z I make sure to get enough ZZZs by having a predictable bedtime routine.

Maria-Eve Lafontaine LBPB 2021

For a Smooth Transition...



Reassure your child:

- Read stories about going to school.
- Take your child to a new place (ex: school yard if open) and discuss the beauty of change and new experiences.
- Discuss with your child what a typical day at kindergarten is like (see next page);
- Tell your child what time you'll pick them up after school;
- If your child comes home by bus, tell them that there will always be someone there to meet them at their stop.

Set up a routine with rules to follow:

- Set routines for your child, for example at bedtime, gets them used to following rules and instructions and helps them feel secure by being able to anticipate what comes next.

Encourage your child's independence:

- Getting dressed or going to the washroom on their own, even if it takes a little longer;
- Hanging up coat and putting toys away.

For a Smooth Transition...



- ***Be loving and attentive:*** Quickly responding to preschoolers' needs and questions, taking the time to listen to them and showing an interest in what they're doing are all actions that build confidence.
- ***Encourage your child to ask questions:*** This sparks curiosity. You should also encourage your child to look for the answers with you on the Internet or at the library. The desire to understand things fosters academic motivation.
- ***Encourage your child to speak often:*** You can ask your preschooler what they did at daycare, if they have any ideas about how to settle a little problem, or what they would do if they were the character in a story. This will get them used to reflecting on things and expressing their thoughts about them.
- ***Speak positively about the school:*** You can tell your child that they'll learn all sorts of things and meet new people, so that they look forward to going. It's also important to communicate to your child the trust that you have in the school and the adults within it.

For a Smooth Transition..



Help your child to develop healthy habits.

NUTRITION AT LBPSB

It starts in Kindergarten!

Schools play a critical role in promoting a healthy, physically active lifestyle and positive mental health for children.

It is our shared responsibility to help educate children on how to establish healthy behaviours. Multiple studies have shown positive links between proper nutrition and strong academic performance.

WE MUST FUEL THE BODY IN ORDER TO FUEL THE BRAIN!

Help your child have a great day at school:

- Eat a healthy breakfast
- Pack a healthy lunch that includes foods from Canada's food guide
- Refuel throughout the day with healthy snacks
- Rehydrate with water
- Be active daily
- Get enough rest



**For a
Smooth
Transition...**



*Make sure your child sees and hears well
by checking with specialists.*



For a
Smooth
Transition...

*Fill out all documents sent by the
school. This will help us to get to
know your child better.*

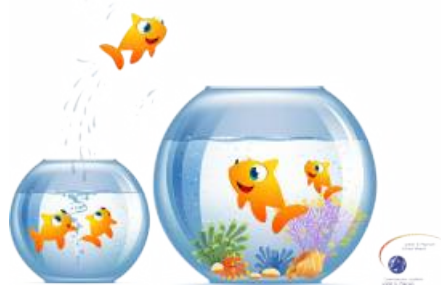


Collaboration between home and school can help foster a positive attitude toward learning in your child.

If you have any questions, do not hesitate to contact us.

Be sure to stay informed

[LBPSB website](#) & [Facebook Page](#)



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ELEMENTARY
SCHOOL**

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