


# Welcome to Kindergarten



Kindergarten is an exciting time of growth and wonder. Children are discovering their own potential and interests, while learning about sharing, co-operation, responsibility, problem-solving, self-expression and decision-making.


At Edmonton Public Schools, we understand that no two children are alike and all come with varying levels of knowledge and skills. Every child, regardless of their background or abilities, is welcome to Kindergarten where learning through play is based on their individual strengths and needs.



## The Kindergarten curriculum is based on Alberta Education's seven learning areas:

- 1 Early literacy
- 2 Early numeracy
- 3 Citizenship and identity
- 4 Environment and community awareness
- 5 Personal and social responsibility
- 6 Physical skills and well-being
- 7 Creative expression

More information about the Kindergarten program can be found at [mychildsllearning.alberta.ca](http://mychildsllearning.alberta.ca).



Children who are four years of age on or before March 1 may register in Kindergarten for the upcoming school year.

For more information about Kindergarten registration, open houses and transportation, visit [epsb.ca](http://epsb.ca) or contact your school of choice.





# First Day of School



While some children can't wait to start school, the prospect of leaving the comforts of home, learning new rules and adjusting to a new routine can leave others feeling anxious or worried.

For a smooth transition to Kindergarten, here are a few tips to put your child at ease before the big day.

- **Encourage your child to share their feelings.** Talk about all the new things they will get to do in Kindergarten and how exciting that will be.
- **Practice riding the bus.** Register for Edmonton Public Schools' annual First Riders event in August so you and your child can become familiar with the bus riding experience and yellow bus safety.
- **Take a school tour.** Visit a school open house or make an appointment to meet your child's teacher.
- **Establish a school routine.** Help your child adapt to their school schedule by going to bed at an appropriate time at least two weeks before the first day of school.
- **Read books about school.** The library will have many titles to choose from.
- **Encourage friendships.** Teach your child ways to make friends and try to introduce them to a classmate before the first day of school.

*Adapted from Alberta Health Services*

## Learn Through PLAY

Children are naturally curious and eager to learn about the world around them. Through play, they have the opportunity to discover, explore and be creative.

To help your child be successful in school, provide them with plenty of play time. Playing develops important skills and behaviours in early childhood.

Listed below are a just few fun activities that you and your child can do together.

- Read to your child every day—even if that means reading the same book more than 100 times. It takes more than 5,000 "reads" to become a reader.
- Ask your child about the books you read together, using questions like "Why did you like this story?", "Which story is your favourite?" and "What do you think is going to happen next?"
- Play board games, puzzles and card games like Go Fish.
- Get hands-on using Play-Doh, finger paints, beads and blocks, or bake together to keep your child busy and engaged.
- Visit the playground frequently so your child can meet other children and stay physically active.
- Provide art materials like crayons, paints, Play-Doh, scissors and paper to encourage their creative expression.
- Praise your child's drawings, paintings and writings, and put them up on the fridge or around the house to show you value their work.



## Contact Us

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