

KINDERGARTEN READINESS CHECKLIST



backpacks • clothing coats • shoes

I can:

- ___ carry my own backpack.
- ___ put in and take out objects from my backpack.
- ___ zip and unzip my coat.
- ___ put on and take off my shoes on the correct feet.
- ___ lace and unlace, zip and unzip, or pull and stick Velcro on my shoes.

eating food • containers • making choices

I can:

- ___ open and close my lunch bag.
- ___ open and close all of my food containers.
- ___ use a fork and spoon.
- ___ eat my healthy choices first.
- ___ peel my orange and eat whole apples and other fruit.
- ___ remember not to eat and talk at the same time.
- ___ wipe up small spills.
- ___ sit while I eat.

hygiene washing • toileting • nose blowing

I can:

- ___ unzip and zip my pants, take down and pull up my tights.
- ___ unbuckle and buckle my belt, fasten and unfasten buttons.
- ___ flush the toilet.
- ___ use a soap dispenser.
- ___ wash and dry my hands.
- ___ cover my mouth with my arm when I cough.
- ___ blow my nose and put the tissue in the garbage.

Here are a few tips to prepare your child for Kindergarten:

DRESS

- Dress your child for the weather, we are outside every day.
- Choose shoes that your child can safely wear on the playground and to & from school. Don't forget rubber boots for rainy days.
- Choose a backpack that your child can easily carry, open and close.

- Practice putting on and taking off shoes and coat, packing and unpacking backpack.

EAT

- Use containers and packaging that your child can open and close.
- Practice opening their lunch kit, taking lids off & on containers and putting everything back in their lunch kit.
- Make healthy food choices when packing their snack and lunch.

- Don't forget to send a reusable water bottle.

- Cut up fruit, vegetables and sandwiches into bite-size pieces.

TOILETING

- Make sure your child is comfortable using different bathrooms.

- Allow your child to become independent with bathroom routines in various settings.

QUEEN OF ANGELS

CATHOLIC ELEMENTARY AND MIDDLE SCHOOL



WELCOME TO KINDERGARTEN



Where Children Love to Learn
and Learn to Love ❤️

CALL 250-746-5919



Your child's start to Kindergarten is an exciting time in both of your lives. Our goal is to help you and your child feel safe and confident as you begin your educational journey with our Queen of Angels family.

This brochure is filled with suggestions on how to best prepare your child with some simple skills to be successful as they begin their new Kindergarten adventure.



PLEASE:

- Label all uniform pieces, backpack, lunch kit, shoes, boots, runners, and water bottle discreetly with your child's first initial and last name.
- If your child is absent, contact the teacher and/or office to let us know.
- If someone else is picking your child up after school, or you will be late, please phone the school office or write a note to the teacher so that your child is kept safe at all times.

KEEP US UP TO DATE ON:

- Health issues such as social/emotional conditions/ concerns or allergies.
- Family life changes such as illness or death.
- Custody arrangements: Copies of court orders are filed in the office.

FOLLOW US ON:

FACEBOOK: [queenofangelscatholicschool](#)

INSTAGRAM: [queenofangelscatholicschool](#)

WEBSITE: [queenofangels.ca](#)



HERE ARE SOME SKILLS YOUR CHILD WILL LEARN IN KINDERGARTEN

SOCIAL

Children will learn to interact with kindness. Through positive learning opportunities, they will increase their independence, self-confidence and responsibility for belongings and behaviour.

ORAL

Children will be able to listen respectfully to others and share their own ideas through play-based learning and inquiry-based exploration. They will be encouraged to ask questions and share connections as they are learning.

LITERACY

Children will focus on mastering letters, sounds, and some sight words. They will experience firsthand, how different forms of language: listening, speaking, reading, and writing is connected.

WRITING

Children will be introduced to printing letters, small words, and their names. The focus will be to strengthen the child's fine and gross motor skills by developing a proper grip of a pencil. In addition, to support their ability to communicate on paper, children will be taught the elements of art such as line, shape, and colour form.

NUMERACY

Children will learn how to count, identify shapes, sort objects, compare items, have a sense of time and problem solve. A large portion of their numeracy learning will take place outside while exploring the forest.