



St. Matthew Catholic Elementary School

Parent Orientation Information Package
2020-2021 School Year



Welcome to Kindergarten!

Snacks and Lunch

- When packing a lunch, your child will need two portions of food for two snack breaks as well as their lunch
- Label the food with a simple 1, 2, 3 system, so that all of the food does not get eaten during the first break. You can use stickers, tape or simply use a marker to label the container.
- Be sure to explain to your child the system we will use so they stay nourished throughout the day
- All food **must** be **peanut/nut free** due to the severe allergies within the classroom/school. Fruit and vegetables are an excellent choice.
- St. Matthew supports recycling and reducing the amount of waste in our classrooms therefore we encourage that food and drink items be sent to school in reusable containers

School Bags

- Your child's school bag will never be heavy, but should be large enough to be able to hold library books, lunch and snacks, artwork, etc.
- When at school, students will be independently packing backpacks so ensure you choose an appropriate size to support your child's independence as they may get frustrated if it is too small
- Please have your child help to pack their backpacks at home, then they will know what is inside

Extra Clothing

- We are asking parents to include an extra set of pants, socks, underwear, and a shirt in their child's backpack for emergency situations
- The extra clothing does not have to be uniform items, but should be of uniform colour (blue/white)
- **Please place these items in a zip lock bag with your child's first and last name clearly written on the front**
- We will keep the clothes at school and return them at the end of the school year
- As clothing is sent home, please replenish, and return to school

Shoes

- In order to participate in the Physical Education Program, running shoes are **required** for all students. **Velcro shoes** are preferred.
- These may be kept in the student's cubbies for gym days and for indoor shoes
- Please always send your child dressed appropriately for the weather (sunscreen, layers, proper footwear, etc.)
- As part of the Kindergarten program students will be participating in outdoor play during all seasons
- Please **label** your child's uniform, coats, sweaters, back packs, lunch pails, thermos, and anything that is sent to school with your child

Arrival/ Dismissal Routines

- Morning duty starts at 8:25am in the Kindergarten playground gated area
- Please do not drop off your child until you see an educator on duty
- Parents are not permitted to remain inside the gated area after their child has been dropped off and are encouraged to leave their children to the supervision of the educators
- This will encourage the children to adjust sooner to the Kindergarten learning environment and to continue to develop independence and self-regulation skills
- Dismissal time is 3:00pm. If you are planning to pick up your child early, please make arrangements through the office and we will have your child ready to be picked up in the front office for the time you require
- If alternate arrangements are being made to pick up your child, please inform the educators in writing or call the office
- If this is going to be a regular occurrence on a specific day (ie- music lessons, dance classes, etc.), one written note indicating this is sufficient

Bus Transportation:

- If you are interested in having your child take the school bus to and from school, please visit haltonbus.ca - [kindergarten information](#), for more information on transportation eligibility and how to register your child (link found on our school website as well)

Bus Tags

- Students will receive their bus tag on their school bag during their staggered entry day
- The tag must be kept on the student's bag at all times
- Please confirm your child's bus stop
- If you are not there to pick up your child, they will be sent back to school
- Please arrive 10 minutes prior to the bus arrival to ensure pickup
- In order to establish a seamless routine, place your child on the school bus right away at the beginning of the school year and follow them to school, if concerned
- Upon arrival at school, there will be educators on the school site to greet the students and ensure safe entry into their respective yards



Routines to Establish

In order to prepare your child for school, developing routines in the home can help your child:

- Know what is expected of them
- Feel safe and secure
- Feel calm, in control, and able to cope with stress and change
- Foster independence by practicing opening and closing their backpack and lunch pail. Students can also work on independently getting dressed and undressed during the summer months to prepare them for the new school year

Toileting

If your child is not yet toilet trained this is a routine you want to establish. There is more helpful information available at [Halton Region - Toilet Learning Support](#), on each of the following items:

- Wiping
- Flushing
- Hand washing
- Managing dressing and undressing
- Dressing and undressing with outdoor clothing and shoes

Sleep Routines

- Set the stage for healthy sleep habits
- The Canadian Paediatric Society recommends that 3-5 year-old students get 10-12 hrs. a night of sleep
- Experts also recommend limiting screen time at least 30 minutes before bed to help prepare your brain for sleep

As children transition from summer mode to starting school begin the bedtime routine for school at least a week before school starts

Activity and Healthy Eating

- Promoting a healthy lifestyle helps children be better prepared for school
- Being active is also one way a child can play and learn
- Physical activity is great for healthy hearts, brains, and muscles
- Eating healthy is important, as it becomes very difficult to focus, listen, be nice to friends when you are hungry or tired

Supporting Pre-Kindergarten Transitions

- Visiting drop-in programs at Ontario Early Years Centres (OEYCs) and Libraries may include routines like circle time, healthy snack, and activity stations built into their programming
- Please refer to information in the Ready-Set-Go programme for more information. This is part of the package you received when you registered your child for Kindergarten.

More information on how to prepare your child for kindergarten can be found at:

- [Ministry of Education - Preparing My Child for Kindergarten](#)
- [Halton Region - Ready-Set-Go - Preparing for Kindergarten](#)

Staggered Entry & Beginning of the School Year Procedures

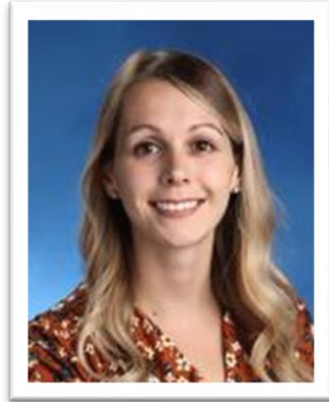
- Your family will receive a package at the end of June outlining an interview day and staggered entry day for your child.
- The expectation is that interviews with new families will take place on Tuesday, September, 8th and Wednesday, September 9th for year 1 students and students new to Kindergarten (or new to St. Matthew)
- Year 2 students will commence Thursday, September, 10th with half of the Year 1 students, Friday September 11th the other half of Year 1 students will join the Year 2 Students
- All students will attend Monday, September, 14th
- Additional information can be found at: [HCDSB - Kindergarten Information](#)

Medical

Parent(s)/Guardian(s) of children with **life threatening** medical concerns/allergies, such as Anaphylaxis, Allergies, Diabetes and Asthma are reminded that in order to provide a safe environment for your child, we must receive updated and accurate medical information. Please notify the school and complete an Emergency Medications Protocol prior to September and **return it to the school as soon as possible**. Forms will be provided to you from the office (of online) and will be distributed as per the HCDSB protocol. For any other medical complications, request the appropriate form from the school office.

Please scroll down below to see our amazing educators!!!

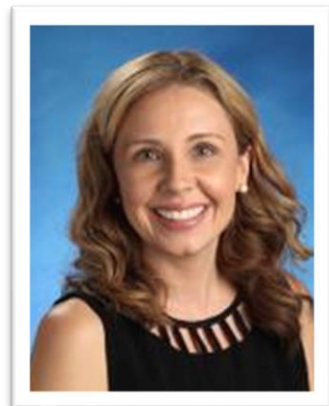
Meet the Educator Team!



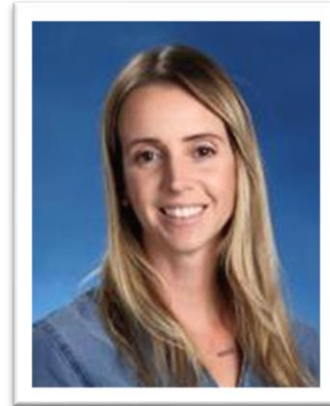
Ms. Correia



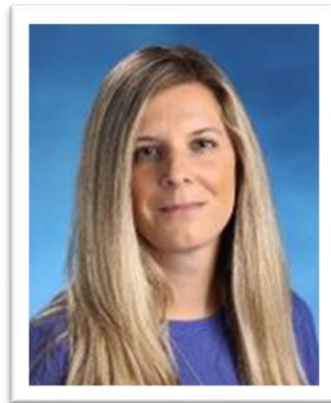
Ms. Flor



Mrs. Linse



Ms. Coulson



Mrs. Latus