

## About The Balanced Day

Our school has a timetable that reflects a "Balanced Day". The children will have the following schedule:

8:30 to 10:10	Instructional Time
10:10 to 10:50	Nutrition Break
10:50 to 12:30	Instructional Time
12:30 to 1:10	Nutrition Break
1:10 to 2:50	Instructional Time

We will have 2 Nutrition Breaks throughout the day. We are asking that parents send separate containers/baggies to school with their child that each have half of a regular lunch that your child would normally eat (e.g., half of a sandwich, half of an apple, a few carrot sticks, a drink). You may want to label the containers "1" and "2" so that your child knows what to eat during each of the breaks. Please try to keep snacks as nutritious as possible. Some suggestions include sandwiches, fruit, vegetables, crackers with cheese, bite-size muffin, etc.). We try to encourage your child to be as independent as possible. To help us with this, please send containers that are accessible to your child.

Please be aware, we have allergies in our school and classrooms. To ensure safe learning environment for every child, please refrain from sending in nut products. For you information we will be sending out a list of specific allergies in your child's class.

## About Important Bags and Backpacks

Please send a labelled backpack daily for easy transportation of schoolwork, lunch, snacks, notices, etc. The back pack should be a fair size (large enough to fit lunch bag, library book and more) and easy for your child to open and close independently. Your child will receive an important bag to transport notes, newsletters, money or permission slips between school and home. Please check your child's important bag **daily**. If you wish to make a change from the usual routines for your child, please inform us with a note or telephone call to the school.

## About Clothing

1. Dress Casually - working with paint, glue and markers is a part of our daily program.
2. Label all items clearly with your child's name. Often, other children have items that resemble your child's, making it difficult for them to distinguish their own belongings. It makes it easier to return items when they are left behind.
3. Send easy to manage clothing so that we can encourage independence. (e.g., If they can't do up belts, buckles, zippers, etc. at home then they will have the same difficulties at school).
4. Indoor shoes - please ensure that your child wears RUNNING SHOES to school. We prefer Velcro shoes if you child is not yet tying laces INDEPENDENTLY.
5. Change of Clothing - please send a change of clothing in a labelled ziploc bag (to be kept at school) in case of accidents or spills. LABEL the clothes in the bag. If used, please return the change of clothes to school as described above.

## About The First Day

Be positive and excited!

Say good-bye at the door. If your child is having a lot of difficulties, we will call you.

Prepare your child by reading stories about going to school. A great story is "The Kissing Hand" by Audrey Penn.

If your child has not yet experienced being in the care of another adult without you present, please consider involving your child in community activities (e.g, library story-time, athletics, etc.) over the summer. This may help your child with the time in the Fall when you have to leave him/her at school.



May 10th, 2012

Welcome to



The route to lifelong learning!

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Mount Hope School  
(905) 679-4145

## About the School Day

The bell will ring at 8:30 a.m. for your child to enter the school. Your child will be supervised on the playground starting at 8:15. Classes begin at 8:30 a.m.

Junior and Senior Kindergarten students will be escorted from the classroom at approximately 2:45 p.m. At that time, bus students will be escorted to their buses, and the students who are picked up will meet their parents/guardians in the designated area.

In order to ensure the safety of all children, it is **IMPERATIVE** to report to the office when you are dropping something off for your child, picking them up early or arriving after the start of the school day.

### About The Buses

The Transportation Department at the Hamilton-Wentworth School Board office will be sending you information regarding your bus stop and the time that the bus will arrive at your bus stop. Please call the Transportation Department at 1-800-691-6402 or 905-523-2318 if you need further information about buses. It is required that an adult escort Kindergarten children to and from the bus stop each day. The bus company that serves Mount Hope is Caledonia Transportation.

### About Dropping Your Child Off In The Morning

Mount Hope Public School has over 260 students. The mornings are very busy as the students and buses arrive. We are asking parents who drop their children off in the morning to bring them around to the Primary doors. There is staff on duty to supervise the children before the bell rings to go into the school. Parents are asked to leave this area (we know it is hard) at the 8:30 bell. We will greet the children and escort them to the kindergarten classrooms.

## Welcome to



The first years at school are very important years in your child's life. Early impressions affect the way in which children will react to people, to new experiences, and to life in general.

The Full-Day Early Learning program is a child-centered, developmentally appropriate program. The purpose of the program is to establish a strong foundation for learning in the early years, and to do so in a safe, and caring play-based environment that promotes the physical, social, emotional, and cognitive development in all children.

The goals of the program are as follows:

- develop a happy, positive attitude to learning
- adjust to his/her new environment
- strengthen self-confidence and self-worth
- develop independence
- form good habits of health and safety
- learn to accept routines and responsibilities
- develop concepts and skills appropriate to his/her stage of maturity
- inspire creativity and individuality by learning through play
- learn more about him/herself and how to interact with others
- expand natural curiosity by exploring and investigating aspects of the world
- learn to respect others and their property
- To improve children's prospects for success in school and in their lives beyond school

## Suggestions to Parents

### Before School Begins

You can help your child by:

1. Reading to them everyday - the greater the variety the better.
2. Providing opportunities for your child to play with other children.
3. Introduce a brief period away from family members (e.g., babysitter, relatives, friends).
4. Encouraging your child to accept responsibility and independence for dressing and undressing, tidying up, and personal hygiene.
5. Travelling the route your child will take to and from school. Visit the school playground during the summer.
6. Taking time to talk and listen to your child. Speak slowly and clearly. Discourage baby talk.
7. Always correct your child in a consistent, honest and gentle, but firm, manner. Praise good behaviour.
8. Enrich your child's education by providing new experiences (e.g., parks, library, beaches, trips by car, train, bus, picking strawberries etc.).

### When will my child's first day be?

During the first week of school you will be provided with a time slot to come in and explore the classroom with your child. This is a time to ask any lingering questions and become familiar with the program. You will receive an invitation during the month of June indicating the time of your visit.

