

BOWMONT COMMUNITY PRESCHOOL

Preparing for Preschool

What does my child need to bring with them to school?

- Clearly labeled water bottle
- Clearly labeled indoor shoes
- Labeled backpack with a change of clothes. Children will engage in multi-sensory activities that involve dirt, goo, sand, water and paint. Having a change of clothes is helpful
- A small, healthy snack. Ideas include fruit and cheese, vegetables and crackers, dips and pita bread. Please do not send items containing nuts or peanuts as we are a nut free facility.

Can my child bring toys from home?

- We ask that toys stay at home to avoid losing or breaking a special toy. However, if your child needs a comfort item such as a stuffed animal or blanket, it can be brought and left in their backpack. It can be used as needed to support transitions.

What should my child wear to school?

- Clothing that is easy for your child to use the washroom independently and participate fully in all of the activities. For example: t-shirts and pants easy to pull on and off and runners with velcro. This will foster self-esteem through mastery of self-help skills. Tip: short sleeve t-shirts and a hoodie is a great option as children play in the water table and learn to wash hands independently.
- We spend a lot of time outdoors in all weather conditions (sun, wind, rain and snow). Please have your child prepared for outdoor play every day (ie rain jacket, rain boots, winter jacket, snow pants, winter boots)

Is there anything I need to do before leaving my child at school?

- Once your child has settled, please sign in. If your child is having difficulty leaving you, please speak to one of the educators before leaving.
- Please ensure your child has used the washroom prior to you leaving

What can my child expect during their time at preschool?

We follow a flexible schedule (educators read and assess the flow and needs of the group) so that children become familiar with a routine while also offering independent choice.

- **Outdoor Play:** We will spend time outdoors in the front play space and the playground.
- **Gym:** We will also have gym time where we practice our gross motor skills like running, large body movements, yoga and playing with balls.
- **Classroom:** In the classroom, all activities and centres are open for the children to engage in. These include, puzzles, games, painting, planned art and literacy activities, creative open ended art, play invitations based on observed group and individual interest, reading and sensory play.
- **Literacy:** Story time and songs are incorporated throughout the day and planned by educators as part of the daily program.
- **Snack:** Snack time is flexible based on when the children are ready to eat. Children learn independence, body awareness, self-help and advocacy skills as they learn to read their body cues, locate their snack, learn to open their lunch bag with support and choose healthy options. Please ensure that you send water to preschool with your child (save juice for home)

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