

Welcome to 4-Year-Old Kindergarten



The Program

KINDERGARTEN
FOR 4-YEAR-OLDS



What we do in a 4-year-old kindergarten?

Physical and motor development

Increases physical and motor development

Emotional development

Builds self-esteem

Social development

Maintains harmonious relationships with others

Language development

Communicates by exploring spoken and written language

Cognitive development

Explores the world around him/her

Éducation
et Enseignement
supérieur

Québec 

The Program

KINDERGARTEN
FOR 4-YEAR-OLDS



How do we achieve these goals?

- Circle time
- Gross-motor activities
- Blocks and puzzle play
- Fine-motor activities
- Phonemic awareness
- Art activities
- Early numeracy activities
- Music activities
- Story time
- Science activities
- Play plans
- Dramatic-play activities

For a
Smooth
Transition...



At home, it's the little things you do every day that prepare your child for kindergarten.



The growth and cognitive development of young children are powered by play, exploration and fostering a Love of learning.

These French and English resources might be helpful.

For a
Smooth
Transition...



<https://sites.google.com/lbpearson.ca/esdresources/k4-k5>

For a
Smooth
Transition...

Playing in
French



En attendant la maternelle...



Lester B. Pearson School Board
Commission scolaire Lester-B. Pearson
1821 Brookdale Ave., Dorval, QC, Canada
www.lbpsb.ca

<p>A</p> <p>Je joue avec mes amis.</p>	<p>B</p> <p>Je fais des bulles.</p>	<p>C</p> <p>Je trouve des objets et je donne leur couleur en français.</p>	<p>D</p> <p>Je danse avec un membre de ma famille.</p>	<p>E</p> <p>Je fais explorer mon quartier et je place devant mes amis.</p>		
<p>F</p> <p>Je goûte à un nouveau fruit.</p>	<p>G</p> <p>Je joue avec mes amis. Je vais grimper et glisser au parc.</p>	<p>H</p> <p>Je demande à un adulte de m'aider à la bibliothèque pour me lire des histoires.</p>	<p>I</p> <p>Je fais une chasse aux insectes.</p>	<p>J</p> <p>Je joue à un nouveau jeu.</p>	<p>K</p> <p>Je saute comme un kangourou.</p>	<p>L</p> <p>Je joue aux Legos.</p>
<p>M</p> <p>J'écoute de la musique en français (j'apprends une nouvelle chanson).</p>	<p>N</p> <p>Je regarde les nuages et je donne des formes animales.</p>	<p>O</p> <p>Je vais chez l'ophtalmiste pour savoir s'il faut que j'aie des lunettes.</p>	<p>P</p> <p>Je vais à la piscine.</p>	<p>Q</p> <p>Je joue aux dominos et je pose les questions.</p>	<p>R</p> <p>Je me repose en lisant une histoire comme (je ou une, dessin, ...)</p>	<p>S</p> <p>Je joue au soccer ou à un autre sport avec des amis.</p>
<p>T</p> <p>Je joue au jeu de téléphone.</p>	<p>U</p> <p>Je suis un ange! Je fais une prière qui me plaît.</p>	<p>V</p> <p>Je fais une promenade à vélo.</p>	<p>W</p> <p>Je fais un dessin. Je dessine ma famille en leur montrant quelque chose que je aime. Sans parler anglais!</p>	<p>X</p> <p>Comme un artiste, je dessine une carte, et j'aime en faire de nouvelles histoires.</p>	<p>Y</p> <p>Je fais un dessin. Je fais mon animal préféré!</p>	<p>Z</p> <p>Je vais au zoo et je reconnais des animaux en français.</p>

For a Smooth Transition...



Reassure your child:

- Read stories about going to school.
- Take your child to a new place (ex: school yard if open) and discuss the beauty of change and new experiences.
- Discuss with your child what a typical day at kindergarten is like;
- Tell your child what time you'll pick them up after school;
- If your child comes home by bus, tell them that there will always be someone there to meet him/her at his stop.

Set up a routine with rules to follow:

- Set routines for your child, for example at bedtime, gets them used to following rules and instructions.

Encourage your child's independence:

- Getting dressed or going to the washroom on their own, even if it takes a little longer;
- Hanging up coat and putting toys away.

For a Smooth Transition...



- ***Be loving and attentive:*** Quickly responding to preschoolers' needs and questions, taking the time to listen to them and showing an interest in what they're doing are all actions that build confidence.
- ***Encourage your child to ask questions:*** This sparks curiosity. You should also encourage your child to look for the answers with you on the Internet or at the library. The desire to understand things fosters academic motivation.
- ***Encourage your child to speak often:*** You can ask your preschooler what they did at daycare, if they have any ideas about how to settle a little problem, or what they would do if they were the character in a story. This will get them used to reflecting on things and expressing their thoughts about them.
- ***Speak positively about the school:*** You can tell your child that they'll learn all sorts of things and meet new people, so that they look forward to going. It's also important to communicate to your child the trust that you have in the school and the adults within it.

For a
Smooth
Transition...



Help your child to develop healthy habits.

NUTRITION AT LBPSB

It starts in Kindergarten!

Schools play a critical role in promoting a healthy, physically active lifestyle and positive mental health for children.

It is our shared responsibility to help educate children on how to establish healthy behaviours. Multiple studies have shown positive links between proper nutrition and strong academic performance.

**WE MUST FUEL THE BODY IN ORDER
TO FUEL THE BRAIN!**

**Help your child have a
great day at school:**

- Eat a healthy breakfast
- Pack a healthy lunch that includes foods from Canada's food guide
- Refuel throughout the day with healthy snacks
- Rehydrate with water
- Be active daily
- Get enough rest



For a
Smooth
Transition...



*Make sure your child sees and hears well
by checking with specialists.*



For a
Smooth
Transition...



Fill out all documents sent by the school. This will help us to get to know your child better.



Background Information

Every child develops at his/her own pace. Answering these questions will help us to know you and your child better. However, feel free to skip any question you don't feel comfortable answering.



Don't forget to return the K₄
Background Information
Form on August 31st.

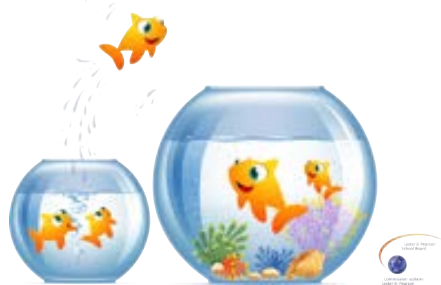
Collaboration between home and school can help foster a positive attitude toward learning in your child.

If you have any questions, do not hesitate to contact us.

Be sure to stay informed

[LBPSB Website](#) & [Facebook Page](#)

[Riverview Website](#) & [Facebook Page](#)



**971 Riverview
Verdun, Québec
H4H 2C3**

514-761-4524