



# Ready, Set, Learn

A slideshow for future KÉLSET families

Helping your  
preschooler get  
ready for school



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# Your Community - North Saanich

The District of North Saanich is located at the north end of the Saanich Peninsula on southern Vancouver Island.

North Saanich exists within the Traditional Territories of Coast Salish peoples. Specifically, the WSÁNEĆ communities are an active and vital part of our municipality, and the District is committed to respectfully and appropriately engaging together in matters of common interest.

The District is surrounded on three sides by 40 kilometres of ocean shoreline, and is home to the Victoria International Airport and the Swartz Bay Ferry Terminal.

Agriculture is very important to the municipality, as evidenced in the number of farms, and roadside produce and flower stands.



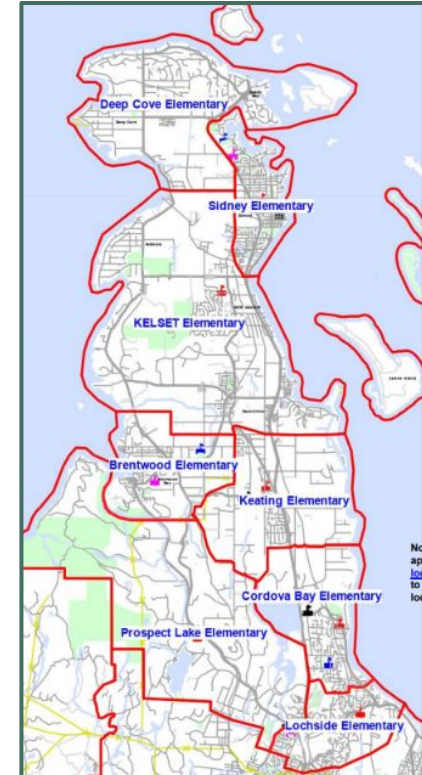
# Your School District - Saanich #63



## Saanich Schools - Great Places to Learn

- nearly 8,000 students in eight elementary schools, three middle schools, and three secondary schools
- speciality programming through the Children's Development Centre and two Individual Learning Centres, plus online learning for grades K-12 at South Island Distance Education School (SIDES)
- strong connection with local communities including the Pauquachin, Tseycum, Tsawout and Tsartlip First Nations on whose traditional territory we live, work and learn
- teaching and learning happen within a culturally diverse community supported by caring professionals and families

Saanich schools: <https://www.sd63.bc.ca/about-us/our-schools>



# Your Neighbourhood School - KÉLSET

“At KÉLSET School, our overall goal is  
“*Success for Each Student*” .

We want everyone in our school community to feel  
cared for, connected, capable and appropriately challenged.”

- Serving about 400 students from kindergarten to grade 5
- Our school name was chosen in consultation with the WSÁNEĆ (wuh-SAY-nich) people and is written in their traditional language of SENĆOTEN (sen-CHAW-thin)
- It is pronounced KWOL-sit, and like all SENĆOTEN words, written in only capital letters, with an accent over the K
- KÉLSET is a geographical reference to the area of water seen from our school that is traditionally used as a safe harbour to bail out canoes after ocean voyages

School website: <https://kelset.sd63.bc.ca/>



# Inside our school - gym and Cultural Centre



# (some) Early Childhood Programs in your Neighborhood

[Gingerbread Preschool and Daycare](#) are dedicated to creating stimulating play-based learning environments for young children. The foundation to our practice is viewing all children as competent, capable, creative, responsible, resourceful and resilient.

At [Parachute Express Playschool](#), we embrace and celebrate the importance of introducing a stimulating and engaging environment at an early age to kick start a child's creative engines and curious nature.

[Panorama Rec. Center Licensed Preschool](#). Children will have access to the vast amenities at Greenglade including the natural outdoors, gymnasium, community garden, pottery studio and special activities such as dance, yoga, language, arts, and sports.

[Panorama Forest Explorers](#). The forest is the perfect place for early childhood development! Children will experience and engage the living world around them through art, music, literature, fundamental movement skills and dramatic play.

[Storyoga Preschool](#) is a progressive nature and yoga based program committed to embracing and empowering children exactly as they are. Two locations.

[Strong Start Programs](#) provide a positive early learning experience for children (aged birth to five) and their families. Their goal is to create an interactive, play-based environment that supports caregivers and children to enjoy learning together, develop essential skills and prepare for a transition to school.

# Learning - you are your child's first teacher

By the time your child is a preschooler, you've already taught them to walk and speak, two of the most difficult things they will ever learn. You do not need a certificate in education to continue teaching your preschooler new things.

- encourage, support and praise curiosity, imagination, and exploration
- take time to share activities you know like baking, repairing the home or naming local plants and animals during a walk
- every new day provides hundreds of opportunities for your child to develop vocabulary, problem-solving skills and number skills
- the single most important thing a parent can do to ensure a child's healthy intellectual development is to read to them every day
  - read picture books, instructions, signs, cereal boxes, comics, newspapers and menus
  - visit the library in your community often so your child has new, interesting things to read





# Nutrition for ages 3-5



You can help your preschooler develop healthy eating habits and attitudes toward food.

- provide your preschooler with a healthy range of foods following recommendations in the [Canada Health Guide](#)
- preschool children need routines
  - regular and frequent meal and snack times give them the nutrition they need and help them develop healthy eating habits
- allow your preschooler to make decisions about food
  - offer healthy choices and allow them to decide how much they need to eat
- model healthy eating habits, a healthy body weight and positive self-image for your child
- respect the food preferences of your child, but also encourage them to try new things to develop their sense of taste and acceptance and enjoyment of new foods
- avoid using food to bribe, comfort, or control your child

# Social Skills

The preschool years mark the beginning of your child's move from a "me-centred" universe into awareness of the world of others. They need you to nurture healthy social skills and encourage positive interactions with other people.

- language and communication skills will form the basis of your child's relationships with other people
  - help your preschooler develop social skills simply by talking with him and actively listening to them
  - encourage conversations through storytelling and asking open-ended questions
- preschool children are now learning to control their impulses - this is crucial for the development of age-appropriate social skills
  - praise your child when they share and wait their turn
- encourage your child to develop empathy for others by using teaching and explanation to discipline
  - help them take another person's perspective and feel concern for a victim
- find organized and unorganized activities where your preschooler can interact with other children (public library, rec center, Strong Start centers, playdates, going to local parks and playgrounds, religious services and more.)

# Preschool Age Physical Health

- regular check-ups with your doctor or public health nurse can ensure your child's **hearing** and **vision** are developing properly.
- encourage the healthy development of your child's **brain** through nurturing, movement, exploration, and play
- brush your preschooler's **teeth** daily and schedule dental appointments
- ensure children have regular opportunities to exercise their large **muscles** such as running, climbing, jumping and swimming
- make sure your child receives prompt medical attention for serious **illness**

Healthy Children Learn Better



## DID YOU KNOW?

**HealthLinkBC** provides 24-hour, confidential non-emergency health information and advice. Registered nurses are available to speak to you 24-hours a day, pharmacists available from 5 p.m. - 9 a.m. every day and dietitians from 9 a.m. - 5 p.m. Monday to Friday. **Call 8-1-1 or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca)**

# How can you help your child during these years?

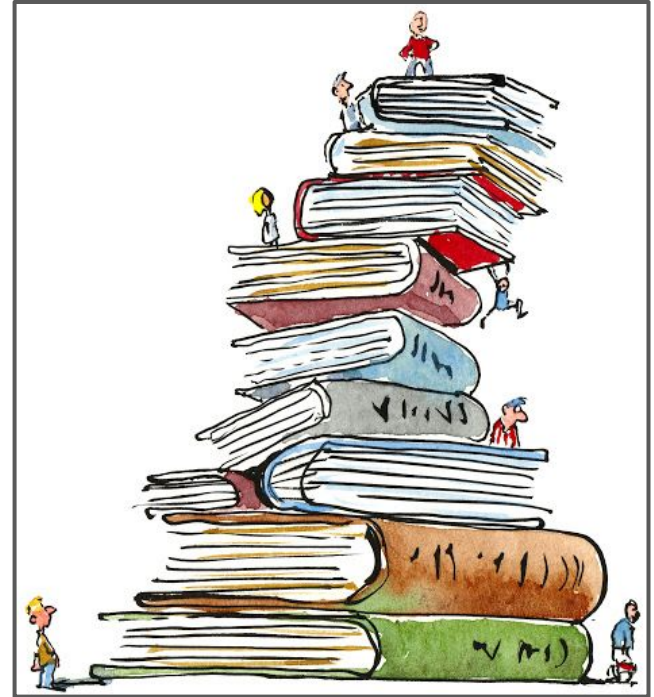
The best thing you can do for your child is to show your love and affection. But there are also many other ways you can help your preschooler grow and learn.

- **Offer your child healthy foods.** Keep lots of fruits, vegetables, and healthy snacks in the house.
- **Make time for your child to be active.** Limit TV and computer time to less than 1 hour a day for children 2 to 4 years old and 2 hours or less a day for children older than 4.
- **Read and talk to your child.** This helps children learn language and opens them up to new ideas.
- **Help your child get enough rest.** Ages 2 - 5 need about 11 to 13 hours of sleep each day.
- **Help your child play with other children.** Preschool or play groups practice social interactions.
- **Teach skills** , such as how to get dressed and how to use the toilet.
- **Set limits that help your child feel safe** and secure but that also allow your child to explore.

# Resource: Raising Lifelong Readers

- Early literacy starts at birth and it includes everything that children know about language, reading and writing before they begin to read and write on their own.
- Children's daily activities with parents and caregivers (e.g. playing, singing, talking, reading, writing) help them to learn about language and literacy.
- Literacy research tells us that reading to children helps them become better readers later on.

**Click the image to the right** for a list of books that share activities and research on what parents can do to help young children become lifelong readers.



[Click image above to view](#)

# Resource: Story Time

Vancouver Island Regional Library offers fun and educational storytimes for young children and their families.

To find out what's happening in a branch near you, browse our [online program calendar](#).



## Resource: video series for families

Watch *The Roots of Reading* – Vancouver Public Library's new online video series for parents and caregivers of young children.

Each video features information and activities for you and your child to enjoy and develop early literacy skills together. Have fun watching them at home and on the go!


[Click the image to the right to view.](#)



# Resource: Ready Set Learn

“This Ready, Set, Learn booklet offers information about the **typical development of a preschooler**, including tips for supporting your child’s learning in key areas of development.

Remember these are just guidelines. Children learn at their own pace. If you have concerns about your child’s development, talk to your doctor or public health nurse. A child with special needs may develop differently and may have goals that are more appropriate to their needs and abilities. Refer to information provided by your doctor or other health professionals for specific special needs support information”



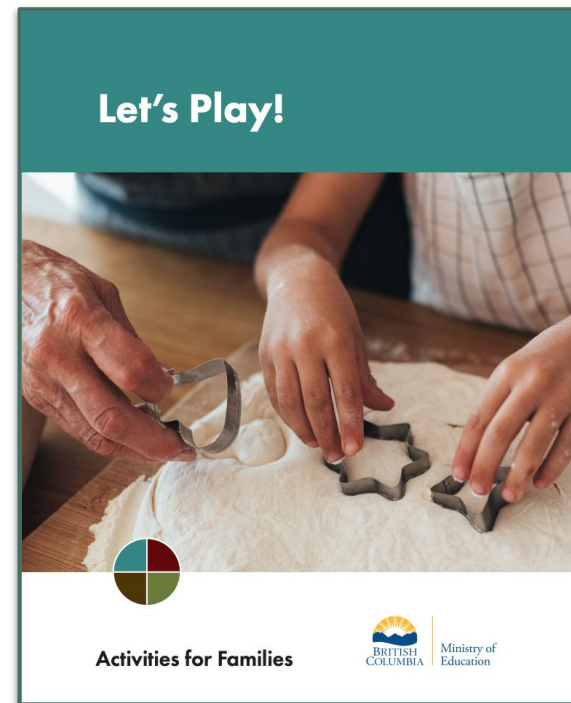
<b>Section 1: Talking</b> .....	<b>2</b>
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# Resource: Let's Play - Activities for Families

The activities in this book are intended to support children and caregivers/families to play and explore together. Some adaptations are included. Feel free to adapt activities further according to your specific needs.

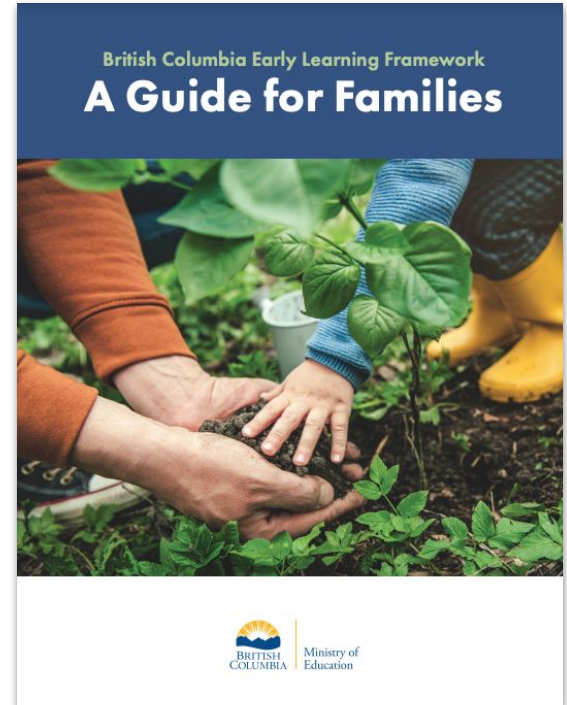


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# Resource: The Early Learning Framework

- guides and supports teachers and families.
- a vision for respectfully living and learning together
- supports the rich early learning experiences of children

Click the image to the right to read a short summary of this framework made especially for families.



[Click image above to view](#)

# Getting Ready for Kindergarten

Children can start kindergarten in September of the year they turn five years old.

Kindergarten registration usually begins in January or February for the following September. Parents/caregivers should contact their local school district or independent school authority for registration information.

[Kindergarten registration information for Saanich Schools.](#)



## Kindergarten Resources (click)

- [Welcome to Kindergarten Brochure](#)
- [Frequently Asked Questions about Kindergarten](#)
- [Island Health Kindergarten Resources](#)
- [About Full-Day Kindergarten](#)
- [BC Government: When I go to Kindergarten](#)
- [French Immersion Kindergarten Brochure](#)

*Thanks for watching!*

We hope you found this slideshow helpful.  
We look forward to meeting you in person soon.

