



Kindergarten
All You Need To Know
Waa Group
2021

This guide is designed to give you as much information as possible in the lead up to starting Kindergarten in 2021. Inside you will find checklists, routines, calendar, and all the information you will need to get you through term 1 and beyond! Here is the routine for 2021.

-Monday & Wednesday Waa Group

8:30am: Session starts

The door will be opened and the sign in book placed out. Your child will be allocated a locker, please find their name, place their lunch box, snack box, and water bottle in their locker. Put their bag on the corresponding number hook in the bathroom. **Please ensure that your child washes their hands with soap upon arrival.**

8:30 - 8:45am Group mat play- A range of activities will be on the mat for children to engage with.

8:45 - 9:00am Group time - stories, games, group discussions. This time period extends over the term.

9:00am -10:00am Indoor play, range of activities and experiences within the indoor environment.

10:00 - 12:00 Noon Indoor/Outdoor play. Children are able to independently choose to play inside or out.

Progressive Snack: During the morning session from 9:00 - 12:00 noon children will be able to engage in progressive snack, meaning that they are able to choose when they eat their morning snack. All children will be reminded and encouraged to eat their snack throughout the morning. This assists with developing their independence and ability to be responsible for them self.

12:00 -12:30pm Group time - Hygiene

12:30 -1:00pm Lunch - we will sit down for a formal lunch time

1:00pm - 1:30pm Rest time- soothing music and stories

1:30 - 3:30pm Indoor/outdoor play

3:30 - 3:45pm Group time

4:00pm: Home time

-Kinder Checklist-

Appropriate Footwear Please no Crocs, Thongs, Gumboots or knee high boots	
Sun Safe Hat St. John's bucket hat provided at the start of the year To remain at Kindergarten	
Back Pack To hold all of your child's belongings Clearly Named	
Complete change of clothes Including underwear, socks and shoes	
Snack Box Clearly Named	
Lunch Box For longer sessions Please ensure you discuss with your child the difference between lunch and snack Clearly Named	
Water Bottle No leaks and easy to use Clearly named	
Rest Time Bag Bag containing a pillow, cot fitted sheet, blanket and if required a comforter for your child during rest time This will be kept at kinder during term Clearly Named	
Library Bag Bag to borrow library books with Library will begin term 2 Clearly Named	
1 Box of Tissues	

-Snack & Lunch-

Please be aware that St. John's kindergarten is a **NUT FREE AREA**. Some children are at serious risk if they come into contact with nuts and nut products. Please ensure that nuts are not present in any of the food you provide for your child. Here are some things to look out for:

- Ensure muesli bars are nut free
- **NO NUTELLA- IT IS MADE OF NUTS!**
- **NO KNOPPERS**

At St. John's we are required to encourage healthy eating, and in doing so we have some lunch box ideas and suggestions for you to fill your child's snack and lunch boxes with.

- Sandwiches
- Cut vegetables- carrots, cucumber, celery.
- Fruit- fresh, tinned or dried
- Yogurt
- Crackers
- Biscuits
- Cold meats
- Cheese
- Hummus

For the sessions we will be holding a formal lunch time, so please discuss which box is snack and lunch with your child. Please ensure that they are clearly named. We provide access to water all day for the children.

-Complete change of clothes-

Please ensure that there is a complete set of spare clothes for your child in their bag. Please provide socks and shoes also, as we do not carry spare footwear for children. At St. John's we encourage messy play, as it assists in developing young children's sensory awareness and self regulation, and sometimes a change of clothes is required. Also, as we get so involved in our play, toileting accidents can occur, and a change of clothing maybe required.

-Rest Time Bag-

During the longer sessions, we will be providing children with a rest time, which will be especially important in term 1. Please note that the children will not be required to sleep, but a 30 minute time period to rest, recharge, and get ready to play again. In a bag, please provide a small pillow, cot fitted sheet, blanket and

whatever else your child may require during rest time such as a soft toy or comforter. We will provide gentle music or stories during rest time. If your child does fall asleep, we will contact you to be advised on duration of sleep, as we do not want to upset your child's routine at night time. The rest time bag needs to be clearly named and will stay at kinder for the duration of the term, and sent home at the end of each term for laundering.

-Appropriate Clothing-

At kindergarten we play and we play hard! We dance, we roll, we climb, we hang upside down on the monkey bars, and we dig, make mud pies, play in the sandpit, finger paint, and generally have a messy good time. Therefore **please do not send your child in their good clothes**. You will see staff wearing their kinder clothes as we also get messy and dirty throughout the day. A dress maybe very pretty and lovely, but we will be sitting on the floor, running, jumping and climbing, and dresses may not be the safest clothes to do this in.

Foot wear is to be sturdy and protect children's feet. Although tan bark provides a soft fall it can be painful when caught under your toe nail, and can pierce the bottom of crocs. **Please ensure no thongs, crocs, or knee high boots are worn to kinder.**

As per our sun safe policy, children, staff and visitors are required to wear a sun safe hat during the warmer periods and we will advise on these dates. A sun safe hat is required to be worn by all visitors. You will have paid for a St. John's Kinder hat, and this must be left at kinder in your child's hat pocket.

Please ensure that shoulders and upper arms are covered by a t shirt or something similar during this time, as

-Orientation Term 1-

Orientation is extremely important, and requires careful thought and planning. Orientation to kinder takes time, and if it is rushed, can have disastrous effects on your child's wellbeing when entering into new education facilities. Therefore, our orientation period is spread out over a few weeks in order for the children to feel safe, secure and supported within the kinder environment, get to know their teachers and peers, and not get too exhausted. Although your child may have plenty of energy at home, it takes a good term for children to become kinder fit, as they are learning new routines, making new friends, developing new understandings. So please be patient during the orientation period as everyone adjusts to new routines.

At the parent information night, you will receive a date list of the first two weeks to provide you with times for orientation. Please note that you will also be given a time and date to attend kinder with your child for interview days. This day provides a time for you to return all of your child's enrolment paperwork, and have a discussion with the teachers around your child and their needs. Also included is a check list to ensure you have

brought all of your relevant paperwork with you. It is important to have it all completed as we have certain legal requirements that are to be met before you can leave your child in our care.

We are all really looking forward to beginning this journey and want to warmly welcome you into our St. John's kindergarten community. If you have questions please feel free to speak to us at the kinder, via phone or email, and we will only be happy to help.

It is going to be a great year!

Katrina, Chelley, Belinda & Davina.