



## **Nature Kindergarten – What is it?**

### ***How is it different?***

- Your child will be outside for up to two and a half hours daily. (Increased over time)
- Students will be required to walk up to two km a day. (Increased over time)
- Many learning activities and themes will take place in both the outdoors and the indoors. Our learning will be “place based” and directed by the children’s interest.
- There are many community partners that your child will learn from.

### ***How is it the same?***

- Follows the provincial curriculum
- Parental involvement is encouraged
- Similar expectations and goals

### ***The Ideal Nature K Student:***

- Is a good listener and can follow instructions.
- Likes to participate.
- Is accepting of new experiences and challenges.
- Enjoys the outdoors in all kinds of weather.
- Is able to walk up to 2km a day.
- Will be dressed appropriately for all kinds of weather.

### ***5 Things To Do With Your Child To Prepare Them For Nature Kindergarten:***

1. Get outside in nature.
2. Go for regular walks.
3. Practice putting on gear and dressing themselves (doing up zippers etc.)
4. Read and talk every day to your child.
5. Have fun and play!



## Swift's Nature Kindergarten Clothing and Basics

### Basics:

- ✓ 1 Pair of running shoes for indoors to leave at school (must be Velcro or slip on and have non-marking soles, please label with your child's name)
- ✓ 1 A large sized back pack for carrying items to and from school (please label with your child's name on the inside)
- ✓ 1 lunch kit (please label)
- ✓ 1 water bottle for their lunch kit (please label)

### Clothing:

Our goal is that your child remains warm and dry so that they enjoy the outdoors! Please check that items say **waterproof** and not *water resistant*. **If you are unsure you may wish to leave the tag on it and check with your child's teacher.**

**\*Please label your children's clothing, especially coats, boots and rain pants.**

### To Stay Dry:

- ✓ Waterproof Rain pants. Buy from Mountain Equipment Co-op or other similar brand. These pants stay at school. (Please avoid purchasing pants with Overall straps. Do not buy Kamik with the cotton lining).
- ✓ Waterproof raincoat (big enough to layer underneath) with cinching at the wrist and a hood.  
Buy from Mountain Equipment Co-op, Columbia, North Face or other similar brands.  
(Do not buy Kamik with the cotton lining.)
- ✓ Warm waterproof winter jacket (Remember we are outside for many hours). An example would be Columbia Omnitech.
- ✓ Rain Boots (we would suggest insulated rubber boots without the neoprene unless they are from Bog or other high quality outdoor company. (Stays at school)
- ✓ (optional) Rain suit from Mountain Equipment Co-op or other similar brand

### To Stay Warm:

- ✓ Thermal socks made from wool or smart wool (leave them at school to wear in rain boots)
- ✓ Fleece top with a zipper or thin, down-filled, packable coat (or a wool sweater that is too big and felted in the dryer! You can find them in the second hand shops)
- ✓ Fleece or wool toque
- ✓ Winter Gloves/Mittens - good quality (easy to pick stuff up with)
- ✓ Multiple pairs of inexpensive gloves.
- ✓ A neck tube or scarf for those really cold days!

**\*\*A complete change of clothes left in the bottom of your child's backpack or with your child's teacher. This should include multiple pairs of socks.**

**\*Check second hand stores for these items. Children grow out of things quickly!**

**\*\*\*We would recommend brand names such as MEC, Oakiwear, Bogs, North Face, Columbia, McKinley, REI, Smartwool etc.**

If you are unable to purchase these things, please contact us.