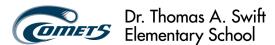


Dr. Roberta Bondar Elementary School



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. If there is a safety concern, for example your child does not follow instructions, does not stay within boundaries, then please come and have a conversation with us about your concerns.
- Likes to participate.
- Is accepting of new experiences and challenges.
- Enjoys the outdoors in all kinds of weather. We will encourage positive attitudes even when they are wet, cold, muddy etc.
- Is able to walk up to 2km a day.
- Will be dressed appropriately for all kinds of weather.
- Can independently dress and undress themselves in a reasonable time frame.

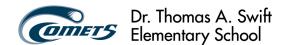
5 Things To Do With Your Child To Prepare Them For Nature Kindergarten:

- 1. Get outside in nature.
- 2. Go for regular walks.
- 3. Practice putting on gear and dressing themselves (doing up zippers, pulling rain pants over rain boots, turning gear right-side round etc.)
- 4. Read and talk every day to your child.
- 5. Have fun and play!





Dr. Roberta Bondar Elementary School



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 backpack for carrying items to and from school (please label with your child's name on the inside)
- ✓ 1 lunch kit (please label) and 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 <u>waterproof</u> and not *water resistant*. If you are unsure you may wish to leave the tag on it and check with your child's teacher at your Kindergarten Interview in September.

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

To Stay Dry:

- ✓ Waterproof Rain pants. Buy from Mountain Equipment Co-op or similar brand. These pants stay at school. (Please avoid purchasing pants with Overall straps. Do <u>not</u> buy gear with cotton lining). Most children can not get MEC rain pants over BOG boots. Please check this before purchasing/sending their gear.)
- 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 with cotton lining.)
- ✓ Warm <u>waterproof</u> 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)Waterproof 'rain' mittens like the ones from Reima
- ✓ (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.

