

Starting Kindergarten

入讀幼稚園



STARTING KINDERGARTEN IS AN EXCITING TIME FOR YOU AND YOUR CHILD

對你和你的子女來說，開始上幼稚園是一個興奮的時刻

Children start kindergarten in the year they turn five. We know young children learn best when they feel safe and secure. You can help by doing lots of fun and engaging activities with your child. Play is the way young children learn best.



子女年滿五歲那一年，便可入讀幼稚園。我們知道小孩子感到安全穩健時，才能好好地學習。和子女一起玩許多開心有趣的活動，可以幫助他們學習，因為小孩子從遊戲中學習是最好的。

WHAT YOU CAN DO:

- Before the school year begins, book a check up for your child with your family doctor, dentist, and optometrist
- Make time to play together
- Continue to talk to your child in your home language(s)
- Talk together while you go about doing daily chores
- Count anything and everything- fingers, toes, stairs, toys
- Read magazines, nursery rhymes, counting, alphabet, factual and picture books
- Visit the library, community centre, Family Place or StrongStart
- Draw pictures together using crayons, markers, or chalk
- Go outside and enjoy nature, rain or shine
- Provide time to run, jump, skip, throw and catch balls, ride bikes, swim, sing, dance, skate, climb, swing, and more to promote fitness and fun

你可以做什麼：

- 學期開始之前，為你的子女約見家庭醫生、牙醫和視光師檢查身體
- 安排時間一起玩遊戲
- 繼續以你家中使用的語言來與子女交談
- 一邊處理日常事務，一邊和你的子女交談
- 數手指、數腳趾、數樓梯、數玩具...無論是什麼，都可以和子女一起數
- 看雜誌、唱兒歌、點算數目、讀字母、閱讀知識書本和圖書
- 去圖書館、社區中心、Family Place或StrongStart遊戲小組
- 用蠟筆、粗頭筆或粉筆一起繪畫圖畫
- 無論下雨還是晴天，都可以出外享受大自然
- 安排時間讓子女去跑步、跳高、跳繩、擲球、接球、騎單車、游泳、唱歌、跳舞、溜冰、攀爬、蕩鞦韆等各式各樣的活動，既可鍛練體魄，也可舒展身心

WHAT YOUR CHILD CAN DO:

Children at this age are becoming more independent and learning how to be responsible. Most children can:

- Dress by themselves, but may need help with zippers
- Use the washroom by themselves and wash their hands using soap and warm water
- Brush or comb their hair
- Put their toys away
- Help with family chores such as setting the table or making the bed
- Help get their snack and lunch ready
- Hang up their coat and backpack by themselves

HEALTHY ROUTINES:

When your child begins Kindergarten, everyone in the family can help make sure the transition from home to school goes smoothly. These suggested tips are to help you and your child develop routines and healthy habits.

- Establish a regular bedtime routine that includes lots of cuddles and story time. Children need 8 to 10 hours of sleep
- Have a snack, lunch and the next day's clothes ready the night before
- Talk about your child's day at school during family meals
- Teach your child to obey safety rules for car travel (use booster seat), sports (wear helmet) and walking (obey road signs and use crosswalks)

你的子女可以做什麼：

這個年齡的兒童愈來愈獨立，並學習如何承擔責任。大部分的小孩子可以：

- 自己穿衣，但可能需要別人幫忙弄拉鍊
- 自己去洗手間，懂得用肥皂和暖水來洗手
- 自己梳理頭髮
- 擺放好自己的玩具
- 幫助做家務，例如擺放碗筷開飯或整理床鋪
- 幫手準備好自己的點心和午餐
- 掛好自己的外套和背囊

健康的生活規律：

當你的子女開始上幼稚園，每一位家人均可幫助他們順利地從家庭過渡到學校。下列這些提示，有助你和你的子女建立日常生活規律，培養良好習慣。

- 設定一個慣常的上牀睡覺程序表，包括很多擁抱和說故事的時間。小孩子需要睡八至十小時
- 早一晚準備好明天需要的點心、午餐和衣服
- 全家人一起吃飯時和子女談談他們在學校的情況
- 教導子女遵守各項安全規例，包括坐車外出時必須使用兒童加高安全椅、做運動時必須配戴頭盔、步行時必須遵守道路標誌及使用行人過路處

BEFORE KINDERGARTEN STARTS:

Your child will be excited and may be a bit anxious in the few weeks leading up to Kindergarten. The following suggestions will help make this transition more successful.

- Visit the school playground and park; walk around the school and find the Kindergarten classroom
- Attend your child's Kindergarten orientation
- Try to arrange play dates with other children
- Choose a backpack that is large enough to hold a lunch, but small enough to fit comfortably on your child's back
- Choose shoes that your child can do up by themselves
- Rubber soled shoes are worn in the gym
- Label all your child's belongings with their name
- A few days before school starts, begin practicing your school routine by getting up early, eating breakfast, and getting dressed
- Let your child know who will be taking them to school and who will be picking them up. Be on time
- Let the school know if your child has any medical conditions including food allergies
- Be enthusiastic about school and keep your comments general
- Your child may be tired after attending kindergarten. It takes time to

adjust to a new routine; your child may need a nap or quiet time after school

幼稚園開學之前：

幼稚園開學前的數個星期，你的小孩子會興奮不已或甚至有點兒緊張。下列這些建議，有助你的子女更成功地渡過這個階段。

- 參觀學校的操場和花園，圍繞學校走一圈，尋找幼稚園的課室
- 出席子女入讀幼稚園舉辦的迎新日
- 嘗試安排遊戲日，讓子女與其他小朋友一起玩
- 選購一個大小適中的背囊，既有足夠空間放置午餐盒，也須適合孩子背部的大小，孩子才會背得舒服
- 選購一對子女自己懂得穿上和除下的鞋子
- 在體育館內需穿上膠底鞋
- 為子女的全部物品加上寫有他們姓名的標貼
- 開學前的數天，開始練習上學時的生活規律，早些起牀，然後吃早餐和穿衣服
- 告訴子女誰人接送他們上學放學，必須準時接送
- 如果子女有任何健康問題，包括對食物過敏，必須通知校方
- 熱心支持學校，並只作概括性的評論
- 你的孩子上了幼稚園，下課時可能感到疲倦。他們需要時間去適應新的生活規律，放學後可能要小睡或靜靜地休息一會兒

KINDERGARTEN INFORMATION:

All Richmond schools offer full-day Kindergarten. Children who turn 5 on or before December 31st are eligible to enter Kindergarten. Registration begins in January.

Proof of age, citizenship, and residency are required. For more information regarding registration, please refer to the Richmond School District website: www.sd38.bc.ca

WILL YOUR CHILD REQUIRE EXTRA SUPPORT IN KINDERGARTEN?

In Richmond all children can attend Kindergarten. If your child requires additional medical assistance or extra support in school, please call a public health nurse for a referral to support services. It is important to do this early to ensure a successful transition into Kindergarten.

Call 604-233-3150 to speak to a public health nurse or call 604-279-7016 for more information about the Supported Child Development Program.

幼稚園資料需知:

列治文市內所有學校均提供全日制的幼稚園課程。凡於12月31日或之前年滿五歲的小朋友均可入讀，家長可於一月起為子女報名入學

辦理報名手續時，必須帶同證明子女的年齡、公民身份和居住權的文件。有關報名入學的其他資料，歡迎瀏覽列治文校區的網站：www.sd38.bc.ca

你的子女就讀幼稚園時是否需要額外支援?

列治文市內全部小孩子均可入讀幼稚園，如果你的子女在學校需要額外的醫療輔助或其他支援，請致電公共健康護士以轉介至支援服務。你必須及早作出這項安排，以確保子女順利入讀幼稚園。

公共健康護士的聯絡電話為 604-233-3150，你也可致電604-279-7016查詢有關輔助兒童發展計劃的資料。

