



Kindergarten Newsletter

July 2025

The beginning of your Kindergarten experience is coming soon, and we look forward to sharing new discoveries with you!

Gradual Entry Schedule

To make the transition to school a positive experience, Kindergarten students attend for short periods of time for the first two weeks of school. This gradual entry allows teachers to form important relationships with each student and gives them the attention they need during their transition to school. Gradual Entry schedule was emailed on June 26, 2025. It is attached to this newsletter and available on the Stave Falls website as well.


Summer Playdate

Join Early Years Navigators on August 27, 2025, from 1PM - 2PM for stories and activities on the playground. Meet new friends and families in your school community.

First Day of School

The first day of school for all Stave Falls students, including Kindergarten, is on Tuesday, September 2, 2025. We look forward to seeing you and your parents, as well as your classmates, from 9:00-10:00am. This is a quick meet and greet to confirm registration, give you paperwork to fill out, and to give your child another opportunity to see our smiling faces.

Family Meetings



An additional way we support your child is through individual family meetings with teacher, parents, and students. This short but very important meeting allows you to share information with the teacher about your child so that we can best meet his or her needs and for the teacher to also share important information. You will be asked to sign up for a spot on the first day of school.



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Full Days

Starting September 15th and onward all Kindergarten students will attend full days. Please pack a healthy snack, water bottle and lunch every day. The first school bell rings at 8:10am. Please ensure your child is standing outside the classroom and ready to learn by the second bell at 8:15am. The day ends at 2:08pm and they will be dismissed outside the classroom door where they will be released into the care of a recognized care giver.

School Fee & Supplies

Each year, there is a standard fee for school supplies. Supplies are purchased for each classroom and distributed by the teachers. All students will have access to and use of the same supplies as their classmates and parents won't need to replenish supplies throughout the year. **Fees are due by September 30, 2025.** Payment must be made through School Cash Online, see below.

School Cash Online

We have an online payment system in place for all applicable school fees, field trips, and other school related events. Please see the attached guide to assist in registering. If you need assistance, please contact Diana at the office. **You will be able to register as of August 27th, 2025, at <http://mpsd.schoolcashonline.com>**

Clothing

Please ensure your child has a pair of indoor, Velcro running shoes. Your child will also need good outside gear to participate fully in our outdoor/nature program. Please label clothing, shoes, water bottle, backpack and lunch bag. It is important that your child can open and close their food container independently; BentGo kids lunch boxes are recommended. All Kindergarten students must have an extra change of labelled clothes in their backpack for "accidents".



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Volunteers

If you would like to be on our school list to volunteer at the school, please complete your Criminal Record Check **prior to school starting, if possible**. There is a backlog in September as many checks are coming in at the same time. Volunteers are often needed for craft days, special days, and field trips. The classroom teachers will let you know when opportunities arise.

We look forward to meeting you in September and having a great year of learning together!

Upcoming Events

Summer Playdate - August 27

First Day of School - September 3

Full School Days - September 15

Reminders

- You can register your child for School Cash in September.
- Check your junk/spam for school emails.
- Class lists will be available on the first day of school.

Contact

Email: stavefalls.info@mpsd.ca

Phone: (604) 462-9982

Website: <https://stavefalls.mpsd.ca>

Facebook: [StaveFallsElementarySchool](https://www.facebook.com/StaveFallsElementarySchool)

September 2025

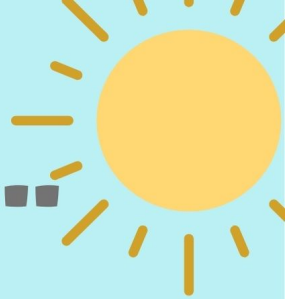
Welcome to Kindergarten at Stave Falls!

Please see the entire September schedule for your child!
Family Meetings (15 min) are by appointment. You will sign up
for a timeslot on the first day.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Labour Day</u> Schools Closed	2 <u>Day 1</u> 9:00 AM – 10:00 AM Parents Stay	3 <u>Day 2</u> 8:30 AM – 9:30 AM Parents Stay <u>Family Meetings</u> 12:30PM - 2PM	4 <u>Day 3</u> 8:30 AM – 9:30 AM Parents Stay <u>Family Meetings</u> 10:30AM - 2PM	5 <u>Day 4</u> No School for Kindergarten Students	6
7	8 <u>Day 5</u> 8:15 AM – 9:30 AM	9 <u>Day 6</u> 8:15 AM – 10:30 AM Snack Required	10 <u>Day 7</u> 8:15 AM – 10:45 AM Snack Required	11 <u>Day 8</u> 8:15 AM – 1:45 PM Snack & Lunch Required	12 <u>Day 9</u> 8:15 AM – 1:45 PM Snack & Lunch Required	13
14	15 <u>Day 10</u> 8:15 AM – 2:08 PM Full Day	16 Full Day	17 Full Day	18 Full Day	19 <u>Non- Instructional Day</u> No School	20
21	22 Full Day	23 Full Day	24 Full Day	25 Full Day	26 Full Day	27
28	29 Full Day	30 <u>National Day for Truth & Reconciliation</u> Schools Closed				

You are invited...



To a summer playdate for incoming
Kindergarten students and families of Stave
Falls Elementary!

Join our Early Years Navigator on the
playground for some fun activities and more!

Date: August 27th Time: 1-2:00pm

WELCOME TO KINDERGARTEN

FOR ADDITIONAL KINDERGARTEN DOCUMENTATION

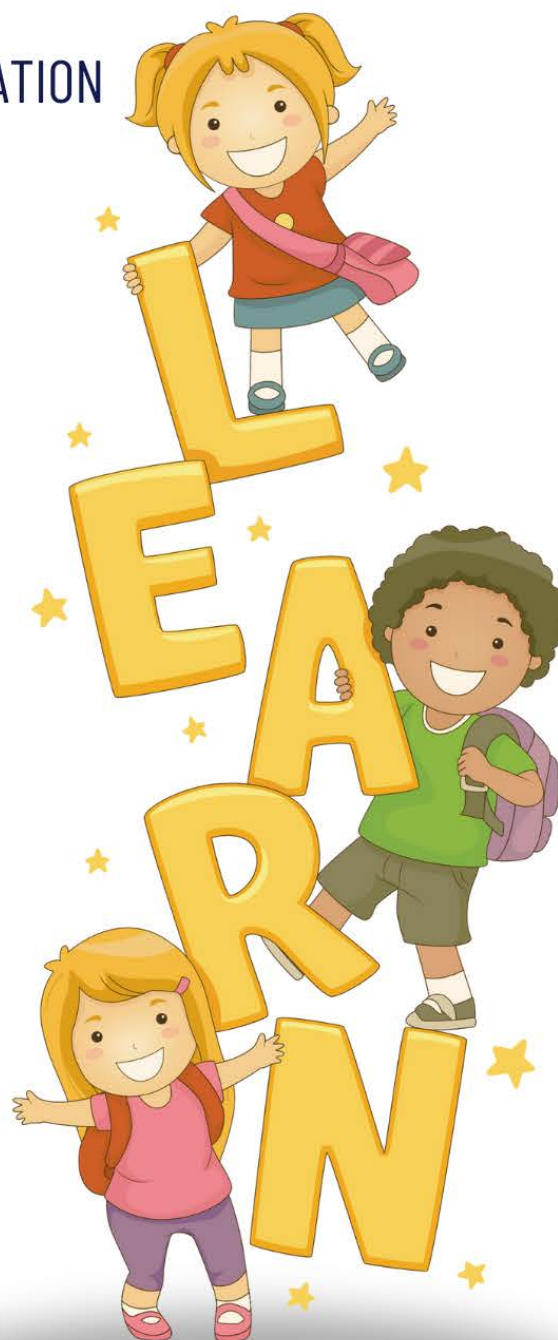
Visit Our Website at:

www.mpsd.ca > Schools > Kindergarten Registration
to Access Information Such as:

- ✓ A Guide to Speech and Language Development for K Students
- ✓ Early Learning Framework Guide for Families
- ✓ Healthy Media Use
- ✓ Play at Home Activities for Families
- ✓ SchoolCash Online

STUDENTS WITH DISABILITIES AND/OR DIVERSE ABILITIES:

- ✓ A Parent's/Guardian's Guide to Student Services in
Mission Public Schools
- ✓ Kindergarten Transition Information for Students with
Disabilities and/or Diverse Learning Needs
- ✓ Mission Public School District Programs and Services
- ✓ Transition to Kindergarten Frequently Asked Questions
- ✓ Transition to Kindergarten Parent/Guardian
Information Night



Welcome to SchoolCashOnline

Fast. Safe. Convenient.

For safety and efficiency reasons, Mission School District would like to reduce the amount of cash & cheques coming into our schools. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE!

It takes less than 5 minutes to register. Please follow these step-by-step instructions so you will begin to receive email notifications regarding upcoming events involving your child.



Step 1
Register



Step 2
Confirm Email



Step 3
Add a Student

Go to
<https://mpsd.schoolcashionline.com>

and click on **Register**.

- ✓ Enter in your first name, last name, email and create a password.
- ✓ Select a security question.
- ✓ Check YES to receive email notifications

A registration confirmation email will be forwarded to you. **Click on the link provided inside the email** to confirm your email and School Cash Online account (check spam).

The confirmation link will open the School Cash Online site, prompting you to **sign into your account**. Use your email address and password to log in.

This step will connect your child to your account.

- a) Enter the **School Board Name**.
- b) Enter the **School Name**.
- c) Enter Your Child's **First Name, Last Name and Date of Birth**.
- d) Select **Continue**.
- e) On the next page confirm that you are related to the child, check in the **Agree** box and select **Continue**.
- f) Your child has been added to your account.



SEPARATION ANXIETY

During the First Days of Kindergarten

TIPS FOR PARENTS AND CAREGIVERS

It is natural for a young child to feel anxious about separating when starting the school year. It can also be a stressful time for parents. As a parent, the first thing to do is check in and be honest with yourself. Are there feelings of apprehension and dread about leaving your little one at school? Do you get frustrated or exasperated at your child's resistance, meltdowns, and/or controlling behaviours? Do you have guilt or ambivalence about whether your child will be OK? It is natural to have mixed emotions about this big step. **Gently acknowledging and taking care of your own feelings will help you find that calm, confident parent inside of yourself that your child is going to need during this transition.**

BEFORE the first week of school:

1. **See if you can go in and look around the classroom, and meet the teacher before school starts.** Whether they meet in person or not, it's important to foster a relationship with the teacher in advance. Talk about going to school in positive ways, and how delighted the teacher is to have your child in his/her class. Sometimes more anxious or sensitive children will want to attach to their teacher first before they branch off to befriend other children. **Some ideas:**

- Talk about shared likes and interests, e.g. *"I heard Mrs. Johnson loves reading books about animals, and you do too! I wonder if she likes trains too?"*

- Have your child draw a picture to give the new teacher on the first day.
- Help your child think of something special to show the teacher.

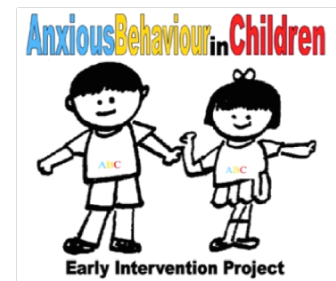
2. **Help your child work out some of their fears in advance through play.** Some ideas:

- Act out successful and loving separations and reunions with toys. Reverse roles and have your child be 'in charge' and leave *you* at home or school. Use humour to make it fun.
- Hide and seek gives your child "safe" separation practice and the experience of being found over and over no matter what, e.g., *"I will always come find you a million times, no matter what pirates or ogres try to stop me!"* (cont..)



Anxiety
CANADA

www.AnxietyCanada.com



www.anxietylab.educ.ubc.ca

In anticipation of school separation, some children may **express or release anxiety through crying and emotional outbursts.**

It's important for your child to feel heard, so sitting with the child with calm confidence is important during these times, without trying to convince them out of their feelings. Think of it as 'unloading' some pent up worries beforehand.

3. **Go to the library and find some children's books** on helping with separations (ask Librarian for help).

4. **Create a special "transition" photo book of the steps for school drop off and pick up** (e.g., putting on shoes, getting in car, front door of classroom, waving goodbye), including photos of loved ones and warm, encouraging messages. Your child can keep this at school or in his or her backpack or cubby.

5. **Make sure your child gets enough rest. Start turning back bedtime by 15 min increments** (instead of going to bed at 9:00 pm, first night go to bed at 8:45, next night 8:30, next night 8:15, etc). This may be hard due during late sunsets, but one way to ensure an earlier bedtime is to wake the child in the morning at the "usual" time for school (start the day at 7:00 am). Little ones need lots of sleep, usually 10-12 hours of sleep a night.

6. **Have adventures in and around the school.** Plan frequent, short trips to the playground (include other neighbourhood children if you can). Talk about what your child will be able to see from the classroom window, give the trees or other landmarks secret or silly names, suggest favourite things to do at recess or lunch, and games children might play in the field.

The Morning(s) of School Days:

- **Remind your child about the fun things** that are happening at school that day and what the classroom will look like. Paint a mental picture for your child of what to expect.

- **If your child is looking worried**, say *"I see that you have some worries and butterflies inside. And I know you can be brave!"* Parents can say the same thing over and over, in a soothing tone. Soon the child may begin mimicking the message to themselves.

- **Give your child an item of yours** to hold on to for the day until pickup, or buy something special that is the same, such as matching bracelets.



- **Draw a heart or put a sticker** on the child's hand and on your own hand, and say every time your child looks at it throughout the day, you will think of each other.

- Together, make up a special **goodbye handshake or secret silly parting ritual** (e.g. tugging ears and then kissing the back of your child's hands).

- Leave an **encouraging note or drawing** in your child's bag to look at during a certain time of the day (e.g. at lunch).

- Share things that **you are carrying around to remind you of your child** (e.g., photos on your phone, a drawing your child made) to show that while apart, you are 'holding on' to your child too.

- **Being hungry** can make separation issues much worse. Even a small protein snack just prior to leaving the house can help.

- As much as possible, **focus your child's attention into the reconnection** after school. *"After school, let's sit on the hammock together and you can tell me the three most fun things you did at school today. I can't wait to hear!"*

At Drop-off:

- This is the time to maintain a **stance of warm confidence**.

- **Arrive early** if your child likes a bit more quiet and calm to get settled.

- Spend a bit of time talking about **something fun or interesting** you both see in the classroom.

- **Talk about how you can't wait until after school** to see the craft project for the day, or learn about what story the teacher will read or what game the kids play at recess.
- Make sure you are **transitioning or 'handing over' your child to another caring adult in the classroom** that he or she feels comfortable and can attend to, such as the teacher.
- Once your child is attending to the other adult, give a hug or kiss and say goodbye with a warm confident smile. **And leave.** Resist lingering too long around the doorway or sneaking back and seeing how things are going.
- Finally and most importantly, have **confidence in your child's teacher to handle your child's feelings** and take care of your child. And importantly, believe in your child's ability to cope.

Other things to keep in mind:

- At any stage in this process, your child may cry, cling, freeze, or become excessively controlling or aggressive. Your child's frustrating or difficult behaviours are coming from deep instincts to elicit a response from caretakers to take action and remove the 'threat' (= being left at school). The child just wants to feel better again. **Your child is not acting this way to upset or manipulate you.**
- Children this age **often don't know how to calm themselves down in the moment**, and are dependent on adults to help them feel more safe and secure. They may have no idea what is really making them anxious, so asking 'why' is not going to be very productive.
- Saying "Calm down!" "Don't be afraid!" "You'll be fine!" are not very effective and may make the child more distressed. Instead, **using a calm, soothing tone**, say "*I see that you are having a hard time. We'll work through this together*" "*Let's see what is in your new classroom.*" "*Your teacher is over there and looks so happy to see all the children!*" "*Let's see if we can find your courage.*" are examples of simple sentences to state over and over. If your child is irritated by hearing these types of verbal

encouragements, instead convey your belief in them through your patient body language and steady tone.

- It can be particularly exasperating when your distressed child resists your attempts to soothe or calm down, so **stay tuned into your own emotions and behaviour when you feel your temperature start to rise.** Your child will be very sensitive to your non-verbal cues and have a heightened focus on your tone and body language. Try to maintain a stance of calm confidence.
- It may sometimes be less emotionally charged if **another trusted adult drops off the child**, such as a grandparent, older sibling, or another caregiver. Consider going with a school buddy or a neighbourhood friend.
- **Some children may not exhibit separation anxiety for a few weeks into school**, once the novelty has worn off and it really sinks in that this is not temporary. Or a child's anxiety may reappear after long holidays or after an illness. Better to expect it will happen rather than repeatedly get surprised.
- **Some children will be upset and have a meltdown at pickup when they see you, or when you get home.** This is likely because your child is reminded of the separation and may feel safe enough to let out his or her anxiety and frustration at you. Or your child is really tired and has had a long day at school. Your child's brain is developing and learning so much now, and there are many new things to figure out. But with lots of love and confidence in your child's abilities, you'll both get through this milestone!

