

# Biindigen! Booshoo!

*Some helpful tips as you get ready for Kindergarten!*

2014/2015



## Helpful Tips for Kindergarten!



## Kindergarten is so much fun!

Welcoming. Comforting. Inviting. Safe.

All Lakehead Public Schools Kindergarten Programs provide instruction and play-based learning where children develop socially and emotionally through interaction with their peers and the adults who teach and guide them. Students develop their capacity in language and mathematics, and engage in healthy physical activities and the arts.

Students also have opportunities to engage with community Elders and Cultural Resource People who share their cultural knowledge to all.

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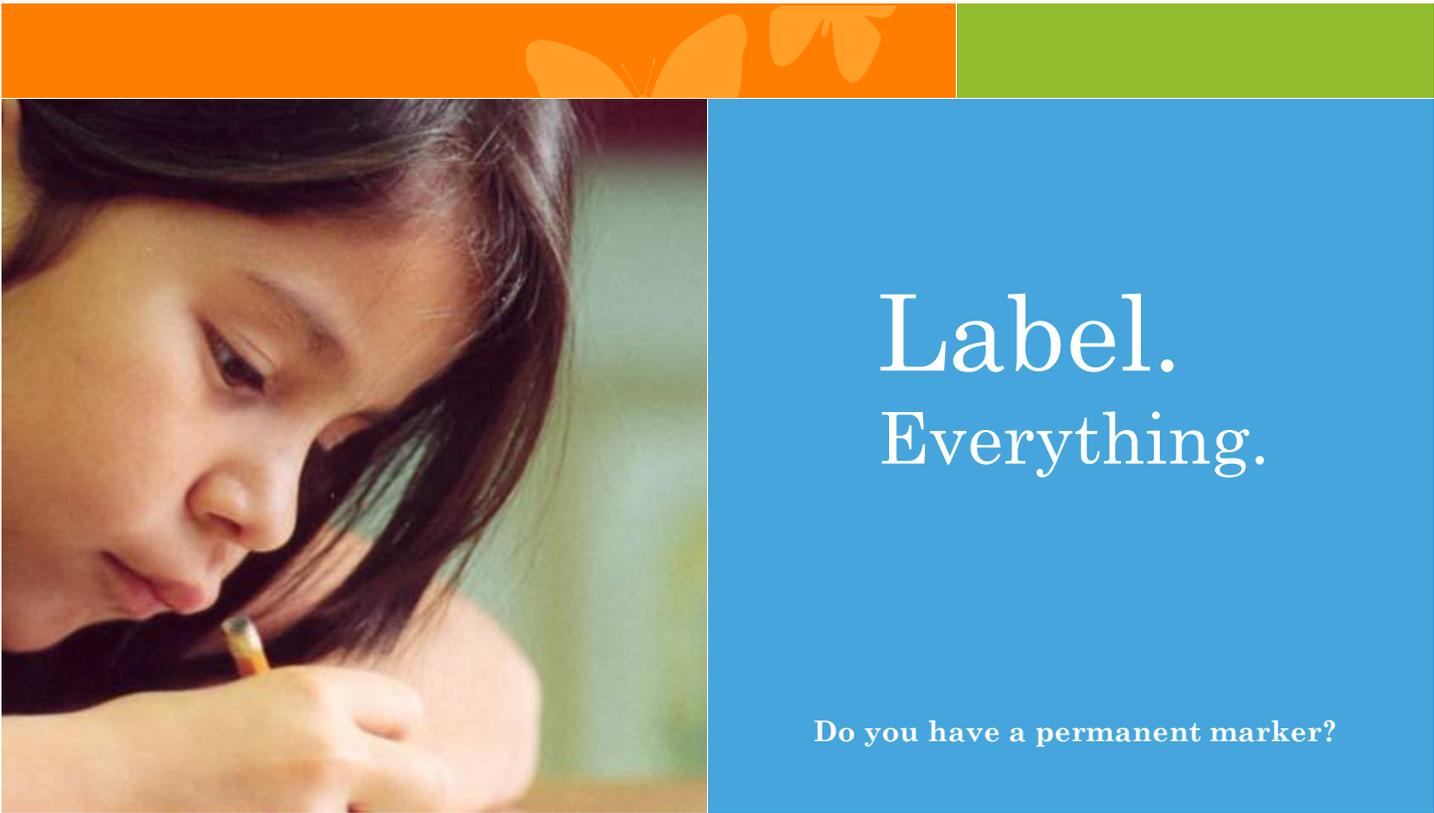
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# Label. Everything.

Do you have a permanent marker?

## It's good to label your child's belongings.

It's good if your child can identify their own belongings, especially if there are other children who own the same things. You can use a permanent marker to label your child's belongings. Here are some things that you can label:

- COAT
- BACKPACK
- LUNCH BAG
- SANDWICH AND OTHER CONTAINERS
- HAT
- SCARF
- MITTS
- INDOOR AND OUTDOOR SHOES

## Getting Ready

### Sunday

Plan lunches for the week. It's often less expensive to plan ahead. Home baked goods could be frozen.

### Any Day

**If in doubt, leave it out.** Not all children can practice self-control and may not be able to save the sweets for last. Only put in food items that you want your child to eat.

**Allergies.** Some children have severe allergies to some foods. Your school's Principal or Secretary will know which foods are not allowed in the school.

Read to your child every day. Make this a regular part of your child's evening routine.

### Monday to Friday

Your child's kindergarten teacher may send home a book bag and/or a communication bag. Packing this bag can be a part of your routine. Check your child's backpack every day after school. Keep it in a safe place.



## Memengwaa

means Butterfly in Ojibwe.

Literally translated, a memengwaa is a spirit of a little child.

When you see a butterfly fluttering about, it is like the spirit of a child.

Did you know that butterflies fly thousands of miles every year, like when birds travel south for winter? This teaches us that even the smallest beings are capable of extraordinary things.

We all have unique abilities and gifts to share.

# Tips



Here are some tips that will help your child get ready for Kindergarten and help them be successful:

### In August

Here are some tips that will help your child get used to morning routines before school each day.

#### A) Practice these one-two weeks before school:

- ☼ Get up early (i.e 7:00 am)
- ☼ Practice tying laces or buy shoes with **velcro**
- ☼ Help your child learn to dress him or herself
  - Practice using zippers, buttons, putting arms in sleeves, and feet in shoes
- ☼ Help your child learn to recognize their clothes and other school belongings (labeling these items is good)

#### B) Your child should know some basic things about their family:

- ☼ First and last name – help them write their first name
- ☼ Mom and dad or guardian's names
- ☼ House address
- ☼ Home phone number

#### C) About backpacks:

- ☼ Choose a backpack that can fit something the size of a binder
- ☼ Choose a backpack that your child can easily carry

### Connect the Dots

You can draw dots on the inside of your child's shoes. The dots will help your child identify their right and left shoes. Remember to: **Connect the Dots.**



Booshoo! My name is Manidoons!  
In Ojibwe, my name means little spirit or insect.  
You say it like Man-Ee-Doons. Can you say my name?

## Simple Things to Practice Saying at Home



Dog - Animosh  
(Ah-knee-mosh)

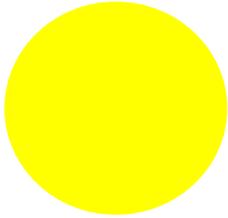


Cat – Gaazhagens  
(Ghah-zhah-geh-ns)



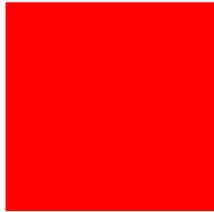
Frog – Omakakii  
(oh-mah-kah-kee)

**Yellow** – Ozaawaa  
(oh-zah-waah)



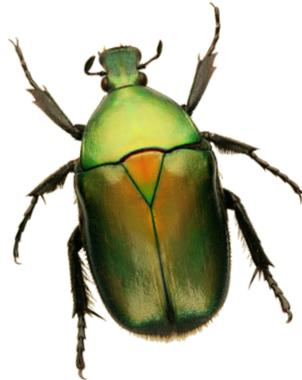
Circle - Waawiyayaa  
(way-we-yuh-yay)

**Red** – Miskwaa  
(Misk-waah)



Square – Gakakaa  
(Gah-kah-kaah)

**Green** – Ozhaawasko  
(Oh-zhaa-wahs-koh)



Blueberry – Miinan (me-nan)

**Purple** Miinaaboo  
(mee-naah-boo)



"The beauty of the trees, the softness of their air, the fragrance of the grass, speaks to me. The summit of the mountain, the thunder of the sky, the rhythm of the sea, speaks to me. The faintness of the stars, the freshness of the morning, the dew drop on the flower, speaks to me. The strength of fire, the taste of salmon, the trail of the sun, and the life that never goes away, they speak to me. And my heart soars."

*Chief Dan George*

## Good To Practice

- 1 It is good if a child practices using child-safety scissors. Cut in straight lines, short lines, zig-zag lines and
- 2 It is good if a child practices using crayons. Draw straight lines, curvy lines, crazy lines, zig-zag lines. Colour within the lines as best you can.

# What's in Your Lunch Box?



## Example Lunch Box

<p>Lunch meal: Sandwich (main), milk, 100% fruit juice</p>	<p>Morning snack and snack with lunch: 1 whole fruit OR 1 fruit pieces, and 1 veggie or 1 dairy.</p>
	<p>Extra snack/treat: 1 dried fruit, or 3-4 crackers, or 1 treat or 1 baked treat</p>

### Here are some ideas for yummy snacks

Bannock	Raisins	Cucumbers
Granola	Yogurt	Apple
Grapes	Bell peppers	Applesauce
Sugar snap peas	Celery with cheese whiz	Banana bread
Wild rice	Carrots	Corn

### Here are some ideas for lunch Main meal

Chicken nuggets	Supper leftovers	Pasta with sauce
Moose	Deer	Other meats
Sandwich	Soup or stew	What else can you think of?

Do you have all of the food groups in your lunch box?

- Fruit
- Vegetable
- Dairy or Alternative
- Breads or Grains
- Meat or Proteins

Plan enough food for the one morning snack and the lunch-time meal in your school. It's easier to prepare the night before.

Consider including some home-baked goods. Baking can be done on one day and frozen individually for the week.

# Play is Learning.

Children learn best when they are playing. Play is learning to explore the environment around you and learning new things as you explore.

Play with sand. Fill up and empty out big cups, little cups, skinny cups, fat cups.

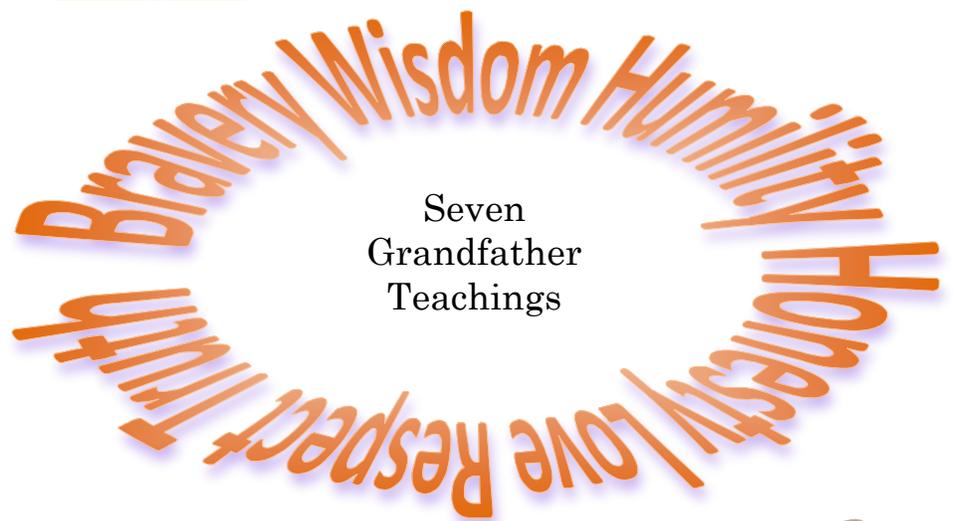
Play with building blocks. Build tall buildings, flat buildings, wide buildings, crazy buildings, wobbly-topply-crash-all-over buildings.



## Medicine Wheel Teachings



We are all connected.  
It is good to always be kind to others.  
Play nice with each other.  
Share.



### Questions?

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