



# Preparing for the start of learning

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We know you're excited for your child to start care! Here are some ways to ensure you are ready for the upcoming learning season.

## **Order waterproof name labels, shoe labels**

Order large labels through <http://www.oliverslabels.com/aspenhillyc> or <http://aspenhill.lovablelabels.ca> . Make sure to order non-removable labels that are waterproof! Label everything that your child will bring to the Centre, from uniform pieces to shoes and outdoor wear. Don't forget to label water bottles and lunch packaging as well. Large, clear labels with an easy-to-read font and high contrast colours with their first name and last initial are best.

## **Purchase your uniforms**

Uniforms must be purchased from Elegant Designs (403-250-8747; [info@elegantinc.ca](mailto:info@elegantinc.ca) and <http://www.elegantinc.ca> ). Please see our Uniform Policy and Uniform Order Form for complete information. If you would like us to resend them to you, request through [admissions@aspenhillmontessori.ca](mailto:admissions@aspenhillmontessori.ca) . The shop is open for fittings by appointment only, located at Bay 11 – 1420 40 Ave. NE.

## **Purchase your indoor shoes**

Students must have sturdy black indoor uniform shoes or all-black runners. StrideRite and similar brands are recommended. Please ensure that your child can put them on with minimal assistance, wide Velcro straps are ideal. No decorated dress shoes, colored runners, light up shoes, or character shoes, please. Well-fitting shoes are best; shoes that are too big can lead to tripping.

## **Purchase a backpack, a small cloth re-usable bag, and a large a cloth re-usable bag**

We ask all children to have a backpack to bring to the Centre each day with a change of clothes and their lunch kit. Please choose a wipeable plain backpack without a licensed cartoon characters or TV/branded logos. Ensure that the pack you can be carried by your child if they are 2 and up.



LL Bean, Indigo, Children's Place, and other specialty children's stores have appropriate backpacks.

A small cloth recycling bag is needed for spare clothes. This bag stays at the Centre until your child needs them. As we require significant outdoor wear, we also recommend bringing an additional cloth recycling bag with generous space and handles for your child's outdoor gear. Safeway and Sobeys make great large bags for \$1! This bag can be brought with the gear at the start of the week and brought home at the end of the week.



**Purchase a zippered or Velcro-close lunch kit**

Please avoid 'snap' lunch kits like bento boxes and YumBoxes – children under 4 years often cannot open and close these themselves. Zippered soft lunch kits like those pictured below are best!



Please do not send loose Ziplock bags or containers for snack and lunch – these should go inside the lunch kit. Make sure to clearly label your child's lunch kit on the **OUTSIDE** with either a name label or permanent pen.

**Purchase a spill-proof, child-sized water bottle (and a second as a backup)**

See below for recommended styles. *Remember to test them at home first to make sure they really won't spill!* Ensure it is washed frequently to prevent mold. Make sure to label these with your new waterproof labels, or write your child's name clearly with permanent marker.



**Subscribe to our newsletter**

Ensure you are subscribed to receive our Centre e-newsletters, as they are a key form of communication with the Centre. Usually, you will be added automatically, but you can also subscribe through: <https://bit.ly/AHMnewsletters>

**Access the parent section of the website**

You can access parent-only information by going to the "Current Families" section at [www.aspenhillmontessori.ca](http://www.aspenhillmontessori.ca). Password is 'Parent2023'. While most of our Centre communication is done through e-newsletters, key documents and dates are posted to this section for ongoing reference. Links to resources related to the Centre are also provided.

### **Practice separating from your child: the "Confident Goodbye"**

If this is your child's first experience being left with others, don't let it be! Practice leaving your child with a sitter, with your friends at their house, or with relatives at their house for periods of time before programming starts. This will help both you and your child lessen the stress at the start of the learning year. Parents are not allowed inside of the Centre at drop off at this time. Parents **MUST** say a "confident goodbye" at the door and depart quickly.

Please refer to our separate handout on Confident Goodbyes if you are nervous about your child being away from you for the first time, or if your child tends to have a hard time separating from you. This can be requested through [office@aspenhillmontessori.ca](mailto:office@aspenhillmontessori.ca).

### **Encourage your child's independence**

Although it takes longer to get everything done, giving your child the chance to make healthy, structured choices prepares them for making these same activity choices in a Centre environment. Independent thinking is a cornerstone of Montessori education. Respect their decisions where possible and invite their input into their body, environment and activities where possible. Letting them put on and take off their own shoes and coat, and be responsible for helping to pack their lunch and backpack for the day, is a great way to foster independence.

### **Reset your family clocks**

Start eliminating late nights up and morning sleep-ins the weeks before starting programming. This helps make it easier to transition into Centre routine, and ensures that your child is awake and alert for learning. Good sleep and a healthy diet are important for your child's success.

### **Remember to bring healthy snacks/lunches**

Please read and follow our Food and Healthy Eating Policy in the Parent Handbook. If you are not sure what to send, write [office@aspenhillmontessori.ca](mailto:office@aspenhillmontessori.ca) and we are happy to connect you to relevant Alberta Health Services resources.

## **Drop off 'support items' before August 25<sup>th</sup> at your designated campus**

Until August 25<sup>th</sup>, between 9:30AM and 3PM Monday - Friday, we accept early drop-offs of boxes/sleeves of diapers / containers of wipes and napping items for Nido / Bambini children.

**\*\*All items must be visibly labelled with your child's name\*\***

- If your child is attending Christie starting Sept. 5, drop offs are accepted at 1180, 40 Christie Park View SW through the main doors **ONLY**. Please ring the RING-brand video doorbell for assistance.
- If your child is attending Strathcona starting Sept. 5, drop offs are accepted at 7102 14<sup>th</sup> Ave. SW through the front doors **ONLY**. Please call 403-455-3133 when you arrive for assistance.

All other items should be brought with your child on their first day (change of clothing, indoor shoes, etc.)



The Centre is closed for all drop offs between Aug. 26 and Sept. 5.

## **On the first day of learning...**

Send your child with their backpack and:

- Non-spill water bottle
- Lunch plus two snacks
- Indoor shoes
- Change of uniform
- Outdoor clothing for the weather