



**FREE!**

**Registration  
required**

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**March 27th**

**April 16th**

**May 7th**

**June 5th**

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**4:30pm-5:30pm**

**Location:  
Kindergarten  
Room at**

**Westmount  
Elementary  
School**

**with tours to the  
Library and Gym**

**Entry via the  
front  
office/delivery  
doors**

**S P A R K**

Strong, Prepared And Ready for Kindergarten

**Entering kindergarten is a major transition for  
children and parents.**

**This free program includes:**

- **Time spent in the classroom environment**
- **Parent education**
- **Snack**
- **Take away activities**



**TO REGISTER  
GO TO  
eventbrite.ca**

**Westmount -  
S.P.A.R.K**

**or call:  
250-376-8879**



### **March - Healthy Habits for Life**

During this session, children will have the opportunity to explore different materials supporting nutrition. This session will have a presentation by TRU health nurses, and will be directly related to healthy food, germs, and sleep. There will be opportunities and resources for your child to learn through play.

### **April -Finding Mathematics Everywhere**

This session will provide you with information on play-based learning and your role as a parent/caregiver in providing opportunities and resources to your child . This session will also help you to learn what early numeracy is and how you can promote your child's early numeracy skills through simple, interesting and playful activities. The presentation will be filled with 'Make it and take it' activities.

### **May - Learning in a PLAY-filled way**

Play in the early years provides the foundation for healthy, active living. In fact, early gross motor ability is associated with cognitive, social and emotional development. Purposefully choosing activities and creating opportunities that encourage play and develop physical literacy establishes the basis for life-long participation. This interACTIVE session will focus on teaching fundamental movement skills and creating an environment that supports confidence and fun. Families will also leave with the knowledge of resources and tools to add more play into their life.

### **June - Linking Literacy and Play**

This session is all about playing with letters, words, and sounds! Having fun with language helps your child learn to crack the code of reading. Families will have the opportunity to explore Literacy/Play based centers and do a 'Make it and take it' activity. During the second part of the session, families will be touring the school, through a scavenger hunt. The final destination will be the school library where children will have the opportunity to listen to a storybook and practice a rhyme and song.

**Free take home resources and snacks provided at all sessions!**