



# Early Learning in the SD64 Gulf Islands

A monthly newsletter for caregivers, educators, and families

January 2024



*Spotlight on Early Learning:*

## It's Time to Register for Kindergarten!



**Open Now to February 8, 2024**

### When registering, please bring the following documentation:

- Verification of child's birth date and citizenship status (birth certificate, passport, or Landed Immigrant authorization)
- Proof of residency
- B.C. Care Card

School District No. 64 invites all parents of Kindergarten-age children to register their child for full day Kindergarten in September.

If you have a child turning five (5) years old on or before December 31 (born in 2019), please complete the registration process at the school within your residential catchment area.

If your child is currently enrolled in the district's Strong Start programs, you still need to complete a student registration form for the upcoming academic year.

Do you reside on **Salt Spring Island?**

To view your residential catchment, click the map.



**Click here for more information and to download registration forms**



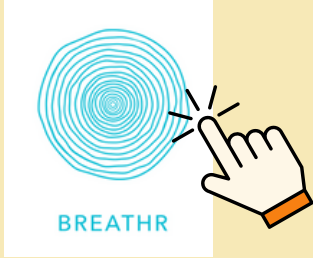
To learn more about Early Learning in SD64:





# Social and Emotional Learning in The Early Years

[Research](#) supports that children develop **self-regulation**--the ability to respond and adapt to stressors--with the help of caregivers in their lives who are able to "**co-regulate**" and model healthy coping strategies. Practicing mindfulness through breathing exercises, body scans can help support self-regulation, and **BC Children's Hospital Kelty Mental Health Resource Centre and the BCCH Centre for Mindfulness** have developed a **free app** to give you tools to guide and develop your mindfulness practice. The guided meditations are between 2-5 minutes, with topics such as "Loving Kindness", "Self-compassion Break," and "Love and Kindness for Your Child."



[click here for more info and to download the app.](#)

## Free Workshop: Triple P Positive Parenting



Wednesdays on Zoom  
6-7:30pm

Feb. 21-April 3rd

For parents with children ages 2-10

To sign up, contact Maryanne at  
mbenwood@ssics.ca or call 250-537-9938



## Monthly Math Moment: Taking Math Outdoors



Nature and outdoor spaces are ideal environments to spark children's joy and interest in mathematical ideas.

These early math experiences can help develop their thinking skills, as well as nurture positive attitudes about math. With observation and some simple prompts, caregivers can build on children's interests and ideas to promote math learning without taking over their outside playtime.

### For children with high energy:

Find ways for children to engage in active physical learning outdoors.

*"I wonder how far you can throw that ball?"*

*"How fast can we run from this side to that side?"*

*"Which tree is farthest from here? How many steps do you think it would take to reach it?"*

Source: **Michèle Mazzocco, Rachel Olson & Sheila Williams Ridge, Stanford University Development in Early Mathematics Education (DREME)**

### For children who enjoy collecting things:

Suggest that children pay attention to a certain feature such as weight, length, or colour.

*"Wow, you found so many sticks! I notice how they are all different sizes."*

*"These rocks are so smooth! I wonder how many we can stack?"*

### For children who enjoy exploring:

Offer a question a child can test, that might prompt them to consider shape, speed, density, length, or width.

*"I wonder why that stick rolls down the hill but the other one does not?"*

*I wonder how you can make sure your twig house is big enough for your truck to fit inside?*