

Kindergarten | Welcome 2026-2027



CBE Mission

Each student, in keeping with their individual abilities and gifts, will complete high school with a foundation of learning necessary to thrive in life, work and continued learning.

The Early Years

The early years are a time of significant development in a child's life. Personalized attention is extremely beneficial to early learners; that is what sets our early learning programs apart from the rest. At the Calgary Board of Education, we understand that children bring their own unique talents and gifts to their learning experience. Our dedicated staff know how to help children reach their full potential.

Learning Opportunities

In kindergarten, your child will:

- explore and experiment with their environment
- interact with others
- develop decision-making skills
- build communication skills
- develop their knowledge and skills in early literacy, science, mathematics, social studies and fine arts

Supports and Services

The Calgary Board of Education provides enhanced classroom supports for Kindergarten children. Throughout the year, members of a multidisciplinary team, such as speech language pathologists, occupational therapists, physical therapists and early learning strategists work collaboratively with the classroom teacher and interact with the children in large or small groups. The CBE is proud of these excellent services that enhance learning for children in our kindergarten programs.

Parent Involvement

There are many ways for you to become involved in your child's education:

- talk with your child each day about what they did at school
- be positive about the school experience
- consider applying to be a volunteer in your child's school
- consider attending and be active in school council meetings

Learn More

Additional early learning information and links to useful resources are available on our website.

cbe.ab.ca/kindergarten



Kindergarten | Getting Ready

Starting kindergarten is an exciting time in a child's life and there are a number of ways that you can help prepare your child for this important experience. Talking about school and helping your child feel excited about going to kindergarten will make a positive difference.

Learn about the school:

- take your child to the school playground (when available)
- attend the school's kindergarten information session (when available)
- review the school website

Build your child's independence by encouraging them to:

- dress themselves (zippers, buttons)
- use the bathroom and wash their hands on their own
- put away toys and help out in other small ways at home
- make choices and solve problems

Take time to talk with your child about everyday activities:

- share special activities together, such as walks to the park
- talk about what you are seeing and doing
- talk, read, sing and play in your first language every day
- praise children for their efforts and courage to overcome setbacks
- talk about how it is okay to make mistakes

Read to your child every day:

- read stories together in your first language to help your child develop vocabulary, listening and speaking skills
- enjoy reading different types of books: picture books, information books, nursery rhymes, poetry
- encourage your child to talk about the pictures and stories as you read together
- visit your community library (when possible)

Build your child's interest in literacy and numeracy:

- make a game of looking for letters and numbers on community signs and in books
- provide scissors and playdough to strengthen fine motor skills
- provide opportunities for your child to draw with pencils, crayons and felt pens
- help your child print his or her first name, if they are interested
- make new discoveries by exploring together in a playful way

Young children need practice and patient encouragement in their learning. Working together and having fun is just as important as completing tasks.

Every child will be welcomed into the classroom as a unique individual with their own strengths. We look forward to learning with your child in the Calgary Board of Education; great learning starts here!

learning | as unique | as every student





Keep Your Home Language Alive!



Why?

1. Your child will develop stronger English skills if you continue to use and develop your home language.
2. Your home language will help your child to learn. When a child knows about things in the home language, he or she will learn about things in the second language more easily.
1. Your home language supports your child's sense of identity.
2. Knowing the home language helps children to communicate easily within the family and the community. (adapted from Coelho, E. Adding English 2004 Pippin Publishing)

How?

Ideas for Children of All Ages

- Talk to your children in the language you know best.
- Talk more about current events and issues.
- Go to formal and informal home language community events.
- Go to religious, family, or cultural events in the home language.
- Enroll your child in heritage or international language programs. (e.g. Southern Alberta Heritage Language Association: 403-233-7998)
- Show support for heritage or international language programs by visiting classes and developing relationships with teachers.
- Talk about why it is important to keep first language growing at home.
- Visit the public library and sign out resources in your first language.

5-minute activities in the home language

Greeting questions: E.g. How are you today?

Same time everyday questions:

- E.g. What was something interesting you learned at school? What was the best part of today? What was the hardest part of today? How did you handle it?

Chats: Talk to your child at regular times. E.g. When eating together.

Music and Dance:

- Listen to songs in your home language.
- Listen to traditional music. Dance to the music!

Activities in the home language that take 1 hour or more

Family Journey:

- Make a family photo album.
- Show your family's journey to Canada.
- Use the photo album to tell stories about things that happened on your way to Canada.
- Write down the stories in your home language.



- Write and tell stories about your own father, mother, grandparents, and family.

Poster: Our Family is ...

- Make a poster of important words that describe your family. E.g. "Our family is together; Our family is loving; Our family remembers where we come from; Our family honours our ancestors."
- Put the poster where everyone can see it. Use drawings or pictures, especially for younger children.

Dictionary:

- Make a family dictionary of new words. Use your home language and English.
- Include words that reflect your family values, such as: honour, courage, loyalty.

First language programs:

- Watch YouTube or DVD's in the language of your home country.
- Watch talk shows to understand the latest way of using the home language.

More Ideas for Younger Children

10 – minute activities in the home language

Sentence game:

- Make sentences in your home language. Each person adds one word to make a sentence.

Board games:

- Use your home language to play simple games (e.g. Snakes and Ladders)

Traditional or Childhood Games:

- Teach your children some of the games you played as a child.
- Have a family fun night and play these games.

Books and stories:

- Tell stories and read to children in your home language.
- Read books from the library to your child in your home language.
- Talk about the pictures with younger children.
- Find dual-language books for children who are struggling with words in their home language.
- Share readings about the history of your culture.

Discussion:

- Talk about current events (e.g. Olympics)

Activities in the home language that take 1 hour or more

Word Games:

- Word-hunt in the house
- Give clues in home language about where to find things in the house
- Give a prize for finding five objects



More Ideas for Older Children

10 – minute activities in the home language

Board Games:

- Try games where you can use first language while you play (such as Scrabble).

30 – minute activities in the home language

What's happening in the community or the world?

- Discuss current events in your home language.
- Help children understand new words. Encourage them to use the new words in the discussion.

Activities in the home language that take 1 hour or more

Encourage higher thinking:

- Read a newspaper article
- Watch a news story, current affairs program, or television program
- Listen to the radio
- Watch a movie
- Talk about historical information and perspectives.
Discuss, "What is the one big idea this program presented?
Discuss how what you read or watched would affect the individual, family, and nation.

Books:

- Have your child choose books from the library in your first language.
- Read the same book.
Discuss, "What is the one big idea?" found in the book.

Resources

- Internet
- International digital library
- YouTube
- TV
- Radio
- www.tunein.com has radio programs from around the world.
- DVDs
- CDs

*Keeping the home language strong is not always easy.
Make a plan to keep using the home language every day.*



Introduction

Kindergarten is a wonderful way for your child to discover what school is like and to have fun while learning new things. In this exciting new community, children's natural curiosity and eagerness to learn are structured through organized activities and purposeful play. Your child will interact, imagine, experiment, and explore to add to their knowledge, learn new skills, and practise what they've learned.

English Language Arts and Literature

A is for apple. Your child will begin to understand that letters have sounds and that together those sounds form words and carry meaning. Your child will have fun sharing their ideas and experiences, forming letters, printing their name, and playing with the new words they learn.

What Your Child Is Learning

Your child will learn to

- develop listening and speaking skills by sharing ideas, stories, and poems
- recognize and write some letters and words
- share understandings of people, places, or things that are real or imaginary
- express ideas and information creatively
- contribute to discussions by asking questions and speaking in sentences that contain complete ideas
- copy words to become familiar with how words are spelled

For more information about Kindergarten English Language Arts and Literature, refer to the [new curriculum](#).

Mathematics

I'm learning numbers and creating patterns. Your child will solve problems with quantities, investigate shapes, and begin to learn about time.

What Your Child Is Learning

Your child will learn to

- count and represent quantities within 10
- recognize 2-D and 3-D shapes in the environment
- compare objects by length, area, mass, and capacity
- order a sequence of events according to time

For more information about Kindergarten Mathematics, refer to the [new curriculum](#).

Physical Education and Wellness

A healthy body is part of a healthy life. Your child will begin to develop a love for physical activity through movement, games, and activities. They will use a variety of equipment and see that they have the power to make healthy food choices and play safely.

What Your Child Is Learning

Your child will learn to

- take part in physical activities that bring enjoyment
- use spatial awareness to move safely during various physical activities
- support their social-emotional well-being through healthy relationships
- explore a variety of foods that help their body grow
- communicate personal boundaries through words and actions
- explore the value of Canadian coins and bills

For more information about Kindergarten Physical Education and Wellness, refer to the [new curriculum](#).

Science

What do I see, feel, and smell? In Kindergarten Science, your child will explore the properties and movement of objects while learning about their environment.



What Your Child Is Learning

Your child will learn to

- explore properties using the five senses
- examine movement of objects, humans, and other animals
- examine components of environments
- protect the environment by reducing waste, recycling, and reusing
- explore the purpose of instructions

For more information about Kindergarten Science, refer to the [new curriculum](#).

Social Studies

For the 2024–2025 school year, the draft Kindergarten to Grade 6 social studies curriculum will be optionally piloted in classrooms. To find out if your child will be in a piloting classroom, contact your child’s school. For more information about the new curriculum, visit [K to 6 curriculum renewal](#).

What Your Child Is Learning

Kindergarten children explore who they are and how they fit into the world. Your child will become aware of their own uniqueness—their gifts, talents, and interests—and discover the connections they have with others. They will develop a strong sense of identity, self-esteem, and belonging as they share their gifts with others, express interest in others, and interact sensitively and responsibly. For more about Kindergarten Social Studies, refer to the [program of studies](#).

What Your Child Will Learn if Their Classroom Is Piloting

Your child will explore tradition, history, culture, and language as they

- develop a sense of self in relation to their community and others
- examine needs and wants, belonging, and working

together

- understand rules, expectations, and civic responsibility

For more information about draft Kindergarten Social Studies, refer to the [draft curriculum](#).

Frequently Asked Questions

How can I be involved in my child’s school?

You and the staff at your child’s school are partners in providing a positive learning environment for your child. You can be involved in your child’s education in many ways. It is important to get to know your child’s classroom teacher(s) and the school principal by attending parent-student-teacher meetings. You could also attend or volunteer at school events such as open houses, information sessions, parent advisory meetings, concerts, and special events. Often schools have newsletters that provide updates on upcoming events in the school. In this way, you will have a better idea of school rules, program expectations, discipline policies, and grading practices. [School councils](#) provide another way for you to become involved in the school. The school council works together with school staff to support and enhance student learning. Contact your child’s school to get more information on ways you can be involved.

How can I help my child with homework?

You, as a parent, play a key role in supporting and reinforcing your child’s learning. It is important for you to talk with your child’s teachers about their expectations for the work they assign. Keep in touch with the teachers about your child’s progress, including successes and achievements, not just concerns. Knowing what the teachers expect and how they organize the classroom learning experience will help you to help your child. Don’t be afraid to ask the teachers questions when you are unsure of the tasks and work assigned. Communication with teachers will help you and your child prioritize and organize the homework and studying they must do. Visit the school



website or talk to the school office staff to find out the best way to communicate with your child's teachers.

Once you have determined what school work or skills your child must work on at home, set aside a time and place where there are few distractions and spend time with your child. Be positive and encouraging about learning to help your child feel confident and enthusiastic about success. Remember that success can look different for each child. Talk to your child about school work, help your child set realistic goals, and discuss progress in an encouraging way. Connect your child's school work with everyday life, and use these opportunities to problem solve in everyday situations. As you support your child through encouragement and guidance, homework and studying can become a positive experience with lifelong rewards. Developing strong homework and study habits early in life will build a strong foundation for your child's future learning.

How can I support my child's transition from Home to Kindergarten?

You are your child's first and longest-lasting teacher. To ease your child's transition to Kindergarten, you can support school success by forming a partnership between home and school. In Kindergarten, the values and beliefs of the home are acknowledged, and the cultural diversity of families is recognized.

Entering Kindergarten can be an exciting time for children. Moving from the home or childcare environment to the school environment is a big step. Because this transition can be stressful for both you and your child, the teacher typically provides orientations to help everyone feel at ease. Your child will then become acquainted with other children and with classroom activities and materials. Gradually, your child will gain a sense of belonging because they know the routines and school layout.

Young children are naturally curious and eager to learn. Learning is enhanced by interaction and cooperation with

others, including adults and children. Through interactions, organized activities, and purposeful play in the Kindergarten program, your child will explore and experiment with their environment to add to their knowledge, learn new skills, and practise familiar ones.

The following link may also be helpful: [Galileo Educational Network](#).

I want to know more about English as an Additional Language

Many children born in Canada speak a language other than English at home, and many students move here from countries where English is not the main language. Children/students who are learning English at the same time they are learning the content of their school subjects are called English as an additional language (EAL) learners. Schools provide supports and programs to help EAL learners develop English so they can do well in all of their school subjects.

EAL learners receive supports in the classroom, such as

- pictures, diagrams, and charts to help them understand what they read or hear
- books and other written materials that match their reading abilities and interests
- direct teaching about English grammar and vocabulary

Some EAL programs or courses in junior high school and senior high school help students learn English while they learn about Canadian culture, values, customs, and social expectations.

Every year, schools measure the English language proficiency of children/students who are EAL learners. Schools use this information to decide what sort of supports each child/student needs. Many schools use the *Alberta K–12 English as an Additional Language Proficiency Benchmarks*, available through the [Supporting English as an](#)



[Additional Language Learners](#) web page, to find out an EAL learner's English level in listening, speaking, reading, and writing. The school will tell you about your child's progress in developing English proficiency. You are encouraged to

- contact the school to ask questions
- provide useful information about your child
- volunteer at the school

How Can I Support My Child in Learning English?

It may take several years for your child to become fluent in English. The English used for talking with family and friends usually develops more quickly, while the English used for reading, writing, explaining, and discussing topics in school subjects usually takes longer. Every child learns English at their own speed.

Helping your child maintain their home language(s) will support them to learn English and all languages better. You can help your child continue building their home language(s) through family games, stories, and songs.

If you are new to Alberta and want to learn more about the school system here, you might wish to visit [Choosing a School in Alberta](#).

For more information about EAL supports that could help your child learn English, contact your child's school.

Where can I get more information?

Learn more about your child's education by visiting <https://curriculum.learnalberta.ca/parents/>.

Everyday Activities

Everyday activities can support learning at home, at school, and in the community. Parents and guardians play an important role in bringing learning to life.

Literacy

Reading every day as part of normal activities can help make reading relevant. Identifying interests and likes, and then finding appropriate materials, makes reading more engaging. Writing, doodling, or drawing are great ways to express yourself. Sharing your favourite written or oral stories can help bring literacy to life. Having conversations by asking questions or discussing problems and solutions can help develop listening and thinking skills.

- Read storybooks, magazines, graphic novels, comics, poetry, directions, food labels, recipes, or instructions. Use the voice of a favourite character.
- Read in English, French, or any other language(s) that you speak. Try dual-language books that feature two languages.
- Find a way to express yourself. Write a letter or thank-you note; sketch a scene, person, or object; write a poem; research an area of interest; make a picture book or photo journal; write a short story; or start a blog.
- Create a journal using a different theme every day. Use magazines, scrapbooking items, pictures, etc.
- Create a story. Photograph an object or a toy in different places in your home and use the pictures to build the story.

Numeracy

Finding the math in everyday activities helps bring math to life, and making it a daily priority helps promote the importance of math. Engaging in activities that involve thinking, solving problems, estimating, looking for patterns, understanding numbers, and doing calculations develops numeracy skills.

- Play cards and board games, count and use money, or make your own puzzle by cutting up photos or postcards.
- Using a recipe to make food involves measurement, fractions, quantity, time, and sometimes temperature. It also involves reading and being able to understand and follow instructions.
- Learn about finances by thinking about an item or service that you would like to purchase and developing a plan to make or save the funds. Older students can develop financial literacy skills by developing a monthly or annual budget for spending and saving.

Talking about math by connecting it to daily experiences helps to develop numeracy.

Using Imagination to Create, Play, and Explore

Create

- Use avatars to create a passport, add places you would love to visit, and write the reasons why.
- Use household items or recyclables to make a musical instrument or to create art.
- Create a gym or obstacle course in your home or yard. Incorporate different heights, movements, and pace. Challenge each other by throwing, jumping, dribbling, etc.
- Construct a bird feeder.
- Create family challenges. Establish a weekly contest, such as who can build the highest card tower.

Play

- Go “out for lunch.” Pack some healthy food items and a blanket and have fun!
- Use common articles and clothing to create a costume and play dress up.
- Play “guess what?” by touching objects in a bag or tasting food while blindfolded.
- Be an ice excavator. Fill a resealable bag with water and add a plastic toy or two. Put it in the freezer. Once the ice block is ready, use warm water, salt, and tools to rescue the frozen toys.
- Invent a game that you can play in your yard or nearby green space.

Explore

- Walk in the community with an “I Spy” twist and look for different items to notice each time (i.e., door colours, signs, etc.).
- Identify the trees, shrubs, and flowers in your neighbourhood or a park.
- Seek a special reflection spot where you can sit, be still, observe, and reflect.
- Learn more about the community you live in and search for walking tours of buildings, bridges, waterways, parks, or points of interest.
- Try a virtual tour of a museum or art gallery.

Awareness and Identity

Developing empathy is important. Taking multiple perspectives and considering different points of view helps to develop a shared understanding.

- Discuss current events.
- Perform an act of kindness for a friend, family member, or community helper.
- Pick a meaningful artifact or photo and share its importance.
- Explore an area of interest, develop a talent, or practise a language.
- Connect with the community in a socially responsible way.

Plan Snacks



Children may need 2–3 snacks each day.

Plan 2–3 hours between meals and snacks.

Offer vegetables or fruits at each snack. Add a protein food, a whole grain food, or both.

Serve snacks with water or milk to drink.

Try these tasty snack ideas:

- Unsweetened applesauce with whole grain pancakes
- Red or orange bell pepper slices with hummus or tzatziki
- Pear slices and cheese cubes
- Mini cucumber sandwiches made with whole grain bread, and orange slices
- Carrot sticks with bean dip and whole grain pita wedges
- Apple slices with thinly spread nut butter
- Tomato and avocado slices with whole grain crackers
- Banana or peach slices with yogurt dip

Healthy snacks help children get the nutrition they need



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/healthy-eating-starts-here)

Email PublicHealthNutrition@AHS.ca

Chief Justice Milvain School Kindergarten Countdown!

August 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 You will learn letters at school. Practice writing your first name. How many letters are in your name?	02 Practice counting your fingers and toes! What else can you find at home to count?
03 Play "school" with a family member. Take turns being the student and the teacher.	04 Try getting dressed on your own. Can you get your shoes on and zip up your coat?	05 Practice singing a song and making up movements that match!	06 Practice Rhyming by making up words that rhyme with 'cat', 'hop', 'dug', or 'pit'	07 Meeting new friends is fun! Practice saying "Hi, my name is _____" then ask, "What's your name?"	08 Go on a shape hunt around your house or outside. What shapes can you find?	09 Get ready to learn about numbers! How high can you count? Can you write numbers down?
10 Draw a schedule about the things you will do each day before school (get dressed, eat, brush teeth, etc)	11 Stay healthy by practicing singing Twinkle, Twinkle Little Star as you wash your hands with soap.	12 We all have special days in our families and cultures. Which holidays and traditions do you celebrate? How do you celebrate?	13 All families are different. Can you draw a picture of your family? How many people are in your family? Can you write their names?	14 Read your favourite story with your family. Talk about your favourite parts or use a funny voice for different characters.	15 Moving your body feels good! Practice throwing a ball with an adult, hop like a bunny. Can you skip or balance on one foot?	16 Get ready for circle time! Tell an adult about a favourite animal, friend, or toy. Can you describe why it is special to you?
17 We learn to cut with scissors in Kindergarten. Can you cut shapes (square, triangle, circle) or lines (straight, wavy, zigzag) out of paper?	18 Play a game with someone to practice taking turns. (Go Fish, Bingo or Snakes & Ladders)	19 We all have big feelings sometimes. Practice breathing slowly to help feel calm.	20 Practice using your imagination! Can you move like an animal or make up a fun dance or song?	21 Help set the table! How many forks did you use? Spoons? Knives? Plates? Count them all.	22 Sing the "Alphabet Song" with a family member. Take turns singing each letter.	23 Go for a walk around the block. What signs do you notice? What do they mean?
24 Play a game with dice. Roll the dice. How many dots do you see? Can you write the numbers down?	25 Explore with play dough. Roll, squish, stamp, cut. Can you make letters or numbers?	26 Draw a feeling face to show how you feel about starting Kindergarten. Talk to a family member about your feelings.	27 Practice putting things in your backpack and putting shoes on all by yourself to get ready for the first day of school.	28 Will you hug, kiss, high-five, or wave goodbye to your grown-up on the first day of school? Practice with them	29 We use a lot of colors in Kindergarten. How many colors can you name?	30 Look at yourself in the mirror! What is unique about you? What color is your hair, skin, eyes?
31 Visit a playground and practice safety rules!	Sept 01 Make up a dance to your favorite song and show your family!	Sept 02 First Day of School! Staggered Entry Day 1	Sept 03 Staggered Entry Day 2	Sept 04 Regular Kindergarten Hours	Sept 05 AM Classes Attend only	Sept 06