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Welcome to  
Primary!



# Daily schedule



8:10 Students / busses arrive and enter the building upon arrival.

8:30 Classes start

10:00 Recess

11:30 - 12:30 Lunch break

2:30 Dismissal

# Breakfast Program



# Oral Language Development



Speaking



Listening



Vocabulary

# Reader's Workshop

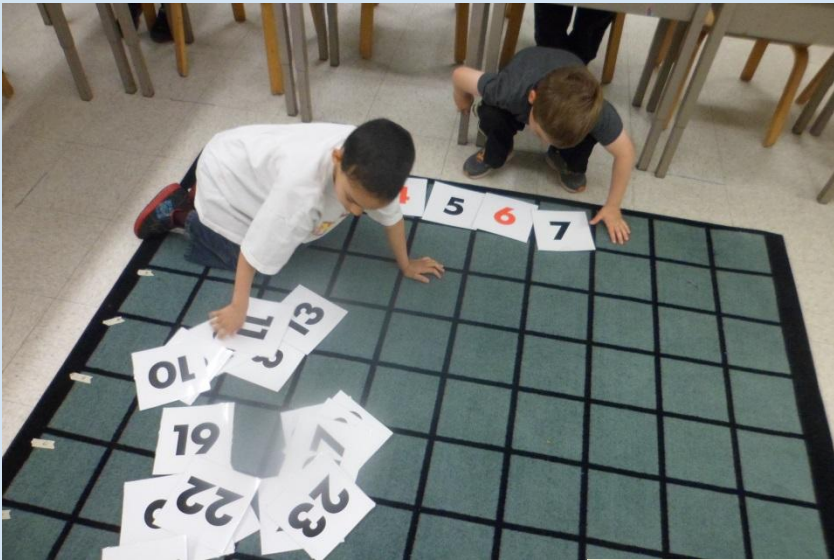


# Writer's Workshop



# Math







# Integrated Curriculum & Centers



# Group Share



# Physical Education



# Music



# Library





# Restorative Practices

*What happened?*  
*What were you thinking?*  
*Who has been affected and how?*  
*How can we fix it?*  
*How can we move forward?*





Website:

<https://cap.hrce.ca/>

Monthly Newsletter

Safe Arrival App.

Email: [cpes@hrsb.ca](mailto:cpes@hrsb.ca)

Phone 902-864-6864

**School Advisory Committee**

**Parent Teacher Association (PTA)**

[caudleparkpta@gmail.com](mailto:caudleparkpta@gmail.com)

**School supports: Schools Plus /Social Worker/ Guidance**

# How you can best prepare for primary



- Read to your child daily
- Teach your child to:
  - zipper
  - Velcro
  - button &/or tie
  - care for their mask
  - use public washrooms (independently)
- Play games that require turn taking &/or counting with simple rules





- Visit school playground & show your child where they will learn and play
- Practice opening yogurt/pudding, juice boxes, ziploc, wrappers with independence
- Explore with scissors and crayons
- Help your child learn to recognize and print their first name
- Practice counting 1-10
- Encourage speaking in full sentences
- Establish boundaries with technology



## Build self regulation and independence:

- Teach how to manage belongings
- Walking beside me to build awareness of surroundings and safety
- Encourage risk taking and trying new experiences
- Foster self soothing and calming



# Calm Down Strategies for Kids

Pathway 2 SUCCESS



Color or  
draw



Think happy  
thoughts



Take deep  
breaths



Talk to  
someone



Make a list  
of choices



Set the timer  
and take a break



Read



Think of a  
pet



Look at photos



Use positive  
self-talk



Take a walk or  
exercise







Write in a  
journal

[www.thepathway2success.com](http://www.thepathway2success.com)

Clips by Kate Hatfield

# Zones of Regulation

Red	Yellow	Blue	Green
			
<p>Mad, angry, yelling, or hitting</p> <p>Take a break, count to 10. Talk about it with an adult.</p>	<p>Silly, hyper, frustrated</p> <p>Take a break, deep breathing. Think before you act.</p>	<p>Sad, tired, sick, bored</p> <p>Talk to an adult, take a break. Think happy thoughts.</p>	<p>Calm, happy, ready to learn</p> <p>Help others, listen to teacher. Complete your work.</p>

# First day of school..It's a big step!

Let them enter independently.

Be sure to let the teacher know of your before and after school care plans.



# First Day of School: tentatively September 5<sup>th</sup> 0000

