

Welcome to  
École Riverdale  
Elementary  
Virtual  
Ready, Set, Learn



**R**eady, **S**et,  
**L**earn



Ministry of  
Education



“We would like to acknowledge that we work, play and learn on the shared traditional territory of the Katzie, Semiahmoo and other Coast Salish Peoples.”

# Ready, Set, Learn

Helping your preschooler get ready for school

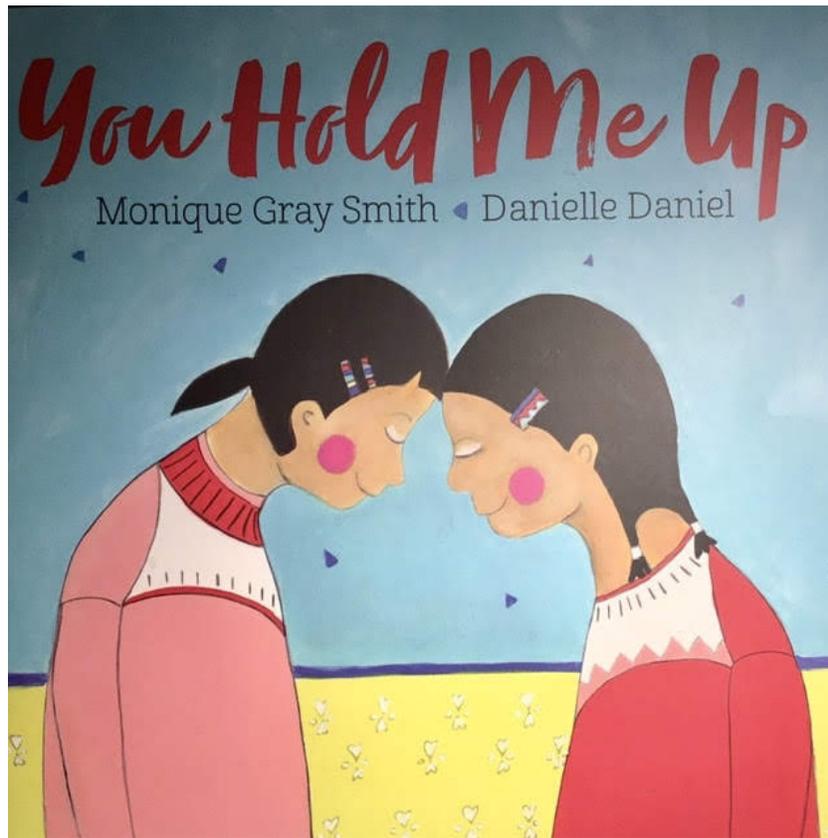


Ready Set Learn is an event for families and their three- to five-year-old children to foster positive connections between families, the school system and local community agencies. In previous years Elementary Schools that enroll Kindergarten classes hosted Ready, Set, Learn events in their schools or communities. These events provided a fun, family-oriented atmosphere with the intent of supporting children's transitions into school. Due to COVID-19 social distancing guidelines schools are unable to hold these events until further notice and it is our intent to foster these connection through our virtual Ready Set Learn



ReadNowBC

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/ready-set-learn>



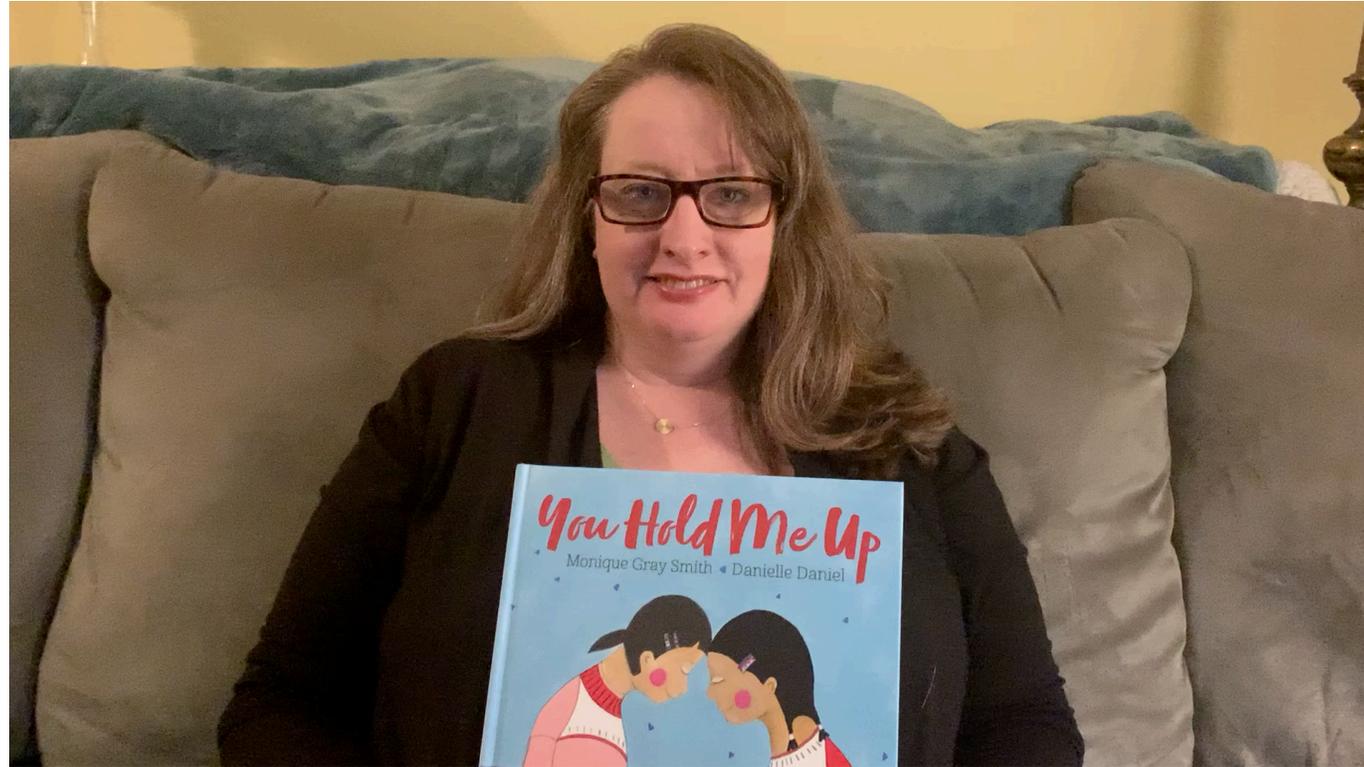
**Monique Gray Smith** is a mixed-heritage woman of Cree, Lakota and Scottish descent and is the proud mom of twins. Monique's first published novel, *Tilly: A Story of Hope and Resilience*, won the 2014 Burt Award for First Nations, Métis and Inuit Literature. Monique's career has focused on fostering paradigm shifts that emphasize the strength and resiliency of the First Peoples in Canada. She is well known for her storytelling, spirit of generosity and focus on resilience. Monique and her family are blessed to live on Lekwungen territory in Victoria, British Columbia. For more information, visit [www.moniquegraysmith.com](http://www.moniquegraysmith.com).



**Danielle Daniel** is the author and illustrator of *Sometimes I Feel Like a Fox*, a finalist for the First Nation Communities Read Award, a finalist for the Blue Spruce Award, the winner of the Marilyn Baillie Picture Book Award, and a selection on the New York Public Library's list of most notable books of 2015. She writes and paints in Sudbury, Ontario. For more information, visit [www.danielledaniel.com](http://www.danielledaniel.com).

We would like to gather you for a virtual Story reading to start off our Ready Set Learn Session  
Enjoy 😊

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Virtual Read Aloud with our school librarian Ms. Carr  
<https://vimeo.com/426895421>



## Hand Washing: Help Stop the Spread of Germs

Wash your hands often to keep yourself and others healthy. Hand washing is the most important thing you can do to help stop the spread of germs that cause illnesses such as colds, the flu, diarrhea, or vomiting.

### Why is hand washing important?

Washing your hands and your child's hands is the best way to stop the spread of germs. Viruses can live on hard surfaces for up to 2 days and on hands for up to 5 minutes. When you wash your hands, you help clean them and remove the germs that cause illness.

We pick up germs on our hands from touching people or things around us. Raw foods, pets and many other objects in our daily lives carry germs. Wiping your child's nose or changing a diaper is a common way to get germs on your hands. You cannot avoid contacting germs, but you can reduce the chance of infecting yourself and others by knowing when to wash your hands.

### How should I properly wash my hands?

To properly wash your hands, or your child's hands, follow the steps below:

1. Remove rings or other jewelry on the hands and wrists
2. Wet your hands with warm water
3. Wash all parts of your hands with plain soap and water for at least 20 seconds, and rub hands together to create lather (to help children wash their hands long enough, sing the ABC song)

4. Rinse hands well under warm running water
5. Dry hands with a clean cloth or paper towel
6. Use the towel to turn off the tap and open the door when you leave if you are in a public restroom

If soap and water are not available, use an alcohol-based hand sanitizer. After applying the gel or foam, rub your hands together until they are dry. This is an easy way to clean your hands as long as they are not visibly dirty.

### How should I wash my baby's hands?

To properly wash your baby's hands, follow the steps below:

1. Wash with plain soap and a warm, wet, fresh towel (either cloth or paper)
2. Rinse well with another fresh, warm, wet towel
3. Dry well

### When should I wash my hands?

You should wash your hands before or after you take part in activities that increase your risk of getting or spreading germs.

Wash your hands before you:

- Prepare or eat food
- Feed a baby or child, including breastfeeding
- Give a child medicine
- Change a diaper

- Floss your teeth
- Insert or remove contact lenses

Wash your hands after you:

- Change a diaper
- Take care of a sick child
- Wipe your child's nose or blow your nose
- Help a child use the toilet
- Use the toilet yourself
- Handle raw food such as meats or poultry
- Touch pets or animals
- Clean pet cages or litter boxes
- Clean around the house

### When should children wash their hands?

Children should always wash their hands before they eat or handle food.

Children should wash their hands after they:

- Use the toilet
- Blow their nose
- Cough or sneeze into their hands
- Play outdoors
- Play with pets or animals

It is important to help young children wash their hands to make sure it is done well, and to help them learn how to do it correctly.

### How can I avoid spreading germs to others when washing?

To help reduce the spread of germs to others when washing:

- Each child should have their own labeled clean cloth to wipe their hands and face
- Use fresh running water to wash and rinse hands, do not use a standing basin of water

Source: Canadian Paediatric Society  
([www.caringforkids.sps.ca](http://www.caringforkids.sps.ca))  
Adapted with permission.



# Charlotte Diamond

<https://www.youtube.com/watch?v=6nUBjdp3PYk>

An engaging  
hand  
washing  
song for  
young  
learners.

**Let's Wash Our Hands!**

Whooshy washy!  
Wet our hands  
Under running water  
Add some soap and  
Rub them hard  
Don't miss any part!  
Between our fingers  
Under the nails  
Rid germs without fail  
Front and back  
And round the wrist  
No germs will be missed!  
They may hide  
But we shall seek  
So we will not fall sick!  
Splishy splashy  
Bye bye germs  
Down the drain they squirm  
With clean towels  
We dry our hands  
Now let's show our friends!

1 Palm to palm  
2 Between fingers  
3 Back of hands  
4 Base of thumbs  
5 Back of fingers  
6 Fingernails  
7 Wrists  
8 Rinse and wipe dry!

**Remember to wash our hands:**

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating

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Health Promotion Board

# Surrey School District has created digital resources to engage young learners

<https://surreyschoolsone.ca/parents/digital-resources/>



Resources for Parents > Digital Resources for Parents



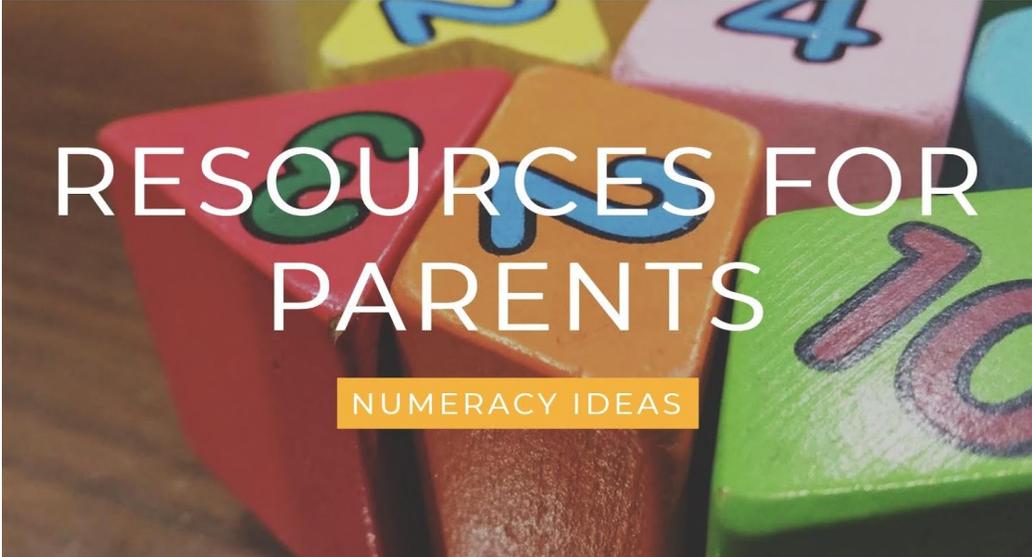
# RESOURCES FOR PARENTS

## LITERACY IDEAS

[Resources for Parents](#) > [Literacy Ideas](#)

Language experiences that are enjoyable and occur naturally in family life help children develop literacy skills. Writing notes, reading to and with your child, thinking out loud, talking about what you read, sharing ideas and opinions, and playing with your children all contribute to literacy growth. The following oral language, reading and writing suggestions involve adults and young children in activities and conversations that draw upon literacy skills.

<https://surreyschoolsone.ca/parents/literacy/>



# RESOURCES FOR PARENTS

## NUMERACY IDEAS

[Resources for Parents](#) > [Numeracy Ideas](#)

Opportunities for numeracy experiences can be a part of regular day-to-day family life, and it is helpful to take advantage of these moments. Whether it is playing games or normal routines around the home, children can make connections to mathematics in meaningful ways. Most important are the conversations and connections students make as they notice and wonder about the world around them in terms of:

<https://surreyschoolsone.ca/parents/numeracy/>



Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

<https://surreyschoolsone.ca/parents/social-emotional-learning/>

# Engaging Virtual Support for families in your Community



Join us for a new storytime daily!

<https://www.surreylibraries.ca/services/kids-families>



**PLEASE NOTE:**

Options Community Services will continue to provide the essential services necessary for the health and safety of our clients, while minimizing person-to-person contact, to slow the spread of COVID-19. We are continuing to follow Public Health guidelines and will continue to suspend in-person services until April 30th. This includes drop-in programs, groups and community visits.

At this time, in place of offering our regular parent and child drop-in sessions, we are now offering group chats, meditation sessions, and children's stories and songs via zoom. If you are interested in joining us for these sessions please contact us [childcareoption@options.bc.ca](mailto:childcareoption@options.bc.ca)

Visit our parent child drop-in program in partnership with the Family Resource Programs of Options Community Services. This program is free and happens every Wednesday from 9:30 - 11:30 am. If you have children under the age of 6, our drop-in is a fun-filled and imaginative way to foster your child's early learning and development.

**New!**

We've added an additional parent child drop-in session. Join us every Thursday from 9:30 am to 11:30 am beginning April 2, 2020.

<https://www.childcareoptions.ca/parent-child-drop/>



In response to the temporary closure of our exhibition and artmaking spaces, Surrey Art Gallery presents *Art Together*, a series of online programs available through our website and social media channels which explore art and artists in the community, spark the imagination, and celebrate the ways that art can impact our lives.

<https://www.surrey.ca/culture-recreation/1537.aspx>



# Community Support for refugee Families

## **First Steps Early Years Refugee Program**

<https://www.dcrs.ca/our-services/programs-for-newcomer-children-and-youth/first-steps-early-years-refugee-program/>

## Kindergarten Registration Reminder:

Children who turn five-years-old before Jan. 1, 2021 are eligible to begin school in September 2020.

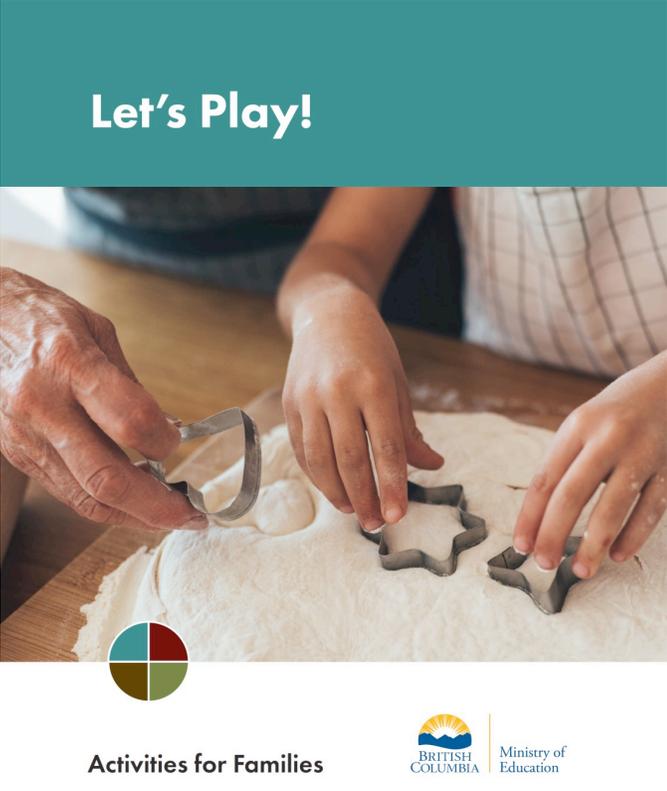
- Due to COVID-19 social distancing guidelines, in-person registration will not be possible.
- To register fill in an online registration form [https://www.surreyschools.ca/K-12Schools/StudentRegistration/Documents/SD36\\_INTERIM\\_STUDENT\\_REGISTRATION\\_REQUEST\\_FORM\\_-\\_FILLABLE\\_PDF\\_20200423.pdf](https://www.surreyschools.ca/K-12Schools/StudentRegistration/Documents/SD36_INTERIM_STUDENT_REGISTRATION_REQUEST_FORM_-_FILLABLE_PDF_20200423.pdf)
- and then email it to [registration@surreyschools.ca](mailto:registration@surreyschools.ca).

Registration info

<https://www.surreyschools.ca/K-12Schools/StudentRegistration/Pages/default.aspx>



# BC Government resources to engage young learners at Home



**Let's Play!**

Activities for Families

BRITISH COLUMBIA Ministry of Education

This graphic features a teal header with the text "Let's Play!". Below the header is a photograph of an adult and two children sitting at a wooden table, using metal cookie cutters to shape dough. A circular logo with four colored quadrants (teal, red, green, purple) is positioned at the bottom left of the image. At the bottom right, the text "Activities for Families" is displayed next to the British Columbia Ministry of Education logo.

<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>



**Play Today**

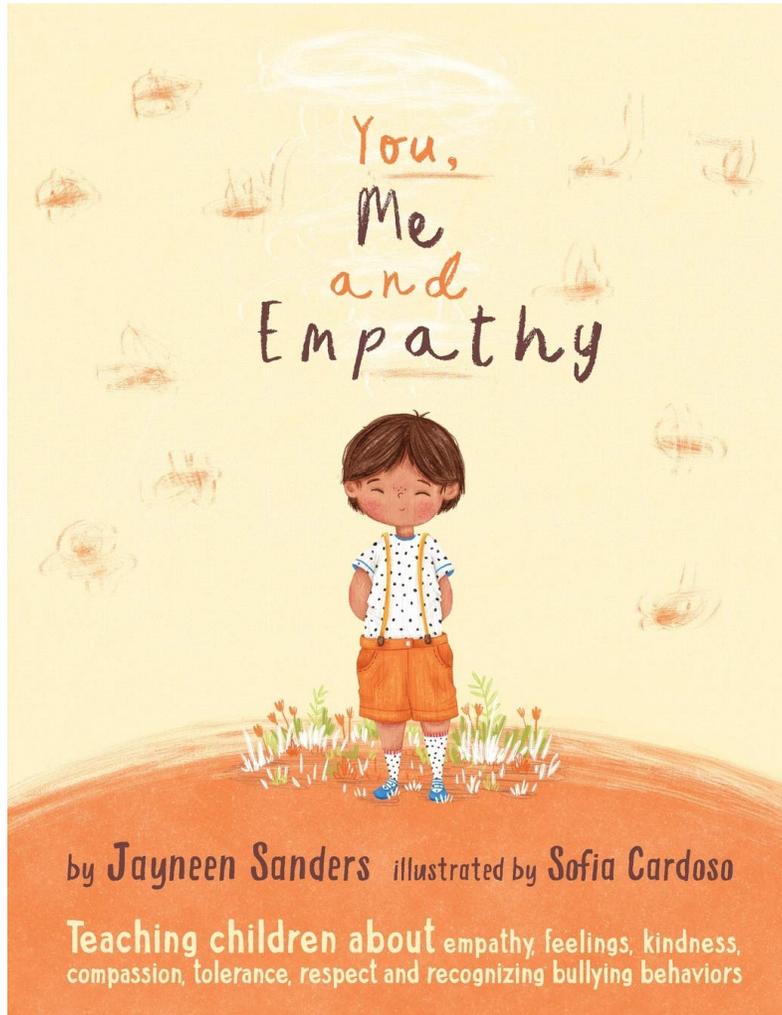
A Guide for Families

BRITISH COLUMBIA Ministry of Education

This graphic features a pink header with the text "Play Today". Below the header is a photograph of children playing with colorful wooden blocks on a white table. A circular logo with four colored quadrants (purple, pink, red, teal) is positioned at the bottom left of the image. At the bottom right, the text "A Guide for Families" is displayed next to the British Columbia Ministry of Education logo.

[https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play\\_today\\_family\\_guide.pdf](https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf)

We would like to end this Ready Set Learn Session with a  
Read Aloud of You, Me, and Empathy



<https://www.youtube.com/watch?v=uCP3O5aXIhk>

