



Near North
District School Board

For more information go to: www.nearnorthschools.ca
or phone 705.472.8170 toll free 1.800.278.4922

L e a r n i n g

Growing & Together

Near North District School Board believes that...

Children are competent, capable of complex thinking, curious, and rich in potential. They grow up in families with diverse social, cultural, and linguistic perspectives. Every child should feel that he or she belongs, is a valuable contributor to his or her surroundings, and deserves the opportunity to succeed. When we recognize children as capable and curious, we are more likely to deliver programs and services that value and build on their strengths and abilities.

(How Does Learning Happen? Ontario's Pedagogy for the Early Years, 2014, p. 6)

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WHAT CAN I DO TO SUPPORT MY CHILD'S LEARNING?



You are your child's first teacher and you play an important role in supporting their learning.

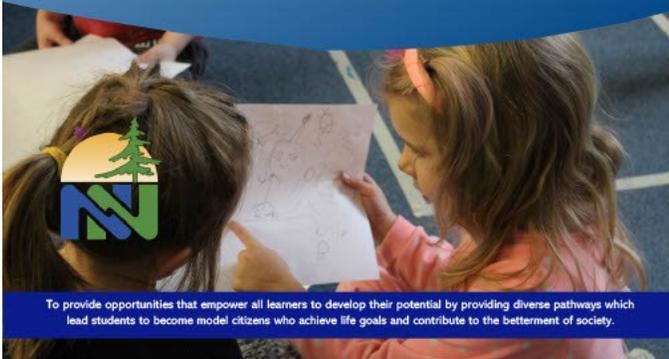
You can create joyful learning experiences at home by:

- Reading to your child everyday
- Playing age-appropriate games with your child
- Encouraging your child to try new things
- Displaying your child's creations in a "special" place
- Talking to your child about their day
- Providing rules that are responsible and consistent
- Communicating with your child's teacher on a regular basis

Learning and Growing in Kindergarten



"A warm and caring environment awaits your child"



To provide opportunities that empower all learners to develop their potential by providing diverse pathways which lead students to become model citizens who achieve life goals and contribute to the betterment of society.

WELCOME TO THE KINDERGARTEN PROGRAM IN THE NEAR NORTH DISTRICT SCHOOL BOARD

Early learning in the NNDSB is alive with rich, play-based opportunities that encourage children to think, plan and do with growing independence. Our program promotes the physical, social, emotional and cognitive development of all children. In partnership with you, we support your child to think creatively, problem-solve and talk about their discoveries.

In the Near North District School Board, English and French Immersion programming is available in Kindergarten. Please visit our website to see our schools offering French Immersion

www.nearnorthschools.ca



REGISTRATION

We welcome registration for the coming school year at any time at local schools. To register for the Kindergarten Program, a child must be four years of age on or before December 31st of the year they attend Kindergarten.

Registration forms are available at your local school or on the NNDSB website:

www.nearnorthschools.ca/schools/registration

When registering your child please bring the following:

- Proof of AGE
- Proof of ADDRESS

"Young children actively explore their environment and the world around them through play. When children are exploring ideas and language, manipulating objects, acting out roles, or experimenting with various materials, they are engaged in learning through play. Play therefore, has an important role in learning and can be used to further children's learning in all areas of the Kindergarten Program."

(The Kindergarten Program, 2016)

WELCOME TO KINDERGARTEN ORIENTATION

All new kindergarten students and their families will receive an invitation from their community school to attend a Welcome to Kindergarten Parent and Child Orientation Session. At this session you will learn more about the opportunities that await your child in Kindergarten.

First Nation, Metis and Inuit Student Self Identification

Voluntary and Confidential

The Near North District School Board values all children, youth, families and communities on our shared path to achievement and well-being.



Choosing to Self-Identify

First Nations, Metis or Inuit children and youth may choose to self-identify through the school registration process by checking off the appropriate boxes on the Student Registration Form

What is Voluntary Self-Identification?

An opportunity to inform the Near North District School Board (NNSDB) by providing details that will help us to enhance student success through the provision of supportive programming.

Who can Self-Identify?

If you are a student over 18 years of age and identify as First Nation, Metis or Inuit, you may choose to self-identify. If you are under 18 years of age, your parents or guardians will need to identify for you.

Self-Identification data will help us to...

- Learn more about the population we serve.
- Provide supportive programming to enhance school experiences particularly in schools with high numbers of Indigenous students.
- Best support the diverse learning styles and experiences of all students.
- Provide schools with opportunities to benefit from a greater understanding of Indigenous traditions, cultures and perspectives.
- Build on opportunities to work with families and communities.



Miigwech! Thank you!

The personal information collected is confidential. It may be shared with the Ministry of Education, Education Quality and Accountability Office (EQAO) and NNSDB essential staff for the purposes of reporting on overall student achievement and well-being as well as providing resources, supports, and services to promote student success.

The schools of the NNSDB are located on traditional territories of the Anishinaabe. The NNSDB values and acknowledges the significant historical and contemporary contributions of the local First Nations and the Indigenous Peoples of Turtle Island (North America).

THE BENEFITS OF LEARNING FRENCH...



The goal of French Immersion and Extended French programs is to develop proficiency, not just in French but in English as well. The benefits of learning an additional language are now widely acknowledged to extend beyond the obvious rewards associated with bilingualism.

Positive outcomes for students in the FSL curriculum include:

- increased mental flexibility;
- improved problem-solving skills;
- a better understanding of aspects of a variety of cultures;
- a greater awareness of global issues;
- expanded career opportunities.

Students in any Grade 12 FSL course may challenge the **DEL F exam** - an internationally recognized level of French competency.

PROGRAM OVERVIEW:

French as a Second Language (FSL) Programs are delivered in English-language school boards. The FSL programs in Ontario are **Core French**, **Extended French**, and **French Immersion**. For more information about each program, refer to The Ontario Curriculum: French as a Second Language – (available at www.edu.gov.on.ca/eng/curriculum/elementary/fsl18-2013comp.pdf) and The Ontario Curriculum: French as a Second Language – Core, Extended, and Immersion, Grades 9 to 12, 2014 (available at www.edu.gov.on.ca/eng/curriculum/secondary/fsl912curr2014.pdf).

The Near North District School Board offers French as a Second Language (FSL) learning opportunities to students across all regions of our district.

For more information about learning French as a second language, (including program locations and registration information) please visit our website:

www.nearnorthschools.ca/programs/fsl



NEAR NORTH DISTRICT SCHOOL BOARD

963 Airport Road, P.O. Box 3110,
North Bay, ON P1B 8H1
[P] 705-472-8170
[TF] 1-800-278-4922
[F] 705-472-9927



Near North
District School Board

FRENCH AS A SECOND LANGUAGE

The Near North District School Board is committed to providing French as a Second Language (FSL) learning opportunities to students across all regions of our district.



CORE FRENCH

Core French programs are vibrant and dynamic. They engage students in oral communication with gradual introduction to reading and writing. All NINDSB schools offer Core French programs beginning in Kindergarten. Students in the Core French Program will accumulate a minimum of 600 hours of French instruction by the end of Grade 8.

EXTENDED FRENCH

The Extended French program immerses students in the French language and culture. French is the language of instruction for a minimum of 25 per cent of the total instructional time at every grade level of the program. At the Near North District School Board, the Extended French pathway begins in Grade 5 - delivering a minimum of 1260 hours of instruction in French by the end of Grade 8 and continues to Grade 12.

Upon graduation from High School, students are eligible to receive an Extended French Certificate when they successfully complete 4 courses in French Language and 3 other courses taught in French at the secondary level.

FRENCH IMMERSION

In a French Immersion program, French must be the language of instruction for a minimum of 50 per cent of the instructional time at every grade level of the program. Our French Immersion Program starts in kindergarten by introducing children to the French language in a warm and inviting atmosphere. The program delivers a minimum of 3800 hours of instruction in French by the end of Grade 8. All communication with parents, including report cards, is in English so that you are well informed of what is happening at your child's school.

Our French Immersion program is designed specifically for students whose mother tongue is not French. Students are provided the opportunity to become functionally bilingual through maximum exposure to French.

This pathway continues at the secondary level. Upon graduation from Grade 12, students are eligible to receive a French Immersion Certificate when they successfully complete 4 courses in French Language and 6 other courses taught in French at the secondary level.

FSL PROGRAM PATHWAYS

PROGRAM FEATURES	EXTENDED FRENCH PROGRAM	FRENCH IMMERSION PROGRAM
Will French be taught as a subject to my child?	Yes.	Yes.
Will French be the language of instruction for all my child's subjects?	French is the language of instruction in at least one other subject.	French is the language of instruction in at least two or more other subjects.
How much instruction will be provided to my child in French?	60% instruction in French 3 hours per day beginning in Grade 5	90% instruction in French 4.5 hours per day beginning in Kindergarten - evolving to 50% in Grade 5.

"Teaching and learning French, as one of Canada's two official languages, is recognized and valued as an integral component of Ontario's education system."

A Framework for FSL in Ontario - 2013



STUDENT REGISTRATION FORM

Student Information

Legal Name (Last, First, Middle): _____

Preferred Name (if different from Legal Name): _____

Date of Birth (mm/dd/yyyy): ____ / ____ / ____ Gender: Female Male Not Disclosed Self Identify as: _____

Our Board is committed to working with students and families to provide environments that best respect dignity, meet individual needs and promote inclusion. A student's preferred or chosen name and a change of gender can be used on class lists, timetables, etc. However, a student's legal name cannot be changed in our student information system without documentation of a legal name change.

Main Phone Number: _____

Enrolment Date (mm/dd/yyyy): ____ / ____ / ____ Last Grade Attended: ____ Entering Grade: ____

Previously Attended a School within the Near North District School Board YES NO

Ontario Education Number (OEN if known): _____

Citizenship / Immigration

Student's Residence Status: Canadian Citizen Permanent Resident Refugee Status Study Permit Exchange Student
 Parent's Study Permit Parent's Work Permit Other (specify)... _____

Country of Citizenship: _____

Country of Birth: _____

Province of Birth: _____

*Date of Entry into Canada (mm/dd/yyyy): ____ / ____ / ____

Permit Expiry Date (mm/dd/yyyy): ____ / ____ / ____

*DOB / Proof of Age Document Birth Certificate Baptismal Certificate
 Visa / Passport Other (specify)... _____

PROVIDE: Proof of Age document with your registration

***OFFICE USE - Applicable Document(s) Reviewed**

Previous Education

School Name: _____ School Board Name: _____

Full School Address: _____

Country of School (outside of Canada): _____ Date Last Attended (mm/dd/yyyy): ____ / ____ / ____

Has the student ever been excluded, suspended or expelled from a school or board? YES NO

Has your child been identified by an IPRC (Identification Placement Review Committee)? YES NO

Does your child have an IEP (Individual Education Plan)? YES NO

Exceptionality as stated on IPRC: _____

Community Agencies your child has been involved with: _____

Family Information

Siblings attending this Board (Last,First,Middle):

1. _____

2. _____

Student's Home Address: Street, Apt/Suite _____

City, Province, Postal Code _____

*Proof of Address Utility Bill Home Phone/Internet Bill Agreement of Purchase of Sale
 Property Tax Bill Lease / Rental Agreement Notorized Residency Document

**Driver's License, Health Card or Cellular Phone Bill
CAN NOT be accepted as Proof of Address**

PROVIDE: Proof of Address document with your registration.

***OFFICE USE - Document Reviewed**

Mailing Address (if different from above): Street, Apt/Suite, P.O. Box # _____

City, Province, Postal Code _____

Language / Optional Ancestry Information

NNDSB Program Stream: English French Immersion Extended French (Begins in Grade 5)

First Spoken Language: _____ Other Language Spoken at Home: _____

If choosing to self-identify, please check the appropriate box: First Nation Metis Inuit

We ask families to voluntarily self-identify, without a need for proof of ancestry/status cards, in order for our board to understand more about the population we serve. Self Identification data is confidential but helps us provide supportive, culturally relevant programming to enhance school experiences and increase student well-being and achievement.

Parent / Guardian Contact Information

Name of **Contact #1** (Last, First, Middle): _____, _____, _____

Check here if you are an existing contact for another NNDSB student? Emergency Contact 1 2 3 4

Employer: _____ Relationship to Student: _____

Contact Phone Numbers: _____ Cellular Home Work _____ *Custody / Guardian Orders (Include legal document) YES NO

Primary _____ YES, I agree to receive SMS notifications on my cellular phone *OFFICE USE - Document Reviewed

2nd _____ Access to Student (incl. Pick Up) YES NO

E-mail: _____ Lives with Student YES NO

Address (if different from student): Street, Apt/Suite _____ Access to Records YES NO

City, Province, Postal Code _____, _____, _____

Name of **Contact #2** (Last, First, Middle): _____, _____, _____

Check here if you are an existing contact for another NNDSB student? Emergency Contact 1 2 3 4

Employer: _____ Relationship to Student: _____

Contact Phone Numbers: _____ Cellular Home Work _____ *Custody / Guardian Orders (Include legal document) YES NO

Primary _____ YES, I agree to receive SMS notifications on my cellular phone *OFFICE USE - Document Reviewed

2nd _____ Access to Student (incl. Pick Up) YES NO

E-mail: _____ Lives with Student YES NO

Address (if different from student): Street, Apt/Suite _____ Access to Records YES NO

City, Province, Postal Code _____, _____, _____

Alternate Emergency Contact Information - Must be over the age of 18

Name of **Alternate Contact #1** (Last,First): _____, _____

Contact Phone Numbers: _____ Cellular Home Work _____ Relationship to Student: _____

Primary _____ Emergency Contact 1 2 3 4

2nd _____ Pick up Access YES NO

Name of **Alternate Contact #2** (Last,First): _____, _____

Contact Phone Numbers: _____ Cellular Home Work _____ Relationship to Student: _____

Primary _____ Emergency Contact 1 2 3 4

2nd _____ Pick up Access YES NO

Medical Information

Does your child have any life threatening medical conditions or concerns? YES NO

If YES provide details: Asthma Diabetes Anaphylaxis Other (specify)... _____

Family Doctor's Name: _____ Phone: _____

Forms and Consent. Please confirm the following:

*Nipissing Parry Sound Student Transportation Form (**required by ALL students**) is complete and attached. *OFFICE USE - Document(s) Received

*Office 365 and Canada's Anti-Spam Legislation (CASL) Form is complete and attached.

All information provided above is correct and true. **By signing below I am providing permission to use this information for registration purposes.**

Signature of Parent / Legal Guardian m m / d d / y y y y

Personal information on this form is collected under the authority of the Education act, R.S.O 1990, c.E.2 and the Municipal Freedom of Information and Protection of Privacy Act, R.S.O., 1990, c.M.56, and will be used by School Administration for home/school communications, planning and programming and to establish the Ontario Student Record.

All admissions are conditional pending receipt of required documentation.



Parent / Guardian E-Communication Consent

Office 365 Consent

Name of student to whom this consent applies: _____

Office 365 includes a suite of online features such as web based e-mail. Students all have access to a @nearnorthschools.ca personal e-mail account. Office 365 also includes other collaboration tools such as a personal address book, calendar, news feeds and the ability to create and publish quality web sites to share their learning experiences. Office 365 includes OneDrive which is a personal online storage area where documents can be saved and shared securely. Your child(ren) also have access to online versions of Microsoft Word, Excel, PowerPoint and OneNote all within Office 365. Student's first name, last name and school name will be published within Office 365 for the sole purpose of collaborating with other students and staff of the Near North District School Board.

By Checking this box you are providing your consent to the use of Office 365

Parent / Guardian name (please print): _____

Parent / Guardian signature: _____ Date: _____

Canada's Anti-Spam Legislation (CASL)

Parents / Guardians: The Near North District School Board wants to keep you informed about what's happening at schools across the district. E-mail and other electronic communications are some of the best ways to stay in touch. To provide us with consent to send you electronic messages please complete and sign below **for each Parent /Guardian consenting** to receive electronic messages:

Yes, I consent to receive electronic messages.

E-mail Address (list only one and please print): _____

Parent / Guardian Name (please print): _____

Parent / Guardian Signature: _____ Date: _____

Yes, I consent to receive electronic messages.

E-mail Address (list only one and please print): _____

Parent / Guardian Name (please print): _____

Parent / Guardian Signature: _____ Date: _____

Please be aware that you are consenting to receive electronic messages at the e-mail address above as well as any future e-mail addresses you may provide. If you wish to unsubscribe and withdraw your consent to any future electronic messages you receive from us please let us know at

unsubscribe@nearnorthschools.ca

Healthy eyes, ears and strong speech and language skills
are the building blocks for your child's success as a *lifelong learner*

Speech and Language



Speech and language skills are essential building blocks for your child's learning and social development. If you have any questions or concerns about your child's speech or language development before they start school, we encourage you to reach out to our community partner, One Kids Place (OKP). OKP's Preschool Speech and Language Program offers speech and language services for children prior to entering junior kindergarten (FDK – Year 1). To inquire about services available for your child, please contact OKP at the numbers below:



North Bay 705-476-5437 or 1-866-626-9100

Huntsville 705-789-9985 or 1-866-232-5559

Parry Sound 705-746-6287 or 1-855-746-6287

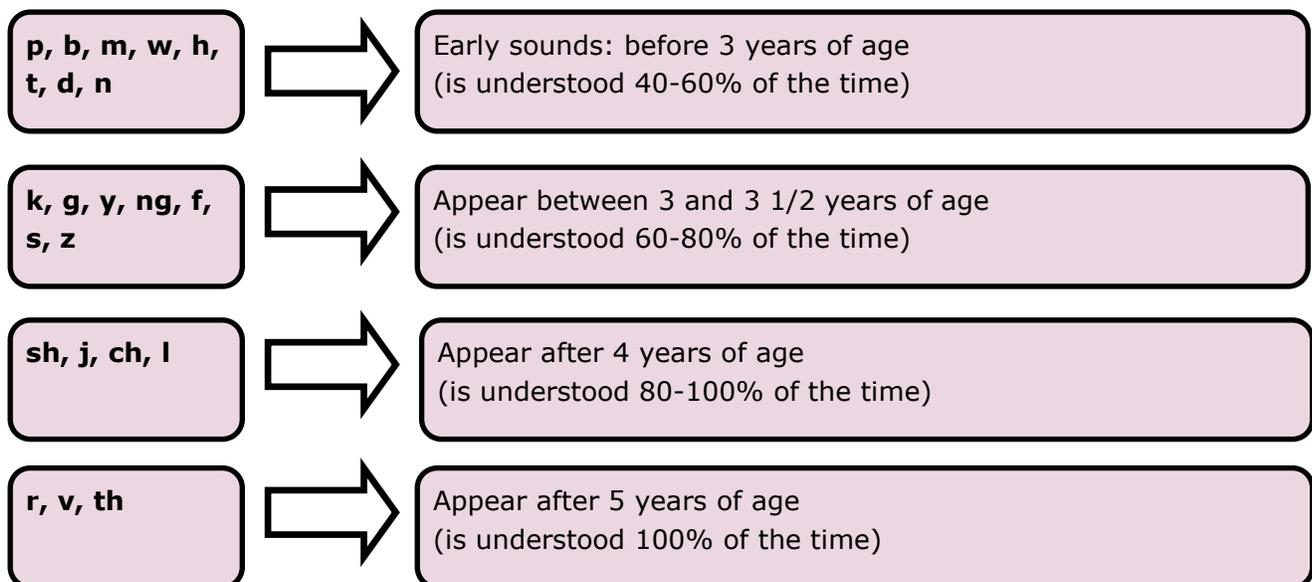
- ✓ Use day-to-day opportunities to communicate together as you play and discover. You are modeling the importance of respectful communication (listening and speaking).
- ✓ Enjoy making time to talk, sing and read daily to your child in your first language. Through reading and talking together your child is learning new words and thinking about the world. You are modeling the enjoyment and knowledge gained from reading. Please continue to read **to** and **with** your child(ren) no matter what their age.



SPEECH SOUND DEVELOPMENT

Speech sounds develop gradually from birth to a child's seventh or eighth year. It is best to think of speech sound development in terms of age ranges versus specific ages. As a parent, you should be able to understand your child better as he gets older and his ability to use a sound correctly improves. Remember, even if a child is able to use a sound in a word, he may not be able to use it yet in conversation.

Typical Pattern of Speech Sound Development:



Early sound milestones

By 12 months, babies should:

- Babble using different syllables (baba; mada);
- Use vowels AND consonants to babble and make up words (5-6 different sounds);

Strategies to help your child

- Speak clearly. Repeat sounds, words and sentences that your child says.
- Encourage him to watch your mouth by being face-to-face.
- Make silly sounds with your baby (i.e. choo-choo, animal sounds).
- Use nursery rhymes and songs.
- Ask her to show you when you don't understand.
- Repeat what he has said. This helps him know that you understood and are listening.

For more information visit
www.onekidsplace.ca



HELP YOUR PRESCHOOLER DEVELOP LANGUAGE

3 YEARS:

- Let your child join the conversation. Give him extra time to share ideas.
- Model correct sounds and grammar (e.g. Child: "runned"; Caregiver: "Ran").
- Answer your child's questions and listen as she talks to you.
- Add new words and ideas to what your child tells you.
- Ask your child open-ended questions (e.g. Why doesn't he want to go to bed?)
- Explain how things work. Describe objects.
- Talk about solutions to a problem.
- Let your child play with other children.
- Play together often (e.g. pretend play, play with toys, etc.).
- Read to your child everyday.

4 YEARS:

- Talk about how things are the same or different.
- Emphasize new words in conversation
- Talk about the order of events - describe what happens "first, next and last".
- Ask questions like "What will happen next?" to help your child think and use more complex language.
- Help your child talk about his feelings and ideas.
- Encourage her to tell stories using books, pictures or puppets.
- Point out words in books. Run your finger under words while you read to your child.
- Read books with rhyming words - "mouse/house", and point out the sounds at the start of words (e.g. "Mouse starts with the 'mmm' sound).

5 YEARS:

- Use new or complex words (e.g. "before/after", "rough/smooth"). Explain what they mean and use them often in other situations.
- Talk about the quantity of objects (e.g. "a lot/a little", "more/less", "one/many").
- When reading to your child, talk about the beginning, middle and end of the story. Ask her "What do you think will happen next?".
- Let your child make up stories to tell you or to act out for you.
- Let your child help plan events. Talk about what you need to do before a birthday party or how to get ready to go to the zoo. Ask her "why" and "how" questions.
- Ask him to help (e.g. bake cookies, set the table, sort laundry). During these activities, give him instructions and see if he can follow or repeat them back to you.

For more information visit www.onekidsplace.ca



Hearing loss is a problem with a child's ears that reduces their ability to detect sound. Hearing loss can affect one or both ears and ranges from mild to profound. Even mild hearing loss can interfere with a child's speech and language skills.

Approximately four in every 1000 children are born with hearing loss. Hearing loss can be either temporary or permanent. Depending on the type and cause of their hearing loss, [ear tubes](#), surgery, or medication may restore your child's hearing. Children with permanent hearing loss are often able to improve hearing with technologies such as [hearing aids](#) or [cochlear implants](#). Early intervention services can play a critical role in helping young children develop language and communication skills.



**Hearing exams are not covered by OHIP.
For help finding a local audiologist, visit publicregister.caslpo.com**

Sources:

- <https://www.ontario.ca/page/infant-hearing-program>
- <https://www.caslpo.com/>
- <https://chha.ca/hearing-loss-101/>
- <https://www.chs.ca/hearing-loss>

This self-evaluation checklist is intended only as a means of helping you identify potential hearing difficulties that your child might have.

A hearing evaluation is recommended only if any of the following signs apply to your child.

Contact your doctor or an audiologist for further assistance.

- Received a REFER, NO RESULT or BYPASS on their Infant Hearing Screening and have not had further medical follow up**
- Have chronic ear infections and have not had any follow up with a doctor**
- Have family history and have not had medical follow up**
- Does not startle or jump to loud sounds
- Does not respond to his/her name or does not turn toward sounds
- Does not respond to simple requests or questions
- Cannot be understood by most people
- Often asks for things to be repeated
- Seems to watch your face closely when you talk
- Seems inattentive
- Does not communicate as well as other children the same age
- Often responds to a question with an unrelated answer
- Uses gestures to communicate
- Prefers the TV or device louder than others in the family
- Responds inconsistently to sound



Vision



In your child's Registration Package you will find an Eye Exam Checklist developed by the Near North District School Board. **NOTE: Please return this completed form to the school after your child has been assessed by an Optometrist.** Your child's JK Teacher will check with you about your child's vision at school entry.

One in six children has a vision problem that needs correction. The Ontario Association of Optometrists recommended frequency for children's eye examinations:

- ≡ 6 months of age;
- ≡ 3 years of age and then;
- ≡ Every 12 months or as recommended by the optometrist



Let's work together for your child.



Please have your child's

vision and hearing

assessed before starting school.



*NOTE: A Hearing Brochure is included in the Registration Package.

It is recommended that every child have a complete eye examination by the age of 3 and annually thereafter during their school years. Please use this form at your child's next optometrist appointment and return it to your child's school. Presently, OHIP covers a complete eye exam once a year for children up to the age of 19.



**Special Education
North**

15 Janey Street
North Bay, ON
P1C 1N1
Fax: 705.495.1882

**Vision Evaluation/Eye Exam
Considerations for Educational Programming**

Student:	D.O.B.:
School:	Fax #:
Grade:	
Date:	

Please feel free to fax this form directly to the school if given parental consent to do so.

**Special Education
West**

111B Isabella Street
Parry Sound, ON
P2A 1N2
Fax: 705.746.7367

1. Visual Status **Acuities** **R eye** _____ **L eye** _____
Unaided:
Best Corrected: _____ _____

- No correction Required** **Correction Required**
- Hyperopic**
 - Myopic**
 - Astigmatism**

**Special Education
East**

Box 419, 118 Main Str.
Sundridge, ON
P0A 1Z0

2. Binocularity

Normal _____

Abnormal _____

Main switchboard
for all offices:
705.472.8170

3. Ocular Health **4. Colour Vision**

Normal _____ **Normal** _____

Needs Referral _____ **Abnormal** _____

Toll free:
1.800.278.4922

Web site:
www.nearnorthschools.ca

Recommendations:

Signature of Optometrist

Phone Number



80% of Learning is Visual

Bring your child's learning into focus



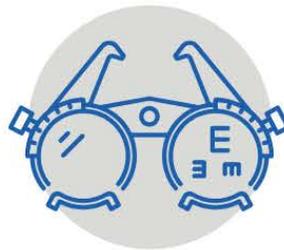
Do you have a child in kindergarten?*

Get a **yearly OHIP exam** for your child with a **participating eye doctor** and receive a complimentary pair of eye glasses.

Eligibility:



JK and SK students
born in 2021 or 2022



Eye exam with a
Participating Optometrist



Eye exam
July 1, 2026 to
June 30, 2027

For more details and to find a participating optometrist near you scan:



ONTARIO
ASSOCIATION OF
OPTOMETRISTS



ONESIGHT
EssilorLuxottica Foundation



MODERN OPTICAL
C N A D A

Or Visit:
EyeSeeEyeLearn.ca

Disclosing Your Child's Needs

As the time to register their child for school approaches, parents of children with additional needs may question whether or not to inform the school about their child's needs and wonder about how much information to share. Sometimes parents want to see how their child will do before talking to the school or may not fully understand why the school needs to know as soon as possible about any additional needs their child has.

Why should I disclose my child's needs?

Every child is unique and deserves the best possible start the school system can provide. In order to ensure a positive beginning to your child's school journey, the school will need as complete an understanding as possible of your child's strengths and needs. This information allows you and the school to work together to meet your child's needs and to ensure he or she has positive school experiences right from the start.

The school board develops support plans for children with additional needs long before the start of the school year. These support plans are based on information received from all schools. The school board can only plan support for the children it has received information about.

When should I tell the school about my child's needs?

The school is your first point of contact and it is best to inform staff of your child's additional needs as soon as you register your child. The school will need time to review documents you provide, contact agencies involved with your child and inform the school board about your child's needs. The transition into school is a big step for your child so the sooner the school can have the information that will guide that transition, the better.

What type of information might be important to share with the school?

Any information that you feel is important for the teacher or staff to know such as:

- Any medical diagnoses your child has received;
- If your child was born prematurely and received care because of this;
- Services your child has received or currently receives. For example: Occupational Therapy, Physiotherapy, Speech and Language Services, behavioural intervention, etc.;
- Any concerns you have in terms of your child's development.

Does an agency require my permission before it can share information about my child with the school or school board?

Yes, an agency can only share information about your child with your written consent, referred to as 'consent to disclose'. The agency may request your consent to disclose six or maybe even nine months before your child is supposed to start school so that the best possible transition plan can be developed for your child.



If an agency asks for consent to share information with the school, do I have to give it?

Parents have the final say about whether or not to give consent to an agency to share information with the school or school board. Some parents prefer to provide their own copies of assessments and reports to the school when they register their child. Other parents feel more comfortable having staff from the agency that is involved with their child talk to the school to make sure the school receives the most pertinent information. Whether you consent to an agency sharing information with the school or choose to do it yourself, what is essential is that the school receives the information to allow it to plan as smooth a transition as possible for your child.

Won't my child be "labelled" if I tell the school about any difficulties he or she may be having?

Parents often fear their child will be "labelled" if they tell the school about any difficulties or challenges their child is having. Nothing could be further from the truth. By disclosing this important information, you are allowing a number of positive things to happen:

- Focus on your child's development – by disclosing, the school knows your child's strengths and needs, and is able to plan for your child's ongoing positive development
- Collaboration – disclosing allows you, community agencies, and school staff to work together to ensure your child's success
- Effective transition planning – sharing information about your child's different needs allows a more personalized transition plan to be created; the plan can specify how and when the transition will take place and who is responsible for each step of the process
- Ongoing planning – disclosing your child's and family's needs provides a mechanism that allows the school to respond to changes in your child's needs.

Parents can take comfort in knowing that the team's goal is to help their child experience as smooth a transition to school as possible. The best way of working towards this goal is early disclosure.



Nipissing - Parry Sound

FIRST-TIME RIDER SAFETY

The First Rider Program is designed to familiarize JK students with the school bus and to help them overcome any fears they may have. Children and parents will also learn about school bus safety procedures, including how to safely get on and off the bus.

Registration will open at the end of June. Please be sure you are checking our socials for any updates. First Rider sessions will take place in August. Please call, email or fill out the google form to register.

 Student@npssts.ca

 (705)472-8840 X209

 www.npssts.ca

 STSNPS 



TRANSPORTATION FORM

EL-001
Rev.DEC2019

OEN: _____

New Student – previous school: _____

Changing and/or Updating a Student's Record

Joint Custody: Use Form #: EL-004-1 Transportation Request for Joint Custody

Demitted Student / Date: _____

REQUESTED EFFECTIVE DATE: _____, 20_____

3 full business days are required to arrange transportation and advise all parties involved, except during the school start-up period. Changes received after July 31 may take up to 3 weeks to process. Transportation is the parent's responsibility until transportation arrangements have been confirmed.

STUDENT'S NAME:	
SCHOOL:	GRADE: <input type="checkbox"/> French Imm. <input type="checkbox"/> Extended French Imm. <input type="checkbox"/> Program:
HOME ADDRESS: <small>(complete with city/municipality)</small>	POSTAL CODE:
PARENTS/GUARDIAN NAME:	TRANSPORTATION NOT REQUIRED: <input type="checkbox"/> School Daycare <input type="checkbox"/> AM <input type="checkbox"/> PM <input type="checkbox"/> Parents Driving <input type="checkbox"/> Walking
PRIMARY TELEPHONE NUMBER:	
ADDITIONAL TELEPHONE NUMBER(S):	

TRANSPORTATION REQUIRED:

AM Pick-up Address: <input type="checkbox"/> Home <input type="checkbox"/> Sitter/Daycare	PM Drop-off Address: <input type="checkbox"/> Home <input type="checkbox"/> Sitter/Daycare
<u>Name of Sitter/Telephone Number:</u>	<u>Name of Sitter/Telephone Number:</u>

Date

Signature of Parent/Guardian

SCHOOL USE ONLY <input type="checkbox"/> UPDATED TRILLIUM / ASPEN <input type="checkbox"/> EMAIL TO NPSSTS



Suite / Bureau 201
685, rue Bloem Street
North Bay, ON P1B 4Z5
(705) 472--8840
Toll free/sans frais: 1-833-622-1636
Fax/Télec. : (705) 472-3170
www.npssts.ca

SAFE – RELIABLE - EQUITABLE - RESPONSIVE

SÉCURITAIRE – FIABLE - ÉQUITABLE - ATTENTIF

Bussing information

Information d'autobus

Please note that parents or guardians can subscribe to their child's bus route via *Bus Planner Web* on www.npssts.ca. Parents using this service, will be notified either by text or email of any delays or cancelations to busing.

Veillez noter que les parents ou gardiens accèdent à l'information d'autobus via *Bus Planner Web* sur www.npssts.ca. Les parents utilisant ce service seront notifiés par message texte ou courriel si il y a un délai ou une annulation.

To set up for this service, please use the following instructions to enrol:

Si vous n'avez pas déjà un compte, veuillez suivre la procédure ici :

[Bus Planner Web instructions for parents/guardians](#)

[Directives Bus Planner Web pour parents/gardiens](#)

Use the child's Ontario Education Number (OEN) to add a student. If you don't have the OEN, this can be found on the report card or via the school or board office.

Utilisez le Numéro d'immatriculation scolaire de l'Ontario (NISO) pour ajouter un élève. Ce numéro est disponible sur les bulletins scolaires et auprès de votre école ou conseil scolaire.

Note that all changes, including pick up or drop off location, can only be updated by the school during the school year or by the board office in summer months. You will be provided with the necessary documentation and once completed, the information will be transmitted to our office.

Pour tous changements dans un dossier d'élève, veuillez communiquer avec votre école durant l'année scolaire ou votre conseil scolaire durant l'été. Ils vont s'assurer que vous remplissez le bon document et l'achemineront à notre organisme pour traitement.

The portal is closed from July until mid August, to allow staff to prepare routes for the new school year.

Le portail parent est fermé de Juillet à la mi-août afin de laisser nos employés préparer les routes pour la nouvelle année scolaire.

Follow us on Facebook and Instagram for updates on when busing information will be available.

Suivez-nous sur Facebook et Instagram pour les nouvelles et l'ouverture du portail.

Services de transport scolaire Nipissing-Parry Sound Student Transportation Services / npssts_stsnps

Services de transport scolaire Nipissing-Parry Sound Student Transportation Services / npssts_stsnps

Your NPSSTS team

Votre équipe du STSNPS



Your child belongs here.

YMCA Child Care Services offers a variety of high-quality child care and school-age programming in the districts of North Bay, Parry Sound, Nipissing, Manitoulin, Sudbury, Timmins, and surrounding areas.

Discovery through PLAY

Children love to play, and they also learn while playing.

The YMCA Playing to Learn curriculum is a national program that kick starts a love of learning while building healthy relationships with both teachers and other children, creating lifelong friendships.

A Home Away from Home

Life is busy, and work-life balance can be hard; when you need to be away from home, YMCA Child Care can reduce the stress by being able to trust that your child is safe and in the hands of a team that cares as much as you do. We provide children in our care with nutritious food and daily outdoor activities.

Friendly and Dedicated Staff

The qualified staff are trained professionals who provide a loving environment that is accommodating and responsive to your child's needs.

We are committed to maximizing the personal growth of every child within our care.

Family Participation

Parent participation and decision making in your child's program helps us tailor the program to the individual needs of the child. This ensures they are getting the best possible opportunities for learning and development.

Should you have further questions regarding our services or to discuss your child care needs, please contact the child care supervisor from your choice location in the NORTH BAY Region, the SUDBURY Region, the TIMMINS Region, or call the Child, Youth & Family Development Administrative Office at 705-497-9622 ext. 244 or toll free at 1-833-237-6026 ext. 244.

If you prefer to submit your question by email, please send to: childcare@ymcaneo.ca.





About Us

The Student Nutrition Program's objective is to ensure that all children attend school well nourished and ready to learn.

The Ministry of Children, Community and Social Services through Community Living North Bay allocates funding to assist schools.

How you Can Help

- ◆ Volunteer to shop, serve or prepare food.
- ◆ Donate funds, supplies, your time, and/or food items (e.g. milk, whole grain bread, fresh fruit and vegetables)
- ◆ Become part of your area Student Nutrition Partnership Committee.

Benefits

- ◆ Supports healthy development of children and youth.
- ◆ Establishes healthy eating habits.
- ◆ Children have better behaviour, energy, concentration and attendance.
- ◆ Improved test performance and standardized test scores.

Mission

To collaborate and provide a unified voice for student nutrition across the province, ensuring every child has equal opportunity to eat, learn, and succeed.

Vision

That every student across the province has access to nutritious food and learns to make healthy choices.

Contact Us

Student Nutrition Program
 171 Chippewa St. W.
 North Bay, ON P1B 6G3
 Telephone: 705-474-8910 ext. 0

studentnutrition@communitylivingnorthbay.org
 www.communitylivingnorthbay.org



Find us on:



MANGE. APPRENDS. RÉUSSIS.



À propos de nous

L'objectif du Programme de bonne nutrition des élèves est de s'assurer que tous les enfants se présentent à l'école bien nourris et prêt à apprendre.

Ministère des services à l'enfance et des services sociaux et communautaires, par l'entremise de l'Intégration communautaire North Bay, alloue des fonds pour aider les écoles à sélectionner et à servir des aliments sains et nutritifs pour les déjeuners, ou collations.

Comment aider

Donner des produits alimentaires (par exemple; lait 2% ou moins, fruits, pain à blé entier, fruits, légumes frais) dons financiers, provisions, votre temps. Faire partie du comité de partenariat de nutrition des élèves de votre région. Devenir bénévoles à l'école en aidant à l'achat d'aliments, à la préparation et à servir ces aliments.

Avantages

Soutenir le développement sain des enfants et des jeunes.
 Créer des habitudes alimentaires saines.
 Assurer une meilleure conduite, énergie, concentration et assiduité des élèves.
 Améliorer le rendement et les résultats des tests standardisés.

Mission

Offrir des services de qualité aux citoyens et citoyennes qui vivent avec une déficience intellectuelle ainsi qu'à leurs familles. Nous nous engageons à créer et à appuyer une communauté accueillante.

Vision

Nous entretenons la vision d'une communauté dans laquelle tous les citoyens et les citoyennes s'épanouissent, sont respecté(e) et valorisé(e)s

Contactez-nous

Programme de bonne nutrition des élèves
 171 rue Chippewa W.
 North Bay, ON P1B 6G3
 Téléphone: 705-474-8910 poste 0

studentnutrition@communitylivingnorthbay.org
 www.communitylivingnorthbay.org

Vous pouvez nous trouver





Berry Breakfast Sundae

- 1/2 cup berry or vanilla yogurt
- 1/4 cup granola or muesli

Mixed fresh berries (strawberries, blueberries, raspberries, blackberries)
In a small cup, layer 1/4 cup of yogurt, fruit, 1/4 cup of yogurt and top it off with granola or muesli.

Enjoy!



Nipissing, Muskoka, Parry Sound



Veggie Rainbow Pinwheels

- 4 large whole wheat tortilla wraps
- 1 cup of hummus
- 2 carrots, cut into matchsticks
- 1 yellow bell pepper, thinly sliced
- 1/2 cup baby spinach leaves
- 1/2 cup of purple cabbage, thinly sliced

Spread the hummus evenly over each tortilla, lay out each vegetable in rows across the tortillas (like a rainbow)

Roll each tortilla tightly and cut crosswise into pinwheels.



Nipissing, Muskoka, Parry Sound

Hummus

- 1 can chick peas (15 oz)
- 2 tbsp. of minced garlic
- 1/2 tbsp. of lemon juice
- 1 tbsp. olive oil

Combine chickpeas, garlic, lemon juice and olive oil in a blender or food processor. Blend together until smooth and creamy.



Nipissing, Muskoka, Parry Sound

Veggie Egg Cups

Ingredients

- for 6 servings use 5 eggs
- salt, to taste
- pepper, to taste

MIX AND MATCH FILLINGS

- fresh spinach, chopped tomato, diced onion, finely diced bell pepper, finely diced broccoli, cut into small florets
- cheddar cheese

Preparation

1. Preheat oven to 350°F (180°C).
2. In a greased muffin tin, place your desired combination of fillings into each muffin cup.
3. In a measuring cup, add salt and pepper to eggs and beat the eggs until smooth.
4. Season each cup with salt and pepper.
5. Pour the beaten eggs into each muffin cup until the liquid almost reaches the top.
6. Bake at 350°F (180°C) for 20 minutes, until set.



Nipissing, Muskoka, Parry Sound



CHILDREN'S SERVICES




LICENSED CHILD CARE



QUALITY & INCLUSION SUPPORT SERVICES



CHILD CARE FEE SUBSIDY



EARLYON CHILD & FAMILY CENTRES



EARLY YEARS AND CHILD CARE SERVICE SYSTEM PLANNING



CANADA-WIDE EARLY LEARNING & CHILD CARE SYSTEM

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing

CONTACT US (705) 474-2151 ext. 15559
ChildrenServices@dnssab.ca

200 McIntyre Street E.
North Bay, ON, P1B 8V6



LICENSED CHILD CARE

Finding and applying to licensed child care programs for your child is done online through the District of Nipissing Child Care Waitlist Registry. The registry will guide you through the process of creating your account and adding your child/children.

HOW TO APPLY

- 1** Access the Waitlist Registry to sign up and create an account, or login if you already have an account and need to make changes.
- 2** Follow the steps to apply for child care programs that best meet the needs of your child and family.
- 3** Once space is available, a child care provider will contact you directly to advise you of the next steps.

WAITLIST MANAGEMENT

Please note, the Registry is managed by each child care provider following their own admission and waitlist policies. Once a space is available, a child care provider will contact you directly to advise you of the next steps. You can contact the child care providers directly to check your child's status/placement on their list.

Visit our website

<https://www.dnssab.ca/childrens-services/licensed-child-care/>
or scan the QR code below to access the waitlist registry.



District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing

CONTACT US

(705) 474-2151 ext. 15559
ChildrenServices@dnssab.ca

200 McIntyre Street E.
North Bay, ON, P1B 8V6

CHILDREN'S SERVICES

Child Care Fee Subsidy

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing

ABOUT:

Child care fee subsidy is a program that is intended to help families with the cost of their child care expenses. It supports eligible families by paying a portion of their total licensed care costs. The subsidy can be used for licensed centre or home based child care and Approved Recreation Programs.

Fee subsidy offers essential support for many families, helping them balance the demands of a career and family while working, pursuing education or participating in a training program.

EXCEPTIONAL NEEDS:

If you or your child have exceptional needs, please have a health or social services professional complete the Special Needs Referral Form found on our website.

ELIGIBILITY:

To qualify for Child Care Fee Subsidy you need to:

- Be a resident of the District of Nipissing
- Be the Child's parent, legal guardian, temporary or kinship parent
- Live in the same residence as the child
- File a Federal Tax Return on an annual basis
- Have a demonstrated need for early learning and child care services by:
 - Attending school or professional training
 - Working full-time, part-time, on-call or casual
 - Having a Special Needs Referral



NET FAMILY INCOME	APPROXIMATE MONTHLY COST PER FAMILY	APPROXIMATE DAILY COST PER FAMILY
\$ 20,000.00	\$ -	\$ -
\$ 30,000.00	\$ 83.33	\$ 3.83
\$ 40,000.00	\$ 166.67	\$ 7.66
\$ 50,000.00	\$ 416.67	\$ 19.16
\$ 60,000.00	\$ 667.00	\$ 30.67
\$ 70,000.00	\$ 916.67	\$ 42.15
\$ 80,000.00	\$ 1,166.87	\$ 53.65
\$ 90,000.00	\$ 1,416.58	\$ 65.13
\$ 100,000.00	\$ 1,666.70	\$ 76.63



Eligibility for fee subsidy is based on a family's net income.

The table to the left gives an example of the monthly amount that a family would have to contribute to child care costs.

If the actual child care costs exceed the parental contribution amount then you may be eligible for fee subsidy.

APPLY NOW

Apply online through our Fee Subsidy Online Application Form (OLAF):

<https://ocms.dnssab.on.ca/childrensservices/en-ca/services>

If you prefer to apply over the telephone, give us a call once you have secured a licensed child care space.

705-474-2151 ext. 15558

* You can now apply for fee subsidy prior to securing licensed child care or approved recreation space to determine your eligibility.

QUESTIONS?



dnssab.ca/childrens-services



childrenservices@dnssab.ca



705-474-2151 ext. 15558

SERVICES

PROGRAMS

Each EarlyON Child and Family Centre offers a variety of early learning programming. These programs are rooted in play-based learning and have multiple program delivery options (virtual and in-person).

SUPPORT

Our caring and knowledgeable staff are here to provide support with:

- Early Child Development
- Resources for New/Expecting Parents
- Information about other supports and services available in the community

CONNECT

EarlyON Child and Family Centres provide opportunities for children to interact and learn with their peers. Parents are able to meet and share experiences with other parents/caregivers.



LOCATIONS

There are a variety of EarlyON programs ready to welcome you!

- North Bay & Surrounding Area
- Mattawa
- West Nipissing
- Temagami
- South Algonquin

For more information and to view program calendars, please visit:

dnssab.ca/childrens-services/earlyon/



We believe in a family-centered, play-based approach to children's health & development.

EARLYON CHILD AND FAMILY CENTRES

DISTRICT OF PARRY SOUND SOCIAL SERVICES ADMINISTRATION BOARD

EARLYON PROGRAMS ARE OFFERED TO FAMILIES WITH PRESCHOOL CHILDREN 0-6 YEARS OF AGE

What does EarlyON offer?

- Play based learning experiences
- Opportunities to meet and make connections with other families with young children
- Parenting and Children Resources
- Workshops, assist families make connections to other Community programs and services, assist with referrals and outreach for families
- Access to qualified RECE staff



LEARN MORE ABOUT US



[HTTPS://WWW.FACEBOOK.COM/PARRYSOUNDOEYCFC/](https://www.facebook.com/PARRYSOUNDOEYCFC/)

To register for one of our programs go to our online BOOKWHEN system:
<http://bookwhen.com/>

EarlyON Child and Family Centres For East & West Parry Sound

For more information regarding our programs please contact a Resource Facilitator at:
West Parry Sound 705-746-9522 ext. 4300
East South River 705-386-2552 ext. 5452
or visit our website at www.psdssab.org

West P.S. Sites	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EarlyON Centre 86 Gibson St Parry Sound 746-9522	9:30- 12:00	Closed In person Moms to Moms 9:30-12:00	9:30- 12:00	Closed	9:30- 12:00	9:30-12:00 Twice per month. Please call 705-746-9522 x 4300 or visit our Facebook page to confirm dates
Humphrey Arena 15 Humphrey Drive Seguin, ON P2A 2W8	10:00-12:00					
Orrville Community Centre 1207 Hwy. 518			9:30-12:00			
Carling Community Centre 2 Carling Bay Rd, Carling, ON P0G1G0				10:00-12:00		
Foley Agricultural Hall 60 Rankin Lake Rd Seguin, ON P2A 0B0		10:00-12:00				
Rosseau Memorial Hall 2 Victoria St, Rosseau				10:00-12:00		
Ecole publique aux Quatre-Vents 70 Joseph Street Parry Sound			9:30-12:00 Twice per month. Please call 705-746-9522 x 4300 or visit our Facebook page to confirm dates.			
East P.S. Sites	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
South River EarlyON 16 Toronto St. South River 386-2552	9:00-12:00	Closed	9:00-12:00	Closed In person Moms to Moms 9:30-12:00	9:00-12:00	
Burks Falls Land of Lakes Public School 92 Ontario St POA 1CO 472-7015 x 6318	9:00-12:00	Closed In person Moms to Moms 9:30-12:00	9:00-12:00	Closed	9:00-12:00	
Evergreen Heights School 2510 Hwy. 592 Emsdale, POA 1J0		9:30-12:00				
Magnetawan Central School 31 Sparks St. Magnetawan POA1P)		10:00-12:00				
Mapleridge School 171 Edward St. Powassan POA 1Z0		9:30-12:00				
Sundridge Bethel Pentecostal Church 15 Buck Haven Rd POA 1ZO					10:00-12:00	
M.T. Davidson School 249 Lansdowne Callander POH 1H0			9:30-12:00			
Argyle Public School 11767 Hwy.522 705-475-2316				10:00-12:00		
Trout Creek Community Centre 181 Main St. Trout Creek POH 2L0	9:30-12:00					

NORTH BAY INDIGENOUS HUB EARLY ON

North Bay Indigenous Hub EarlyON provides FREE cultural and educational programs for children 0-6 years old.

Drop-in between:

Monday-Thursday 9am-4pm

Friday 9am-12pm

Please check our monthly calendar (found on Facebook and Instagram) for various programming such as Saturday drop-ins, Thursday dinner nights and registered activities.

All are welcome!

Contact Information:

**1040 Brookes Street
North Bay, Ontario P1B 2N6**

Email: earlyon@gmghub.ca

Facebook: EarlyON - North Bay Indigenous Hub

Phone #: (705) 995-0060 EXT. 234

EarlyON
Child and Family Centre

ON y va
Centre pour l'enfant et la famille

Ontario 

SETTLEMENT WORKERS IN SCHOOLS (SWIS) PROGRAM



INFORMATION FOR IMMIGRANT FAMILIES



Northeastern Ontario
Multicultural Centre
Immigrant Settlement Services
Centre multiculturel
du Nord-Est de l'Ontario
Services d'établissement pour les immigrants

Purpose of SWIS

We act as a bridge between the schools and immigrant families. Feeling comfortable and happy in a new school, in a new community, can take a long time and can be very hard for many immigrant families with kids. SWIS will work with you, your child, and the school to make your child's education journey focused, productive, and fun-filled.

We are funded to offer a free in-school settlement program for immigrant children. Together, we build an individual plan depending on your child's needs to help them reach their goals in a reasonable timeframe.

We offer a variety of services depending on your child's needs.



ABOUT SWIS

- The Settlement Worker in Schools (SWIS) Program, provides support, builds cultural connections, mentors, and guides immigrant children and youth as they settle into their new life in Canada.
- We offer services to immigrant students registered in District School Board Ontario Northeast, Near North District School board and Nipissing-Parry Sound Catholic District School Board.
- This program is funded federally by Immigration, Refugees and Citizenship Canada (IRCC)



SWIS CAN PROVIDE ASSISTANCE WITH:

- Adjusting to a new school culture
- Employment of youth
- Parent-child role reversal
- Home-school culture conflict
- Inadequate/Inappropriate resources and supports in schools
- Gaps in education and a lack of resources to learn the English language
- Teasing and bullying
- Racism and Discrimination
- Encouraging client independence and empowerment

SERVICES

Services we provide include, but are not limited to:

- Initial Intake and identifying settlement needs
- Providing relevant information
- Referring and connecting to appropriate community resources
- Assisting clients in dealing with adjustments
- Consulting with school staff on settlement and cultural issues
- Identifying/Resolving Cultural Conflicts
- School/Daycare registrations
- Childcare subsidy/CCB application

Contact us for all your settlement needs. All the information recorded will be kept confidential and will only be used for settlement purposes.

CONTACT US

Email: info@neomc.ca

Office Hours

Monday-Friday
8.30am-4.30pm
(After hours appointments available)

Address

North Bay: 373 Main St E., North Bay, ON
P1B2T9
Phone: 705-493-0471 / 705-495-8931

Timmins: Suite 105-85 Pine St S., Timmins, ON
P4N 2K1
Phone: 705-491-1886

www.neomc.ca

"A safe, inclusive and accepting school environment is essential for student well-being and achievement"

<http://www.edu.gov.on.ca/eng/parents/safeschools.html>



Financé par :

Funded by:



Immigration, Réfugiés
et Citoyenneté Canada

Immigration, Refugees
and Citizenship Canada



Hands • Mains

TheFamilyHelpNetwork.ca

LeReseauAideAuxFamilles.ca



Working together to create a better day, today and tomorrow.

Starting school is an exciting time for any family. It can also bring challenges.

Hands TheFamilyHelpNetwork.ca can help make your school transition easier with a variety of services to support all.

Our team of professionals offer help with:

- Autism and Behavioural Services
- Child and Youth Mental Health
- Child Development
- Adult Developmental Services

You can find tip sheets, resources, and information to support you and your family on our website:

TheFamilyHelpNetwork.ca/resources.

Child & Youth Mental Health

Offering mental health support

- **For children and youth under 18 yrs**, including counselling, skill-building & short- or longer-term therapy.

Our locations

Serving communities throughout Northeastern Ontario. Reach out to find out how we can help. We are also proud to be a leader in offering virtual support.

Locations include:

- Bracebridge
- Mattawa
- North Bay
- Parry Sound
- Pembroke
- Sturgeon Falls
- Sundridge
- Timmins

Contact Us to
Get Started

 1-800-668-8555

 TheFamilyHelpNetwork.ca

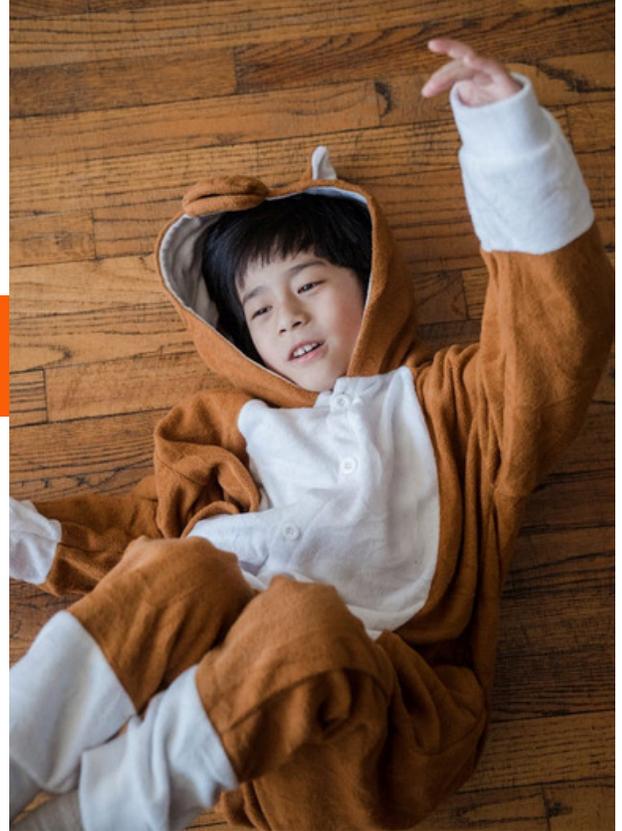
 info@handstfhn.ca



Hands • Mains

TheFamilyHelpNetwork.ca

LeReseauAideAuxFamilles.ca



Child Development Services

Helping children and youth thrive from day one

- **Early caregiver-child coaching** – practical strategies to use every day.
- **Individual child development planning** – focused on developmental milestones and skills.
- **Behaviour support** – reduce challenging behaviours and build positive routines.

Autism & Behavioural Services

Tailored support for a family's journey

- **Individualized programs** – evidence-based supports including behaviour therapy and speech work.
- **Entry-to-School support** – transition preparation for Kindergarten/Grade 1.
- **Foundational family services** – free consultations, seminars, support groups and clinics.

At Hands we offer:

- A family-centric approach.
- Options in-person or online to suit your schedule.
- Supports built around a child's strengths and goals.

24/7 Child and Youth Mental Health

Crisis & Support Line:
1-844-287-9072

**Contact Us to
Get Started**

 **1-800-668-8555**

 **TheFamilyHelpNetwork.ca**

 **info@handstfhn.ca**



One Kids Place School Readiness Program

Starting school is an exciting milestone, but also comes with unique challenges for children with special needs.

One Kids Place's School Readiness Program is designed to help every child build the skills and confidence they need to thrive in the classroom.

From social interaction and communication to emotional regulation and foundational learning, we focus on creating a supportive and personalized environment where your child can succeed.

School Readiness supports play a vital role in helping children, including those with Autism, develop cognitive, social, emotional, and physical skills that lay the foundation for success in school and beyond.

Together, we'll help your little learner transition smoothly into this important new chapter.

Small steps, strong starts

Our activities and resources are age appropriate & help families better understand the child's development and skill level.

Check out our resource section at...



onekidsplace.ca



North Bay Parry Sound District
Health Unit



Kindergarten Readiness Guide

Your lifetime partner in healthy living.
Votre partenaire à vie pour vivre en santé.

myhealthunit.ca

📍 345 Oak Street West,
North Bay, ON P1B 2T2

☎ 1-800-563-2808
705-474-1400

📠 705-474-8252

📍 90 Bowes Street, Suite 201,
Parry Sound, ON P2A 2L7

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Welcome to Kindergarten

As your lifetime partner in healthy living, the North Bay Parry Sound District Health Unit has programs, services, and information that may be of value as your child makes the exciting move to kindergarten. Please feel free to contact the Health Unit with any questions.

Vaccination Information

Vaccinations protect your child against serious diseases. The Health Unit is required by law to keep an updated vaccination record throughout your child's school years. Visit the Health Unit's [Immunization Schedule](#) to see if your child is up to date with their routine vaccines.

Healthy Smile

Healthy teeth and gums are very important as your child grows. Oral hygiene helps your child to develop healthy eating habits, social skills, and good sleep patterns.

You should brush their teeth two times a day for two minutes each time. Help your child with brushing until they can print their own name and don't forget to floss. Yes, even baby teeth.

Visit the Health Unit's [Dental Clinic](#) page for more information.



Preventing the Spread of Germs

Proper hand washing is the best way to prevent the spread of germs. It is important your child knows how to wash their hands before they start school.

Encourage your child to wash their hands with soap and water for 15 to 20 seconds. The best times to wash their hands are:

- Before eating.
- After using the bathroom.
- When their hands are dirty.
- When they are sick or around others who are sick.



Fun Outside

Outdoor play is a basic childhood need and taking risks is a necessary part of play. Your child will be going outside to play and learn. Dress them appropriately for the weather and protect them from the sun's harmful rays with a hat, sunglasses, and sunscreen.



Encourage Your Child to be Active Every Day!

As your child grows, it is important that they get a good balance between moving, sleeping, and sitting.

Move: At least 180 minutes spent in a variety of physical activities spread throughout the day, of which at least 60 minutes is energetic play – *more is better!*

Sleep: 10 to 13 hours of good quality sleep with consistent bedtimes and wake-up times.

Sit: Limit sitting for extended periods of time. Sedentary screen time should be no more than one hour - *less is better!*



School Lunch

Eating a variety of nutritious foods can help your child be more alert and ready to learn. Here are some tips to help pack a school lunch:

- Pack foods from each of the three groupings in Canada's Food Guide - vegetables and fruit, protein foods and whole grain foods.
- Involve your child in planning and packing their lunch. Send water to school in a reusable bottle.
- Use an insulated lunch bag, an ice pack, and a thermos to keep cold food cold and hot food hot.
- Visit unlockfood.ca for school lunch ideas.



It takes a village to raise a child – Make us part of your village.

It's normal to have questions and challenges around parenting - and it's more than okay to ask for help!

Our Healthy Families team is here to listen and offer support, free of charge. We can also help you grow your village by connecting you with the resources that will be most helpful to you.

When you contact us, you'll be connected with a local nurse who has experience helping parents navigate the ups and downs of having children. We have the knowledge to give you trustworthy information. We know it's not always as easy as the books and social media make it out to be.

Call us at 1.800.563.2808 ext. 5351 or by email at healthy.families@healthunit.ca

Be sure to check our [Family Health Information Line](#) website page for helpful information and resources.

Eye See...Eye Learn®

It is recommended that your child see an optometrist prior to starting school in the fall. In Ontario, yearly eye exams for children are covered by OHIP until they turn 20 years old.

The Eye See...Eye Learn® program will be available starting July 1 to children enrolled in kindergarten this Fall. If required, Eye See...Eye Learn® will supply one pair of glasses courtesy of participating optometrists and corporate partners. Visit www.eyeseeeyelearn.com for more information.



A PARENT'S GUIDE TO LITERACY AND MATHEMATICS IN FULL-DAY KINDERGARTEN

Full-day kindergarten (kindergarten) is designed to give your child a stronger start in school and in life – by providing an engaging learning program during the school day that is based on a child's natural desire for play. All children enter school capable, competent and ready to learn. Kindergarten will help them grow physically, socially, emotionally and intellectually.

The kindergarten program is organized into four broad areas or “frames.” They reflect the way in which learning naturally occurs during children's exploration, play and inquiry.

- » **Belonging and Contributing**
- » **Self-Regulation and Well-Being**
- » **Demonstrating Literacy and Mathematics Behaviours**
- » **Problem Solving and Innovating**

About literacy and math

Before starting school, children have already had a wide range of experiences with words, letters, numbers and pictures, and have used language and mathematical thinking at home and in their community.

Learning happens when people are actively engaged in thinking and working together. This is the foundation of the kindergarten program. Children learn different ways to think about things, to consider different perspectives and to think critically about information. This is more than only identifying letters and numbers. Children may show their understanding by:

- writing, painting or drawing
- exploring things and asking questions or making comments about what they observe
- drawing pictures and/or printing some numbers, letters, and/or words
- creating with materials such as blocks, sand or recycled items



ontario.ca/kindergarten

- engaging in story telling during dramatic play and other types of pretend play
- using technology like tablets to record and communicate their thinking and learning.

These experiences develop math and literacy skills in such a way that children develop a love of learning that can instill a habit of learning throughout their life. Children ask and answer questions, create and test theories, listen to and tell stories and solve problems to show their understanding of math and literacy. In kindergarten, math and literacy are not limited to a specific time of day. Instead, they are incorporated throughout the day and made visible, or explicit, to children in any context, and observed by the educators at any time, both in and out of the classroom.

Supporting Your Child's Learning

Families learn with children every day. Here are some ways families engage in learning:

- Communication between you and your child began from the moment you first looked at them. Eye contact, facial expressions, touching and sharing sounds are the beginning of a lifetime of interactions with others. A child's first smile is celebrated as the beginning of expressing emotions.
- Children begin to communicate at birth using sounds and then gestures. Adults listen, observe and respond to what children say and do which helps children shape and express thoughts and develop language and vocabulary. Conversations and interactions with your child, such as responding to their questions, thoughts, opinions and ideas support their development in literacy and math.
- Making math talk part of everyday experiences and conversations contributes to your child's learning and helps build a positive attitude towards math. Everyday routines such as measuring, sorting and organizing, finding

shapes or patterns and counting can help your child learn and think about math and become more comfortable with it.

Did You Know?

- Literacy learning begins even before children are born (when we talk and sing to our babies) and continues into adulthood. It is a gradual ongoing process of learning to use and understand language. Learning in mathematics happens in much the same way.
- Some of the first words a child uses show mathematical thinking. A young child who asks for "more" is developing an understanding of quantity and addition.

How you can support your child's growth and development outside the classroom

...at home

- Write notes to each other. Include words, numbers, drawings and symbols.
- Discuss stories that you read from books and retell from family experiences and memories.
- Watch TV and online programs together and make connections to things your family does and knows about. Talk about the messages you hear on television and how language is used to persuade you, e.g. through advertising.
- Make the connection between household tasks (i.e., sorting laundry, matching socks, setting the table and following a recipe) and the math used to complete the task. For example, when you follow a recipe, things are measured – measuring is part of math. Or when setting the table, things were counted out and matched to the number of people having a meal. Math helped to figure that out.
- Sing songs, recite rhymes and play word and number games together to build skills and have fun with math and language.

If you and your child are more comfortable in a language other than English, please use it! Language(s) are an important part of our identity and they need to be maintained. Reading and talking to your child in the language of your home helps them learn how language works and is used (e.g. to question, comment, describe, make theories) and this understanding is applied to other languages.

...in the community

- Explain to your child why you are reading something (recipes, instruction manuals, signs on streets and labels on packages in stores) or writing something down (shopping lists, notes to others, instructions) and when you are using math (counting, estimating, measuring, paying for something) to figure something out. This will help your child see that literacy and math are ways to help understand the world around them and are essential to completing tasks and solving problems in everyday life.
- Read things together. Look for signs your child recognizes, like the name of stores and restaurants.
- When you go places together, such as the supermarket, the park, a forest, etc., talk with your child about what they see, smell, hear, feel or notice.

...in conversations with your child

- Ask questions that help your child give more than a “yes” or “no” answer:
 - “Tell me about the book you read today.”
 - “Did you draw or paint today? Tell me about your picture.”
 - When reading a story, ask questions like, “What does it remind you of? What do you think will happen?”
- Explore words together. For instance, a child may use the word “big” to mean many different things, i.e., tall, wide, heavy, full, a person older than they are. Use words that more accurately describe things, feelings and ideas so your child builds a richer vocabulary.
- Have regular conversations that involve both you and your child. Start with a prompt like, “Tell me about your day” or “What was the funniest thing that happened today?” This will help your child talk with you about their ideas and experiences.

For Further Information

Find out more about what your child will learn and do in kindergarten, the educators working in the classroom and how to prepare your child at www.ontario.ca/kindergarten.

- Reading and Writing with Your Child – <http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideLitEn.pdf>
- Doing Mathematics with Your Child – <http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNumEn.pdf>
- Inspiring Your Child to Learn and Love Mathematics – http://www.ontariodirectors.ca/parent_engagement-math/en/index.htm

GAMES & ACTIVITIES TO *build number skills* AT HOME

General number sense activities

- Incidental counting e.g. how many buttons on your top, how many pegs to hang out the washing, how many animals in this book, how many red cars can we spot, how many houses can we count? Also getting children to count out groups of objects e.g. count out 5 apples for me.
- Counting forward and backwards as you walk or drive places. Begin with counting forward and backwards by 1s. You could progress to counting forward and backwards by 2s, 5s or 10s.
- Counting books and songs on YouTube.
- Number hunts- spot them in your environment e.g. on letterboxes, at the post office, in the shops.
- Bingo games- numeral ID, number words, counting groups of objects.
- Board games- counting forward and backwards, recognising dot dice patterns.
- Grouping and sharing e.g. I have four jellybeans to share with you and your brother. How many will you both get?
- Use empty egg cartons to practise simple addition and subtraction.
- Building Numbers: use Lego, Duplo, blocks, rocks, beads, playdough or anything you like.
- Get Active- count the number of hops/skips/jumps, how many times can we throw the ball back and forth etc.



Families are composed of individuals who are competent and capable, curious and rich in experience. Families love their children and want the best for them. They are the first and most powerful influence on children’s learning, development, health and well-being. Families bring diverse social, cultural and linguistic perspectives. Families should feel that they belong, are valuable contributors to their children’s learning and deserve to be engaged in a meaningful way.

(How Does Learning Happen? Ontario’s Pedagogy for the Early Years, 2014, p.7)

For more information on Early Learning Kindergarten Programs, please visit the “Parents” page from the Menu at www.nearnorthschools.ca



To provide opportunities that empower all learners to develop their potential by providing diverse pathways which lead students to become model citizens who achieve life goals and contribute to the betterment of society.