

# Welcome To Periwinkles



## Welcome to the Periwinkles Program

"It is our mission to offer quality programs in a licensed early childhood education setting; we are committed to providing a safe, trusting and respectful environment for children, families, staff and communities"

The Whistler Children's Centre and the Periwinkle Program create an enriching and enhanced learning environment that gives the children an opportunity to feel comfortable and engage in enjoyable activities that help foster their learning. For the children, our daily routine provides a consistent and secure daily experience that promises interesting things to do, attention by teachers focusing on their interest and needs and a sense of control over themselves and their environment.

In addition, our Program further supports the children as they gain knowledge and skills in important content areas, such as:

- creative representation
- language and literacy
- initiative and social relations
- movement and music
- classification
- numbers
- space
- time



### **CALENDAR AND COMMUNICATION WITH FAMILIES**

The experiences teachers plan for young children foster independent thinking, initiative and creativity and we aim to follow their interests. Young children's cognitive, social emotional and physical capacities develop quickly when they can use materials and their imaginations freely in an environment that promotes investigation, decision making, cooperation, persistence and problem solving. The capacities that children develop in this open framework are things that they can use daily both at school and at home. Documentation of our days will be found at the front counter in our digital picture frame, the white board and our bulletin boards throughout the classroom. Use these pictures and brief statements as conversation starters for finding out more about your child's day. Each month we will send out a calendar and newsletter to let you know what is happening in our program.

**We look forward to getting to know you and your family! Please don't hesitate to let us know if you have any questions or concerns.**

**We are here to help create a positive experience in Periwinkles!**

### WHAT TO BRING

- A complete set of extra clothes daily (underwear, socks, pants, shirt)
- Extra clothing for the season that will stay in your child's personal bin at school
- Clothing for outdoor play according to the season since we go outside in rain, shine, snow or sleet
- A nutritious lunch with snacks for both morning and afternoon times
- A water bottle in addition to any other drinks that you send
- Sunscreen and hats (seasonal)
- A cuddly or blanket for rest time if desired

### WHAT TO LEAVE AT HOME

- Toys from home
- Unhealthy food such as chocolate, hard candies and chips

### PROMOTING INDEPENDENCE

From an early age, a child's search for independence is fueled by the desire to make things happen and feel competent. A young child's opinion about his/her capabilities is to a large extent based on his/her parents or teacher's response to their behaviour. As an adult, our role in fostering independence is to provide love and support, encourage exploration and curiosity, teach skills and allow the child to make appropriate choices. Our enthusiasm for a child's exploration sends a message that these activities are valued by us. When we promote independence in children, we demonstrate faith in them and send a powerful message that they are capable.

### WHEN YOUR CHILD IS AT PERIWINKLES PLEASE HAVE THEM...

- Be familiar with what is in their lunch and back pack
- Help put their belongings into their cubby
- Put away their lunch kit and put their hot lunch items in the yellow basket in the fridge
- Help tidy up toys that they are using when you arrive at pick up time
- Gather their own belongings and back pack at the end of the day

Throughout the day at Periwinkles, we encourage independence and reliance for support from peers as well as teachers. In our classroom the containers and shelves where the materials are stored have labels indicating where items belong. The labeling system makes it easier for children to be accountable for cleaning up and to find materials when they need them for their plans later. It also encourages early literacy with the children beginning to recognize objects with the first letter of the object. Developing independence and self help skills are essential to become ready for Marmots and Kindergarten as well as helping children to develop healthy self esteem and confidence in their abilities.



## WHAT TEACHER'S EXPECT YOUR CHILD TO KNOW WHEN THEY ENTER PERIWINKLES

Periwinkle's teachers do not have expectations of your child's abilities when they enter our program, but we hope that parents can help set them up for success by working alongside the teachers preparing them for a positive daily experience.

### Some examples of how families can help set the children up for success are by:

- **Packing appropriate labelled clothing for the day-** (outdoor gear, extra clothing & socks). This helps your child feel comfortable in their own clothes and take care of their belongings.
- **Having an easy to open lunch kit-** something simple like a reusable grocery bag is great, as long as your child can put their containers into it.
- **Communicating with the teachers daily about your child-** examples of these are; that your child woke up at 4:30am the night before, that you have family visiting from Ontario that are staying with you, that your family pet is at the vet. Details like this may seem insignificant but can have a dramatic impact on your child's day.

## CHILDREN ARE CAPABLE

Together we will foster your child's independence and help them develop many of their skills at their own pace while they are in Periwinkles.

### Some examples are:

- Taking Care of their belongings (packing up their cubby at the end of the day)
- Toileting (using the toilet, washing hands)
- Dressing & undressing (putting on their own clothes, changing their socks)
- Conflict resolution through Problem solving (helping find the confidence & the words to solve problems)
- Food management (making healthy choices in the AM, saving enough snacks for the afternoon)
- Develop confidence (set tables for snack, set 5 min timer)
- Decision making (deciding where they want to work, who they want to play with)
- Sharing/taking turns (learning that everything in the program is for everyone to have a turn)
- Taking care of their needs/asking for help (learning when they need help and how to ask for it)
- Regulating & understanding their emotions (explaining to them as they happen "I see that you are sad " - if a child is crying)
- Strengthening their fine motor skills (using scissors, doing up buttons & zippers)





**DAILY ROUTINE** *this does vary slightly depending on the season*

8:00 am (continuous as children arrive)	Greeting & Planning
8:00-9:30 am	Work Time
9:30-9:45 am	Tidy Up Time
9:45-9:50 am	Transition- hand washing
9:50-10:20 am	Snack Time
10:20-10:35 am	Large Group Time
10:35-11:00 am	Transition- getting ready for outside
11:00-11:50 am	Outside Time
11:50-12:00 pm	Transition-from outside
12:00-12:30 pm	Lunch Time
12:30-12:45 pm	Transition- toilets & teeth brushing
12:45-2:15 pm	Nap/quiet time
2:15-2:30 pm	Transition-mats away/toilets
2:30-3:00pm	Small Group Time
3:00-3:45 pm	Work Time
3:45-3:55pm	Tidy Up Time
3:55-4:15pm	Snack time
4:15-4:30 pm	Transition to outside- toilets & getting dressed
4:30-5:30pm	Outside Time



## PERIWINKLES TEACHERS:

Please feel free to come and see us if you have any questions about your child or the program. We look forward to getting to know your child and family.

**Jean Tessier**            Head Teacher

**Louisa Calamini**        Teacher

**Veronica Merighi**      Teacher

### JEAN TESSIER

Originally from Ontario, I moved to Whistler after completing my ECE college degree. I have worked at the Whistler Children's Centre on and off since 2009 taking breaks for travel and life. I have worked in all programs at the Children's Centre over the years, but mostly with the infant toddlers. I am happy to see familiar faces in Peris and look forward to the adventure of working with your 3 or 4 year old.

### LOUISA CALAMINI

I moved to Whistler in May 2004 from Ottawa when I joined the Whistler Children's Centre in the Periwinkle Program. I enjoy working with children and their families. I am ECE certified; taking courses in Ottawa at Algonquin College, George brown College in Toronto and finally online at Northern lights College in Fort St. John. I have completed my Highscope training and enjoy taking professional development courses! I love spending my days off XC biking, hiking, snowshoeing, yoga, snowboarding, XC skiing or lounging at the beach! I look forward to getting to know you and your family.

### VERONICA MERIGHI

Hi my name is Veronica. I moved to Whistler from Italy in September of 2017. This is my first experience in a daycare setting and I really enjoy working here. I am a mother of 2 and when I am not working I like hiking, skiing, biking and exploring with them. I have worked for 4 years as an educational assistant with children in need and for 12 years with people with disabilities. I have a Masters' Degree in Sociology and in 2016 I took the Health Care assistant Certificate in Victoria. I have recently started taking ECE courses at Pacific Rim. I look forward to meeting all the children and their families.

### Periwinkles in Action!

