

# 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



The experiences teachers plan for young children fosters independent thinking, initiative and creativity. 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.

### **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
- Junk 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 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 develop healthy self esteem and confidence in their abilities.

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

Periwinkle's does 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 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 accessible 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)

**We look forward to getting to know you and your family! Please don't hesitate to come speak to any of the teachers at any time ☺ We are here to help create a positive experience in Periwinkles!**

### DAILY ROUTINE (March-October)

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	Small 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
2:30-3:15pm	Work Time

3:15-3:30pm  
3:30-4:00pm  
4:00-4:30 pm  
4:30-5:30pm

Tidy Up Time  
Snack time  
Transition to outside- toilets & getting dressed  
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.

**Sarah Brock** Head Teacher  
**Louisa Calamini** Teacher  
**Gemma Trask** Teacher

### **SARAH BROCK**

I have lived in Whistler since 2001, moving here from Hamilton Ontario. I love to be outdoors whether running, skiing, biking...or at the lake! I studied Sociology at The University of Western Ontario and then went on to study at Northern Lights College obtaining my ECE Certificate. I have worked at the Whistler Children's Centre since December 2005 and have been Head Teacher of the Periwinkles Program since December 2008. I am also the Human Resources Assistant, spending 2 days a week in the Administration office. I love the opportunity to build relationships with all the families in our program!

### **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.

## GEMMA TRASK

My name is Gemma and I'm from Mount Maunganui in New Zealand. My partner and I moved to Canada at the start of this year and we are enjoying being settled in Whistler and exploring all that it has to offer. I have a Bachelor of Arts in Psychology and a Post Graduate Diploma in Early Childhood Education. My teaching philosophy resonates closely with the Reggio Emilia Philosophy that sees the child as a competent, capable and curious learner. I have a passion for working with children and value their strengths and uniqueness. I believe as an educator it is important to promote a culture of trust, respect and collaboration both within our environment and with the families that attend the centre. Actively listening and building collaborative partnerships between children, parents and educators further helps to create a sense of belonging and togetherness, which is the foundation of any environment. In my spare time I love cooking, baking, cross fit and spending time with my partner, Hayden. I am looking forward to getting to know all the Periwinkle families and immersing myself in Canadian culture.

