

My Child's Learning: A Parent Resource

First Day of Elementary School



Things to Do Before the First Day of School

Visit the school before the first day of classes to register your child. The school will provide the information you need for your child's first day.

You can visit the school with your child. Ask the school to arrange a tour of the school. If possible, see the classroom your child will be in, and meet the teacher and the principal. Ask if there is a map of the school your child could have.

Ask the secretary in the school's office or the principal these questions:

- How do I register my child in the school?
(See the [Choosing a School in Alberta](#) parent information sheet for more information.)
- What is the deadline to register my child?
- When is the first day of school?
- What time does school start and finish?
- What is the name of my child's teacher?
- Are there school fees to pay?
- What supplies does my child need (pens, pencils, notebooks, indoor and outdoor shoes)?
- How will I receive information about school events and announcements?

If your child is taking the school bus, ask the school to give you a schedule for when your child takes the bus and when your child will return home.

Complete the emergency contact forms and send them back to the school. This will inform the school of who to call in case of an emergency if you are not available.

If you need help with English when talking with someone at your child's school, bring a family member or friend who speaks English.

How to Help Your Child Prepare for the First Day of School

Safety Tips

- Teach your child how to be safe while
 - crossing the street
 - riding a bike
 - taking the bus.
- Advise your child not to speak to strangers.
- Give your child your telephone number.
- Make sure your child has a house key or a safe place to go if you're not home.
- Remind your child where to go after school; for example, home or after-school care.



How does your child feel about the first day at school?

The first day in a new school is exciting for every child. However, some children are nervous about what they will experience on the first day and meeting new people for the first time.

Here are some tips that can help your child feel more comfortable about the first day of school:

- Talk about the excitement of starting at a new school.
 - Encourage your child to share his or her thoughts or feelings.
 - Discuss any concerns your child has.
 - Ask if the school has ways to make new children feel welcome in their new school.
 - If your child is older, he or she may have a timetable that shows what time different classes begin and end throughout the week. Make sure your child understands the timetable.
- If your child is taking the bus, help your child become familiar with the bus route and bus stops.
 - Involve your child in getting ready for school:
 - by letting your child pick clothes to wear
 - in choosing an appropriate jacket or coat and footwear for the weather conditions
 - in preparing a nutritious lunch to take to school
 - by putting school supplies (books, pencils, shoes) in a school bag.

