



Parents and caregivers of 3-5 year olds are invited to join virtual sessions designed to support their children's learning and development as they grow as lifelong learners. This free early learning event is sponsored by the Ministry of Education.

[Click here to register](#)

Participants will receive a Zoom link prior to the session.

### **Executive Function: The Building Blocks of Learning**

*Anita Jaswal, Speech and Language Pathologist, SD43 &*

*Shannon Sullivan, Inclusion Support Teacher, SD43*

Tuesday, April 5 (7pm-8pm)

Starting from a very young age, we are developing Executive Function skills in our daily activities from playing to learning and interacting socially with others. These skills are important in nurturing and encouraging independence and supporting children to develop into the best learners they can be. Join Anita and Shannon as they provide practical ways for parents and caregivers to build and nurture these important skills at home.

### **Making sense of common sleep challenges in school- aged children**

*Sarah Fenrich, Occupational Therapist and Holistic Sleep Coach*

Tuesday, April 19 (7pm-8pm)

Nighttime anxiety, nightmares and late bedtimes are common sleep challenges in school-aged children. Join Sarah as she shares information about sleep and common bedtime challenges and provides parents and caregivers with simple hands-on sleep strategies that will lead to a more positive bedtime experience, increased independence with sleeping, and improve your child's overall sleep.

### **A Peek into a Kindergarten/Grade 1 Classroom**

*Roxanne McIntyre and Erika Weiseman, K/1 Teachers at James Park*

*Elementary* Tuesday, May 10 (7pm-8pm)

Multi-age classrooms cultivate a child-led environment where students can develop a lifelong love of learning. Grouping children in such a way creates space for an environment that honours how children develop at different paces and with different natural skill sets. Drawing from their experience and expertise Roxanne and Erika will share the benefits of a multi-age classroom and the positive impacts it can have on the social, emotional, and cognitive skills of a child.

### **A Window into French Immersion Kindergarten**

*Sinead Joy, Kindergarten Teacher, Coquitlam River Elementary &*

*Erin Reid, Mentor Support Teacher, SD43*

Tuesday, May 24 (7pm-8pm)

Now that you have chosen this program of choice, join Sinead and Erin as they share with you how your child's cognitive and social development will be nurtured in a safe, encouraging, and wonder filled environment as they begin their journey to learning French as a second language. These experienced educators will also provide ways parents (even those that do not speak French) can support their French immersion child at home.

### **Literacy and Numeracy in Kindergarten**

*Jenn Jeon and Janet VanStraten, Kindergarten Teachers, Leigh Elementary*

Tuesday, June 7 (7pm-8pm)

In Kindergarten literacy and numeracy is developed and nurtured through hands-on, playful experiences that build on young children's natural curiosity and desire to make sense of their world. Join Jenn and Janet as they provide a glimpse into literacy and numeracy instruction in Kindergarten and share their passion and expertise for how to nurture your child's literacy and numeracy development at home.

### **Nurturing Social and Emotional Competencies**

*Miriam Miller, Social and Emotional Learning Specialist*

Tuesday, June 14 (7pm-8pm)

This session explores ways to nurture children's social and emotional competencies as they prepare to investigate the new, social landscape of school. Fostering social and emotional skills at a young age plays a key role in future learning and relationships. Join Miriam Miller as she shares simple, practical ways for parents to build and encourage the development of these skills and behaviours at home.

**Families are the first teachers, the primary caregivers, and the knowledge-holders of their children. Families have the most important role in promoting their children's well-being and learning.**

- BC Early Learning Framework (Ministry of Education)

If you have any questions, please contact Debra Vanderwood, Early Learning Coordinator, [dvanderwood@sd43.bc.ca](mailto:dvanderwood@sd43.bc.ca).

