



Introduction

Kindergarten is a wonderful way for your child to discover what school is like and to have fun while learning new things. In this exciting new community, children's natural curiosity and eagerness to learn are structured through organized activities and purposeful play. Your child will interact, imagine, experiment, and explore to add to their knowledge, learn new skills, and practise what they've learned.

English Language Arts and Literature

A is for apple. Your child will begin to understand that letters have sounds and that together those sounds form words and carry meaning. Your child will have fun sharing their ideas and experiences, forming letters, printing their name, and playing with the new words they learn.

Mathematics

I'm learning numbers and creating patterns. Your child will solve problems with quantities, investigate shapes, and begin to learn about time.

Physical Education and Wellness

A healthy body is part of a healthy life. Your child will begin to develop a love for physical activity through movement, games, and activities. They will use a variety of equipment and see that they have the power to make healthy food choices and play safely.

Science

What do I see, feel, and smell? In Kindergarten Science, your child will explore the properties and movement of objects while learning about their environment.

Social Studies

I am unique and I belong! Your child will develop a strong sense of identity, self-esteem, and belonging by exploring their environment and sharing stories. They will see

themselves as unique and discover the connections they have with others.

Resources to Help Your Child

A variety of digital and print resources developed by publishers, Alberta Education, or Alberta teachers are available to help children learn. Teachers may select and bring into the classroom numerous innovative and creative resources to create rich learning experiences for your child.

In September 2023, students across Alberta will learn from finalized curriculum in

- K–3 Français langue première et littérature
- K–3 French immersion language arts and literature
- K–3 science
- K–6 English language arts and literature
- K–6 mathematics
- K–6 physical education and wellness

To learn more about the resources your child may encounter in these finalized subjects, visit [Explore Resources](#). To view resources for all other subjects, visit [LearnAlberta.ca](#).

Where can I get more information?

Learn more about your child's education by visiting <https://new.learnalberta.ca/parents/>.

Has your child had their annual eye exam? It's important to do before they start school!

Eye See...Eye Learn™

is a program that provides kindergarten-aged students with a comprehensive eye exam from an optometrist. There is Alberta Health coverage towards your child's eye exams up to age 19. **If required, kindergarten-aged students also receive a free pair of eyeglasses.**



How kindergarten-aged students participate

Step 1 Parents can find a participating optometrist at optometrists.ab.ca. Click on Find an Optometrist and **Eye See...Eye Learn™**, then enter your postal code to find a doctor close to you. **Call and book an appointment.**

Step 2 See your optometrist for the eye exam. Have your health card ready. There is **Alberta Health coverage towards your child's eye exams up to age 19.**

Step 3 If required, kindergarten-aged students will **receive a free pair of eyeglasses.** Ask to see the frame selection available. The optometrist will order your glasses for you.

***Free glasses are covered by a one year manufacturer's warranty.**

Who can participate?

Eye See...Eye Learn™ is available to all **kindergarten-aged students** in Alberta. It's important to address eye health and vision problems before children begin school.

Children are eligible from August until they begin grade one.



Eye exam coverage

There is Alberta Health coverage towards your child's eye exams up to age 19. It's a painless, non-invasive process that could change their lives!



Did you know?

- 80% of learning is visual.
- 1 in 4 school-aged children has a vision problem.
- An eye exam detects health problems such as crossed eyes or lazy eye.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- The earlier an eye health or visual problem is identified, the more likely it can be corrected.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- It is not uncommon for parents to believe they would know if their child has a vision problem, because these issues can be hard to spot particularly if there is a problem in only one of the eyes.

What is an optometrist?

Your optometrist (doctor of optometry) is a primary source for all your vision, eye health and eyewear needs. They have the knowledge, tools and equipment necessary to diagnose, treat, prescribe medications or refer to a specialist, if needed.

How well can your child see?



Eye See...™
Eye Learn!

You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health



For more information about

Eye See...Eye Learn™



contact the Alberta Association of Optometrists
at 1-800-272-8843 or visit
optometrists.ab.ca/esel

Alberta
Association
of Optometrists



Eyewear Partners:



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The Alberta Association
of Optometrists
gratefully acknowledges
funding support from the
Government of Alberta.

Alberta