



WELCOME TO SALTO PRESCHOOL!



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Salto Preschool is a licensed preschool facility and is part of Salto gymnastics club. Salto Preschool embraces the concept of "learning through play" and offers a unique program combining preschool activities with gymnastics. Our curriculum is based off FLIGHT: Alberta's Early Learning & Curriculum Framework.

Through play, children learn cooperation, problem solving, language, mathematics and how to express themselves in a creative and socially acceptable manner. Children also develop curiosity, self-esteem, strength and coordination!





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GYMNASTICS

Throughout our program we will enhance your child's health and well-being by developing the ABC's of movement: Agility, Balance, Coordination, and Speed. These fundamental movement patterns provide the foundation for all sports.

Our Tumbling Tots classes participate in a ten-month Advanced Kindergym Program. Our Jumping Juniors classes participate in a ten-month Junior Gym Program.

Through age-appropriate activities and utilizing our gymnastics equipment, children will improve their gross motor skills, flexibility, strength, and the ABC's. They will also build self-confidence and social skills through their physical activity. We strive to make all physical activity a fun and exciting part of everyday life.





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PRESCHOOL CLASSES AND REQUIREMENTS

Our Program runs from September-June. Salto Preschool will be closed on Statutory Holidays and follows the Elk Island public school calendar for Christmas, Easter, Spring and Fall breaks, as well as all PD Days and other school closure dates.

Jumping Juniors (4 & 5-year-olds) Program runs Monday/Wednesday/Friday 9:00am - 11:30am or 12:30pm - 3:00 pm.

Tumbling Tots (3-year-old) Program runs Tuesday/Thursday 9:00am - 11:30am.

Children registered for this Preschool must be fully toilet trained!





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OFF-SITE ACTIVITY & EMERGENCY EVACUATION

Off site activities will occur occasionally. We may occasionally take walks around Broadmoor Lake Park and use the green space behind Salto Gymnastics. Adult/Child ratio will be maintained, always.

Parents will be required to sign a permission form at the beginning of each Preschool year. In the event of an emergency evacuation, the educators will help the children line up and leave the building according to the emergency exit plan. Fire drills are discussed and performed, on a monthly basis.





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GUIDELINES & PROCEDURES

CHILD GUIDANCE POLICY

Salto Gymnastics Preschool aims to provide a positive and safe environment for all children attending. The Child Guidance Policy is intended to provide a positive, non-punitive approach to assist children in becoming self-confident and self-disciplined. Children will learn appropriate behaviour as well as learn to positively interact with others.

The Program has a set daily routine that is consistent and predictable. Clear guidelines and expectations are provided so that the children know what is expected of them. Limits and expectations are enforced consistently, in a positive manner.





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The first and most important step in our positive discipline approach is to prevent unwanted behaviours by focusing on and acknowledging positive behaviours.

Once an unwanted behaviour does occur, the following steps are taken.

1. Staff will use 'active listening' to acknowledge the children's feelings.
2. Positive messages are used when guiding children's behaviour.
3. Staff will provide a safe environment by setting limits and expectations that will enable children to develop a sense of responsibility for themselves, others and their surroundings.
 - a. Through communication with parents, staff will be able to understand issues that may affect children's behaviour.





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b. Children are given the opportunity to offer solutions to problematic situations.

c. Using effective communication skills, staff respectfully explain reasons for limits.

4. Staff set reasonable consequences for inappropriate behaviour. Consequences must be immediate and respectful, as well as in relation to the child's behaviour and individual needs. Staff then explain the consequences for an inappropriate behaviour, in a language the child is able to understand.

5. Staff use problem solving strategies which encourages children to reduce conflict. Problem solving strategies also help develop self-control, a sense of responsibility and recognition of other's needs.





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6. If there are situations of continued inappropriate behaviour, the Preschool Director will meet with the child's parents to develop a common strategy to deal with the behaviour. In these types of cases, community resources may be an option and information about these programs can be discussed with parents, if they choose.

7. If after exhausting all other steps and the behavior does not improve, the parents may be assisted in finding a program that is better suited to their child's needs.

Salto Gymnastics Preschool will NOT:

1. Inflict or cause to be inflicted any form of physical or verbal degradation or emotional deprivation.
2. Deny or threaten to deny any basic need.
3. Use or permit the use of any form of physical restraint, confinement or isolation.





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HEALTH POLICY

If possible, please notify the gym if your child will be absent from school. It is important not to send a child to school if they have the following symptoms:

1. Thick or discoloured discharge/drainage from the nose
2. Persistent cough or sneezing
3. Fever
4. Sore throat
5. Nausea, vomiting or diarrhea within the previous 24 hours
6. Headache
7. Earache (this disrupts equilibrium and balance)
8. New or unexplained rash
9. Discharge from the eyes/pink eye
10. Requiring greater care and attention than can be provided without compromising the care of the other children in the program





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If a child develops signs of illness during class time, parents will be notified and will need to pick up their child right away. In cases where parents are unavailable, emergency contacts will be notified. After illness, children may return to school if they have been symptom free for at least 24 hours or they have a note from a physician. If a child has been prescribed antibiotics, they may return to school 24 hours after the first dose has been given.

EMERGENCIES

During a medical emergency, Salto Gymnastics Preschool staff will treat and administer first aid, as required. If EMS is required, 911 will be called first and the parent/guardian called second. All preschool staff are First Aid and CPR Certified.





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MEDICATION

It is the policy of Salto Gymnastics Preschool that we do NOT administer any medications other than emergency medication such as an EpiPen or asthma puffer. In the case of emergency medication, a medication form must be completed by the parent prior to the first day of classes. All medication must be in its original packaging.

SNACKS

Each child is required to provide their own small, nutritious snack from home. Salto Gymnastics is a NUT FREE facility so please be sure that all snacks are nut free!





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FIELD TRIPS

You will be notified in advance of any field trips the Preschool is planning. Volunteer parents may be required to provide extra supervision. Field trips take the place of regularly scheduled class times.. Salto Preschool Program does not provide transportation to or from most field trips.

DRESS

The children need to be free to enjoy their day of gymnastics, play and crafts without the hindrance of constraining clothing. Please dress your child appropriately in comfortable, durable, and washable clothing. Please avoid zippers and buttons and if a dress is worn, be sure to add a pair of shorts underneath.





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INDOOR SLIPPERS/SHOES

All children must wear leather bottomed slippers at all times. For fire safety and hygiene purposes, this is mandatory. Salto is happy to offer parents a discounted rate for Robeez slippers, available for purchase from our front office. If you would like more information on what other types of shoes are acceptable and recommended, please feel free to contact the Preschool Director.

VOLUNTEER INFORMATION

Volunteering is not mandatory at Salto Preschool. We do, however, ask for volunteers on an occasional basis for our field trips and outings. For these events it is both greatly appreciated and extremely helpful.

