

Newsletter

December 2018

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Thank you!

A Special thank you to all of our parent volunteers for helping with RAK Day! It was another great success this year!

Thank you to all of our families for taking time out of your busy schedules to attend Family Learning Celebrations with your little ones. We love to have you all in the classroom and they are so excited to show you everything they are learning!

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Important Dates:

- December 12 (AM) & 13 (AM/PM):
Field Trip JBS Canada Centre Fieldhouse & Library
- December 19 (AM) & 20 (AM/PM):
Pajama & Stuffed Day
- December 21-January 4:
Christmas Break

Themes:

Mrs. Blake's class will begin the Zoo Animal theme, reading fiction and non-fiction books, and learning about informal measurement. Mrs. Parnas' class will start the Fairy Tales, Fables & Nursery Rhymes theme and spend time learning about rhyming and reading fiction books.



Reminders:

Please remember to dress your children for the weather and send outside clothing including winter coats, snow pants, hat, mitts and boots depending on the weather so the classes are able to head outside as much as they can!

Healthy Habits:

by [Ashley Williams, RN, BN BELA Health & Wellness Consultant](#)



Helping families unplug this holiday season:

Many toddlers are watching more than two hours of TV & videos/day!

Did you know too much screen time places these at risk:

- Brain development
- Talking and vocabulary
- Attention and memory
- Coping behaviour

Tips to Help:

- Spend more time doing fun activities like reading books, playing outside, crafts, dancing and puzzles

-Set a good example. Children often copy what we do. Try to spend more time doing things you enjoy and you may be less frustrated by interruptions.

What if....

I need to make dinner or get the laundry done!?! Plan simple, fun activities for your child to help you to have fun by themselves. They may like to do a simple craft while you are cooking or play with a bin of dress up clothes when you are doing laundry.

Check out the bulletin board for more info!

Adapted from AHS
"Real Time Not Screen Time"



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