

# Newsletter

## December 2019

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**Happy Holidays from the BELA family  
to you and yours!**

### **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 11 (AM) & 12 (AM/PM):  
Field Trip JBS Canada Centre Fieldhouse & Library**
- **December 18 (AM) & 19 (AM/PM):  
Pajama & Stuffie Day**
- **December 20-January5:  
Christmas Break**

### **Themes:**

Moving into the winter months the classes will enjoy the Snow Angels, Icicles and Winter Wonder theme!



## **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!

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## **Healthy Habits:**

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



In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



Adapted  
from: AHS Healthy Children Newsletter  
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