

Newsletter

December 2020

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

Thank you!

A Special thank you to all of our families for your continued support and understanding during this trying time. We hope the holiday season will provide you with some much needed rest and time with your family.

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Important Dates:

- **December 16 (AM) & 17 (AM/PM): Pajama Day**
- **December 19-January 3: Christmas Break ****
- **Virtual Parent Advisory Council January 2021: watch for more info!**

****These are the dates for our Christmas Break, unless we are mandated, at any point by the Alberta Government to extend it in response to the ongoing Covid-19 Pandemic. If there are changes to our Christmas break you will be notified as soon as possible. ****

Themes:

Mrs. B and Mrs. H's classes will continue learning about Zoo Animals, reading fiction and non-fiction books, informal measurement, and the changes we see as we transition from Fall into Winter. Mrs. P's class will learn about Fairy Tales, Fables & Nursery Rhymes, where they will be learning about rhyming, changes as we go from Fall into Winter and reading fiction books. Both classes will explore concepts including shapes, opposites, positional language (in front of, behind etc.), amounts (some,all, none) and temperature!



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 and recharge this holiday season:

Do you know that 3-4 year olds need 11.5-12 hours of sleep/ day??

Lack of sleep can cause:

- difficulties controlling emotions
- attention problems
- poor academic performance

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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