

Newsletter

February 2020

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February is Friendship & Kindness month at BELA and we have lots happening! Students will be making special crafts with our friends at Newbrook Lodge. This is such a special activity for both our students and the residents. Check out our blog "[Why All the Talk About Buckets?](#)" to learn more about why!

We will also be taking part in Winter Walk Day! The children will deliver their Friendship crafts to Newbrook Lodge on their Winter Walk. Winter Walk Day takes place every February in Alberta! Winter Walk Day encourages people across Alberta to be active outdoors in winter. More than 800

organizations and 100,000 Albertans took part last year. **Please let your child's teacher know if you're able to join us for our Winter Walk!**

Our "Families Helping Families Food Drive" runs from February 3 – February 28, and we are hoping that if you are able, you will contribute non-perishable food items for our local Food Bank. Last year we collected 147 pounds of food and we hope we can beat that record this year!

We would like to extend a BIG thank you to all of our parent volunteers for coming in to help with any of these activities! We couldn't do these special events without you :)

Important Dates:

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- Winter Walk & Lodge Visits: February 5 & 6
- Winter Break: February 15-23

Themes: Classes will enjoy learning all about Farmyard Fun and Forest Creatures throughout the month of February!



Reminders: Please continue to dress your children for the weather and send outside clothing including winter coats, snow pants, hat, mitts & 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



Stay Winter Active!

Children need active play each day. Physical activity such as running, jumping, crawling, and climbing helps develop strong muscles and bones. Regular physical activity helps young bodies stay healthy and fight germs. Physical activity releases children's energy and relieves stress while they have fun. Overall, children feel better when they are active and moving!

Preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:

- A variety of activities in different environments
- Activities that develop movement skills
- Progression toward at least 60 minutes of energetic play by 5 years of age.

Children naturally like to play, and adults should encourage them. Limit the amount of time they watch TV or play computer games.

Choose a safe place for them to play. Parks and playgrounds may have enclosed areas for play. Always watch children when they are playing outdoors. It is even better if you play with them!

Dress for the Weather:

Children can play outside even when it is cold. Dress them in layers, including jackets that can be removed if the children become too warm. Despite the cold, children can get hot while running and playing hard.



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