

Newsletter

February 2021

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February is Friendship & Kindness month at BELA and we have lots happening! Watch for more details about how we will be filling up buckets this month! 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! Winter Walk Day takes place every February in Alberta! Winter Walk Day encourages people across Alberta to be active outdoors in winter. Your child's class will be heading out for a walk one day in the next couple of weeks, depending on the weather! We encourage you to get outside and enjoy the Winter weather as well!

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Important Dates:

- Red and Pink Day: February 10 & 11
- Winter Break: February 13-21

Themes: Mr's P's class will enjoy learning about Dinosaurs and Mrs. H and Mrs. B's classes are onto the Community Helper theme for 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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