

Newsletter

January 2021

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Happy New Year from our Family to Yours!
We hope you had a restful holiday season, and we are so excited to start 2021 with all of you.

Thank you all so much for this very generous donation to the food bank!! In memory of our late Founder & Director, Jody we matched your donations with a cheque to the Food Bank for an additional \$350.00! It warms our hearts to have so many bucket filling families at BELA and to honour the values of compassion, empathy and social impact that Jody built this program on. ♥

Learning Outcome Checklists will come home from school with your child at the end of January. This will provide you with a snapshot of your child's learning and how much they have grown and developed already this year!

Important Dates:

- **January 27 & 28:**
Learning Outcome Checklists
- **January 28 7pm: virtual Parent Advisory Council Meeting via Zoom**

Themes:

Classes will continue with their Zoo Animal and Fairy Tale themes before moving onto Community Helpers and Dinosaurs at the end of the month!

Reminders:

Important! Please continue to ensure your children are dressed appropriately for the weather with outdoor clothing, socks and boots everyday! We want to enjoy the nice weather as much as we can 😊



Healthy Habits:

by Ashley Williams, RN, BN BELA Health & Wellness Consultant

Talk With Your Child to Promote Mental Health:

Build communication with children during the early years. The benefits are enormous. Communication is essential not only to develop language skills but also for children's safety and well being.

Build communication and trust by talking with children every day:

-Listen to children. Show interest in what they have to say. Turn off the TV and other distractions when they are talking. Spend one-on-one time with them every day.

-Talk with children, not at them. If they are learning a new skill or if you are correcting behavior, explain it in language they can understand.

-Encourage trust. If children tell you something that's just for you, then respect that confidence.

-Let children know that you are there for them. They should not be afraid to tell you something. Discourage secrets with other people.

-Answer questions honestly and simply. Do not laugh at children's questions.

The communication and trust built during childhood can continue throughout teenage years, but it requires work every day. The same technique—listening, showing interest, and building trust—also works with older children and teenagers. It even works with adults!

Hip on Health 2015

Bell Let's Talk Day is January 28. Join the conversation on social media to help spread awareness and decrease stigma.



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