



# Newsletter

## September 2019

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Welcome Class of 2019-20!



As we begin the year at BELA we would like to take this opportunity to welcome your family, to the BELA family! Our team is excited about the learning we will share with your child and your family, this year!

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### **Important Dates:**

- Sept. 26th 7:00 pm:  
Parent Advisory Council Meeting
- Sept. 26th 7:30 pm:  
Parent Volunteer Workshop



## **Reminders:**

Our parents are expected to volunteer once per year. If you can't volunteer during class time, please see your Teacher for ways you can help outside class time. Volunteer sign up sheets will be placed at the sign in book for your child's class in October. We do not have any parents in class until all of the students have settled in and are adjusting to their new routine.

Each month you will receive our newsletter, in print or online if you so choose. Please read carefully as our newsletter includes information / activities for all of our families, as well as specific information for your child's class.

Please remember to label all of your child's belongings and to dress them for the weather, as classes will be heading outside as often as we can!

If you have any questions or concerns please reach out to us, we are here to help. All staff emails are available on our website under "staff directory". We can be reached by phone at 403.501.0019. We look forward to spending the year with you & your family!

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## **Healthy Habits:**

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



At BELA, your child's health is important to us! We encourage you to take an active role in your child's health & wellness, and to utilize the many

resources we have to offer!

Here are some tips:

-check out the monthly newsletter & display board for health & wellness info!

-help yourself to the information & pamphlets available! We have lots of info about safety, nutrition, exercise & staying active!

-always provide staff with up-to-date information about your child's health & medical conditions (allergies, asthma etc)

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Stay connected and get your BELA info where you want it. Follow us on Facebook or Twitter. For more detailed stories, educational information, strategies & tips from our staff be sure to follow our Blog. You can find all the links on our website!