



February

2020

BROOKS PRESCHOOL NEWSLETTER

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Teacher's Report

Even though February is the shortest month of the year we have much going on! The weather is getting warmer and we encourage you to stay active by joining in on your class walks celebrating Alberta's annual Winter Walk Day.

Preschoolers love games, teaching opposites are an ideal way to help improve your child's vocabulary and ability to communicate. Along with words such as behind and in front we will have fun with Opposites and Movement.

Early learning development generally occurs in a certain sequence and within certain timelines, but there can be a great deal of individual variation from one child to another. Children need environments that foster their overall development without forcing it. We carefully plan different activities through play to provide the age appropriate concepts being taught (i.e. colors, shapes, numbers, and vocabulary supporting the children's learning outcomes.

As you have noticed name tags have changed to last names for the 4 year olds. Thank you for helping your child finds and say their last name. This helps in the process of school readiness.

We have a celebration planned for Valentine's Day and encourage you to bring valentines for your child to share with their classmates.

Check Out Our Website!

www.brookspreschool.com

Mrs. Bruce, Mrs. Webb, Mrs. Jackson and Mrs.
Donald

Monday, Tuesday, Wednesday & Friday



www.facebook.com/inspiringplay

*If you have any questions throughout the year please
contact Mrs. Bruce at the Preschool or
bpsteachers@brookspreschool.com*



Winter Walk Days

Families are welcome to come for our winter walk in celebration of Alberta's annual Winter Walk Day. **Please note parents must be in supervision of any siblings present.** We will be walking for the last 20 minutes of each class Tuesday Feb. 4th Wednesday Feb. 5th and Friday Feb. 7th. **COME JOIN IN THE FUN OF PROMOTING HEALTH AND WELLNESS.**



Special Days

Valentines Exchange/Parties

Tues. Feb. 11th, Wed. 12th Fri. 14th, encourage your child to wear something red, pink or grey. We will exchange Valentines on these days. Please write **ONLY YOUR CHILD'S NAME** on each valentine to be distributed. If you would also help your child put a valentine in each child's bag, it will make things run smoothly.

Pioneer Villas Visits

All Classes will also be joining the seniors in the Pioneer Villas 426 - 3 Ave. W across the alley from our preschool to share some Valentine Love delivering some cards and making valentines, and other activities. Extra parent volunteers are welcome (permission slips must be signed) Children are encouraged to wear pink/red/grey.

February 11th

Tuesday 9:45-10:45 a.m. Villa 1

February 12th

Wednesday 9:45 –11:00 a.m. Villa 3

February 14th

Friday 9:45–11:00 a.m. Villa 4

Spring Raffle

Thank you to everyone for supporting and participating in our Spring Raffle.

All sold and unsold tickets and money MUST be returned to the preschool no later then February 3.

The draw will take place on Feb. 7 at 12 pm at the preschool.

Little Reminders

Family Week: Preschool will be closed February 17th-21st enjoy your time together and stay active.

Parents please let teachers know of any changes in phone numbers, addresses or medical concerns. We need to keep information current.

Please send full winter wear, mittens, boots etc. as the children will be going outside on warmer days.

During bad weather conditions, our school will be closed when temperatures drop to -35 degrees (excluding wind chill). Parents please listen to our local Radio Station for conformation. FM 101.1 or Q105.7

If you have any concerns or questions throughout the year please feel free to contact your teacher at the preschool or email at bpsteachers@brookspreschool.com

Family Literacy Tips

Family literacy refers to the many ways families develop and use literacy skills, from enjoying a storybook together, to playing word games, singing, writing to a relative or friend, sharing day-to-day tasks such as making a shopping list or using a recipe, and surfing the Internet.

Other fun and easy way to increase vocabulary is making up stories. Creating stories encourages creative thinking and imagination. Tracing letters provide children with a tray filled with sand, soil, rice, or any other similar material. Encourage your child to trace the letters they see around them.



Special Thanks

To all the Room Reps who continue to work hard on contacting parents and putting together our monthly schedules.

Thank you to Adrienne Beaudry for your excellent help in cutting Valentines and circles for some coming up projects.

Thank you to Chelsea Opperman for the donation of items to our preschool; we always find ways to use them.

Thank you to all our Preschool parents, grandparents, and other family members who volunteer in class on a regular basis. The children enjoy their special time with their family member helping and it shows you are interested in what they are learning.

Snack Attack

Fresh Fruit Pops

Ingredients:

- 1 banana, peeled and sliced
- strawberries, washed and the top cut off
- yogurt
- granola
- skewer sticks, popsicle sticks, etc.

Instructions:

1. Skewer chosen fruit on sticks
2. Dip the fruit into yogurt and then roll in granola.
3. Serve immediately or store in the refrigerator or freezer.



Graham Cracker Smiles

Ingredients:

- Graham Crackers
- Peanut Butter
- Strawberries (cored and thinly sliced)
- Chocolate chips

Instructions:

1. Break your graham crackers in half.
2. Spread peanut butter on top of each cracker.
3. Place two strawberry slices on cracker like eyes.
4. Use chocolate chips to make a smile.



Not a meat eater?

Do you have a child who is not a great meat eater? Often young children will refuse meat due to different tastes or textures or difficulty chewing. Don't worry. Offering small amounts of lean meats and other protein foods will generally meet their protein and iron needs. See the tips below.

Helpful tips

1. Cook tougher cuts of meat in soups, stew, or sauces so they are easier to chew.
2. Offer soft meats like chicken, fish or ground meats.
3. Offer eggs instead of meat. Children not yet accepting eggs may eat them as French toast or in puddings.
4. If your child care centre is peanut free, other nut butters or pea butters like WOW Butter® can be spread on crackers and toast or thinned down for fruit dip.
5. Add pureed beans and lentils to sauces for noodles or vegetables. Try using peas, beans and lentils in other fun ways that kids will enjoy.

The recipes below use beans in a variety of ways. This hummus recipe is from healthyeatingstartshere.ca under the Early Learning and Child Care Centres icon. Hummus can be used as dip for whole grain bread or crackers or for vegetables.

Hummus

4 – 540 mL cans Chickpeas, canned, drained, rinsed
4 cups (1 L) plain, low fat yogurt
½ cup (125 mL) lemon juice
½ cup (125 mL) olive oil
4 tsp (20 mL) ground cumin

Blend all ingredients together in a blender or food processor.

Makes 50 – ¼ cup (60 mL) servings.

Keep leftovers in the fridge.



Continued

Smoothies - *Beans give this smoothie extra fibre and protein.* Can add extra milk or a few ice cubes to thin down the smoothie if too thick.

1/3 cup (75 mL)	cooked or canned white beans, rinsed and drained
½ cup (125 mL)	low fat milk
¼ cup (60 mL)	vanilla yogurt (can use Greek yogurt for extra protein)
1 cup (250 mL)	frozen fruit
½ tsp (2 mL)	vanilla

Blend all ingredients together in the blender. Makes about 2 cups (500 mL).

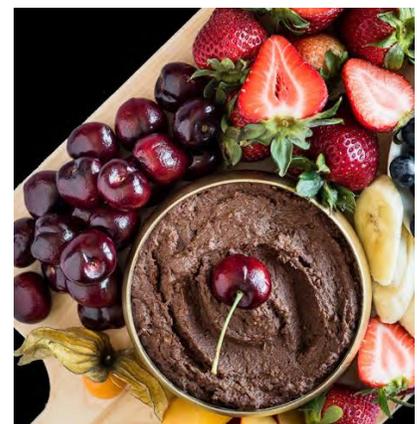
Note:

Beans: You can use white kidney beans, navy beans, or Great Northern beans
Fruit: Can use any combination of frozen fruits such as banana, berries, mango, or peaches. Can also add 2-4 Tablespoons (30 – 60 mL) of orange juice concentrate to the fruit.

Chocolate Chickpea Dip- *Would be yummy on fruit or whole grain toast, waffles or crackers.*

4	pitted Medjool dates
¼ cup (60 mL)	hot water
1 tsp (5mL)	vanilla
1 – 540 mL can	canned chickpeas, rinsed and drained
¼ cup (60 mL)	cocoa powder
2 Tbsp (30 mL)	nut, seed, or pea butter
½ cup (125 mL)	water

1. Put dates in a small bowl and cover with the hot water. Let stand for 10 minutes.
2. Add soaked dates and all the remaining ingredients to a food processor and blend smooth.
3. Add additional water, 1 Tbsp (15 mL) at a time until dip is spreadable to your liking.



If you are concerned about how your child is eating or want help with meal planning and meal ideas, call your local outpatient dietitian to make a free appointment.

Medicine Hat, Oyen, Bow Island: 403-528-5628, 1-866-795-9709
 Brooks and area: 403-793-6659

Keen for the Bean Smoothies

Great Northern Beans

MAKES 3 cups (750 mL)

Creamy and delicious smoothies to power work and play.

INGREDIENTS

VANILLA BASE

- 1/2 cup (125 mL) cooked or canned great northern beans or white beans
- 1/2 cup (125 mL) vanilla Greek yogurt
- 1 frozen banana 1 cup (250 mL) milk

COMBO #2: COCOA COOKIE

- 1 frozen banana
- 2 Tbsp (30 mL) peanut butter
- 2 Tbsp (30 mL) unsweetened cocoa powder
- 1/4 cup (60 mL) quick oats

NUTRIENTS PER SERVING (1 cup/250 mL)
 Calories 245 Fat 7 g Cholesterol 3 mg
 Carbohydrate 39 g Fibre 8 g Sugar 14 g Protein 12 g
 Sodium 82 mg Potassium 597 mg Iron 3 mg

COMBO #1: MANGO BREEZE

- 1/2 cup (125 mL) frozen mango
- 1/2 cup (125 mL) frozen pineapple
- 1/4 cup unsweetened orange juice
- 1 Tbsp (15 mL) hemp seeds

NUTRIENTS PER SERVING (1 cup/250 mL)
 Calories 162 Fat 2 g Cholesterol 3 mg
 Carbohydrate 30 g Fibre 5 g Sugar 16 g Protein 10 g
 Sodium 35 mg Potassium 400 mg Iron 2 mg

COMBO #3: CHERRY BERRY

- 1/2 cup (125 mL) frozen cherries
- 1/2 cup (125 mL) frozen raspberries
- 1 handful fresh spinach 1 Tbsp (15 mL) chia seeds

NUTRIENTS PER SERVING (1 cup/250 mL)
 Calories 162 Fat 2 g Cholesterol 3 mg
 Carbohydrate 30 g Fibre 9 g Sugar 12 g Protein 10 g
 Sodium 45 mg Potassium 307 mg Iron 2 mg

DIRECTIONS

- *1 Place beans, yogurt, frozen banana, and milk in a blender.
- *2 Choose a flavour combo and add ingredients to the blender.
- *3 Blend until smooth.



BROOKS PRESCHOOL - FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Mat Man Opposites	Dr. Seuss	Mat Man Opposites		Mat Man Opposites	
		Winter Walk	Winter Walk		Winter Walk	
9	10	11	12	13	14	15
	Happy Hearts	Valentine's Party	Valentine's Party		Valentine's Party	
		Crafts at the Vila Wear pink/gray	Crafts at the Vila Wear pink/gray		Crafts at the Vila Wear pink/gray	
16	17	18	19	20	21	22
	Family Week No Classes	Family Week No Classes	Family Week No Classes		Family Week No Classes	
23	24	25	26	27	28	29
	Healthy Habits	Healthy Habits	Healthy Habits		Healthy Habits	

