



November

2019



Teacher's Report

November is here and what a fun month October has been and with such unusual weather as well.

The children are definitely settled into preschool now and have been establishing their routines. At preschool we have been practicing: using our words to help solve problems or express how we feel, using our walking feet and calm bodies to stay safe in the classroom. Also using our listening ears and looking eyes to listen to and see the teachers and our friends when they are speaking to us. The children are starting to explore playing together, and they are learning what it means to share, include others, take turns and even show compassion towards each other.

November is our month to learn about occupations. Through experiences provided by this theme the children will become aware of a great number of occupations and the way these workers help us today. If you are interested in sharing your profession with our classes, we would love to hear from you and plan for you to come in.

Learning with Lego bricks is the perfect opportunity and so much fun for the children this month; building fine motor skills, practicing cooperative play, creativity, and STEAM skills.

If you hear your child talking about Tag Bags, we are promoting early math skills and literacy skills with these unique Tag Bags. The variety of fasteners the children have to open and close fosters fine motor skills that children need.

By the end of the month children are already starting to feel the excitement of the holiday season, so we talk about what they see, hear, or smell that tells us Christmas is coming. Early November all classes will begin practicing for our Seasonal Christmas Party, during the last few minutes of class.

Check Out Our Website!

www.brookspreschool.com



<https://www.facebook.com/inspiringplay/>

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



Character Education

“CITIZENSHIP”

Your preschooler will meet Cindy the Citizen Crab and be encouraged through stories, songs and activities to:

- Cooperate
- Obey rules
- Respect people in charge
- Not to litter

Before children can be citizens of the community, they must learn to be citizens in the classroom. Children who learn to get along with their classmates will be able to learn to get along in their community. One way to help preschool children become good citizens is by teaching them not to litter; to do their share to make your home, school, and community a better place for everyone!

Little Reminders

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

Please clearly label your child's belongings (lunch bag, backpack, shoes, etc.) to avoid any confusion or lost items.

Scholastic Book orders take at least 3 weeks for processing and delivery. **Watch for a new order form every 2 months.**

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

Doors at the preschool do not open until 8:45 pick up times are 11:30/12:00 doors will remain locked until then. If you need to pick up your child earlier, please ring the doorbell.

Play Zone – Be advised, children paint, use markers, and glue at school. We recommend that you DON'T dress your child in their best clothes as stains are a possibility.

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



Special Days

Fire Truck Visits: November 1st and 5th. Fire Fighters will visit each of the classes and the children will have a chance to climb on a fire truck and learn about Fire Safety. We will be practicing STOP DROP and ROLL. Please dress your child warm as we will be outside for a period of time near the end of classes.

Police Car Visits: November 6th & 8th. The children in the 4-5-year-old classes will experience a visit from a local Constable.

Brooks and District Handicraft Guild: Wednesday November 13th and Friday November 15th. The children will be visiting the pottery guild. **Please note there is a cost of \$2.00 per child;** so please bring a toonie for your child to make a Christmas decoration.

National Child Day: November 20th. Each year National Child Day is about celebrating children as active participants in their own lives and in communities. This year the Wednesday class will have the privilege of participating in the Play Centers that will be set up by local Early Childhood Educators including our preschool. We will be leaving the preschool at 9:10 sharp and returning by 10:45 (weather permitting as we will be walking) **Watch for permission slips to be signed.**

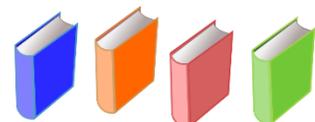
This shows our support for National Child Day and that we advocate for a child's **Right to Play.**

Child Observations:

At the end of December, you will receive an observation checklist on how your child is learning. The observations are a combination of our Program Philosophy Statement which is adapted from the current research regarding developmental milestones, for children 3 to 5-year olds. This is not a report card; it is to let parents know about your child's progress and development during the year. We encourage you to stay involved in your child's everyday experiences and celebrate how well they are doing.

Book Fair

The Brooks Preschool will be holding a Scholastic Book Fair on November 29th & 30th. Please watch for more information on our website and Facebook Page.





Parents please help yourself to the information & pamphlets available in the front entrance of our preschool PARENTS CORNER. We have lots of current community resources and information about nutrition, exercise & well-being.

BC Fruit Fundraiser

Thank you to everyone who participated in the Fruit Fundraiser. The pickup date will be approximately the end of November to the first week of December. Keep an eye on your classes Facebook Group for more details.



A very special Thank You to all the parents who donated pumpkins and baking for the Pick-A-Pumpkin Festival. We would also like to thank everyone who came out to support our event, the Bandits for helping, the Brooks Farmers Market for the opportunity to have our festival in conjunction with their market, and to those who donated pumpkins: Michelle's Market, Shadar Cabinets, Bonnie Dale & Family, Heather Pahl, and Prowler Energy.

Special Thanks

We are very grateful for our parent helpers; you're terrific in helping in so many ways.

Special thanks to all the parents who joined us for our Fall Walks.

We appreciate all donations of recyclable items, paper towel rolls, and supplies for open ended art. Thank you to the Keinick and Baksa families for their continued donation of items; the children will make good use of them.

Our visit to the Brooks Food Bank during Thanksgiving week was a way for the children to practice being good citizens, by helping and caring about people in our community. Thank you for all your donations. grateful for our parent helpers; you're terrific in helping in so many ways.

Snack Attack

Apple Slices with Toppings

Ingredients:

Apples	Yogurt/Nutella/Peanut Butter/Almond Butter
Bananas	Granola
Strawberries	Honey to drizzle (optional)

Instructions:

1. Gather ingredients and wash fruit.
2. Use an apple corer to remove the core from the apples.
3. Slice the apples into rounds.
4. Use thin slices of bananas or apples to cover the core hole so your other ingredients don't run through.
5. Spread yogurt, Nutella, peanut butter, or almond butter on each apple slice.
6. Top with combinations of banana slices, strawberries, granola and honey, or what ever other ingredients you want to use.



Chocolate Muffins

Ingredients:

2 cups flour	½ cup cocoa powder
1 tsp baking soda	1 tsp vanilla extract
½ tsp salt	1 egg
½ cup sugar	1 cup applesauce
½ cup brown sugar	½ cup milk
1 cup chocolate chips	½ cup oil

Instructions:

1. Preheat oven to 350° F. Grease 12 muffin cups or line with paper muffin liners.
2. In a large mixing bowl combine all the dry ingredients.
3. In a separate bowl whisk together remaining wet ingredients until smooth. Pour into flour mixture and stir until just combined.
4. Divide batter amongst prepared muffin cups, filling about 2/3 full.
5. Bake for 20-25 minutes, or until a toothpick inserted comes out clean.

Sugary Drinks

Did you know that 100% juice is now considered a sugary drink just like pop and slushes?

Health Canada and other health organizations recommend limiting intake of free sugars. Free sugars are the sugars added to drinks like pop, fruit drinks, and slushes. Free sugars are also the natural sugars found in honey, syrups, fruit juices and fruit juice concentrates. Free sugars do not include natural sugars found in actual fruits and vegetables or white milk.



Why limit free sugars?

Too much sugar may increase the risk of obesity and other chronic diseases like type 2 diabetes. Sugar intake is also one of the main causes of dental cavities. When kids have high sugar foods or drinks instead of healthier choices, they may not get enough vitamins, minerals and other important nutrients for proper growth and development.

What are healthy drinks I can offer?

Water is always the best choice to stay hydrated. Offer water throughout the day and between meals and snacks. Unsweetened milk or fortified soy beverages are also healthy choices for kids. They will provide the calcium and vitamin D needed to keep bones strong.



What if a child does not like water to drink yet?

Try flavouring the water with different fruits, vegetables or herbs. Crush the fruit or herbs a bit to release more of the flavour. Health Canada suggests blackberries and mint, raspberries and cucumber, or chopped apples and a cinnamon stick.

More information on healthy drinks can be found at <https://food-guide.canada.ca/en/> or <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf>.

BROOKS PRESCHOOL - NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Fire Safety (Fire Chief & truck visit)	2
3	4 Community Helpers/911 Safety	5 Fire Safety (Fire Chief and truck visit)	6 911 Emergency/Police Safety (Possible Police officer visit)	7	8 911 Emergency/Police Safety (Possible Police officer visit)	9
10 No School Remembrance Day	11	12 Lego Fun (wear brown/purple)	13 STEAM with Lego (Pottery guild visit please bring \$2)	14	15 STEAM with Lego (Pottery guild visit please bring \$2)	16
17 STEAM with Lego	18	19 Lego Fun	20 STEAM with Lego National Day of the Child	21	22 STEAM with Lego	23
24 Signs of Christmas	25 Signs of Christmas	26 Signs of Christmas	27 Signs of Christmas	28	29 Signs of Christmas Book Fair	30 Book Fair

