

March

2021

Mrs. Bruce

Mrs. Bolt



TEACHER'S REPORT

We are eager for Spring!

The weather has warmed up and we are all excited to be back outside again.

The children have displayed all kinds of learning dispositions throughout February. From being co-learners and co-researching light and shadows, dinosaurs, building pirate ships to recently being playful dogs. Setting up the environment to further nurture their play has been extremely rewarding as we watch them grow in their dispositions of being playful, caring, seeking, participating, and persisting.

March is National Nutrition Month and that leads to introducing our students to health and nutrition which will play a greater role in the upcoming months. To set the stage for nutrition month our dramatic play area will be the "Corner Grocery Store"

The children will hear about being healthy, active learners through discussions and stories. Children will learn why nutrition, dental care, exercise, and getting enough sleep are important for emotional well-being, developing friendships, and becoming successful learners.

See Canada's Food Guide for continued support in providing healthy meals and snacks for your families. <https://food-guide.canada.ca>



Check out our Website!
www.brookspreschool.com



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

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

CHARACTER EDUCATION

We are learning about "RESPONSIBILITY"

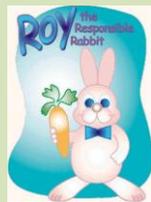
Your preschooler will meet Roy the Responsible Rabbit and be encouraged through stories, songs and activities to

- Do what you are supposed to do
- Keep on trying
- Always do their best
- Help friends and family

There are many ways you can help your preschool child learn to be more responsible. Preschool children enjoy having jobs at which they can succeed. Helping at home makes children feel important and know they are contributing to the family. Simple chores children can do at home include:

- setting the table
- clearing their plates after a meal
- taking their clothes to the laundry
- helping fold clothes
- watering plants or feeding pets

Making a simple chart for your refrigerator may be an easy way to keep track of your family jobs. Your child will enjoy filling in the chart while marking that a job is complete.



We will be hosting our annual Alberta Prairie Meats Fundraiser soon! This is a past preschool favourite.... this means it's almost BBQ season!

Keep an eye out for more information in a few weeks.



SPECIAL THANKS

Thank you to our amazing and dedicated monthly parent helpers.

Thank you also to those who are bringing in donations of loose parts, envelopes, and items for our "take apart center" we are truly grateful.



LITTLE REMINDERS

Kindergarten Registration is ongoing with the Grasslands public schools, Holy Family Academy and Newell Christian School. Contact the school office or visit their websites for more information.

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

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 Stations for conformation FM 101.1 or Q105.7



Dear Parents/Guardians,

This year our class will be participating in the **Scholastic Reading Club program**. Reading every day is the best way for children to become independent readers.

NEW this year: your order will now **ship to your home** and you can order online whenever you want at scholastic.ca/clubshop.

When you checkout, please enter my **Class Code**. When you use my Class Code our class earns **20%** of the value of the order in rewards and you get **Free Shipping** on your order of \$35 or more*. The rewards earned can be put towards books, digital teacher resources, and more!

*Orders below \$35 will be charged \$3.50

Here's to a great year of reading!

Your Teacher

MY CLASS CODE:

RC232590

For full Class Code and Free Mini Book details visit: scholastic.ca/clubshop



SPECIAL DAYS

HEALTHY HEROS

March 2, 3, and 5th the children may dress up in their **favorite superhero costumes**.

Health Holly will be sure to visit the classes.

Dental Talk

The children will view a short video on dental care, March 9th, 10th, & 12th to encourage taking care of our teeth.

Wear Green in honor of St. Patrick's Day, March 16th, 17th, & 19th.

Easter Fun: March Friday 26th, Tuesday 30th, & Wednesday 31st please bring a hard-boiled egg to dye.



THE CRAFT CORNER



St. Patrick's Day paper plate twirler!

Follow the link for instructions on this cute art activity!

<https://www.raisinghooks.com/st-patricks-day-paper-plate-twirler/>

Parents the Board of Directors are looking for your feedback on the Program Hours of Operation for 2021-2022 school year

Please vote either Option 1 or 2

OPTION 1

Monday/Wednesday AM	Tuesday AM	Thursday AM	Friday AM
4-5 yrs. old 3hrs. 9-12pm <i>(doors open at 8:30am)</i>	3-4 yrs. old 3 hrs. 9am-12:00 pm <i>(doors open at 8:30)</i>	3-5 yrs. old 3 hrs. 9am-12:00 pm <i>(doors open at 8:30)</i>	4-5 yrs. Old 3 hrs. 9am-12:00 pm <i>(doors open at 8:30)</i>
Monday/Wednesday PM	Tuesday PM	Thursday PM	Friday PM
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES

OPTION 2

Monday/Wednesday AM	Tuesday AM	Thursday AM	Friday AM
4-5yrs. Old 3hrs 9-12pm	3-4 yrs. old 3 hrs. 9am-12:00 pm	NO CLASSES	4-5 yrs. Old 3 hrs. 9am-12:00 pm
Monday/Wednesday PM	Tuesday PM	Thursday PM	Friday PM
NO CLASSES	NO CLASSES	3-5 yrs. old 3 hrs. 12:45-3:45 pm <i>(door opens at 12:30)</i>	NO CLASSES

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: Mar. 22, 2021

Content provided by: Alberta Health Services, myhealth.alberta.ca

Keep on top of your child's immunization schedule

As we continue to live through the COVID-19 pandemic, we are reminded of how important it is to use the immunizations that protect us against vaccine-preventable diseases such as measles and pertussis that are still present globally and locally.

Routine immunization programs are an essential service and remain available to all Albertans during Alberta Health Services' (AHS') response to the pandemic.

All routine childhood immunization appointments continue to proceed as booked, and new appointments continue to be taken. These appointments may be shorter in length, but will ensure all Albertan children continue to be protected. All appointments will be carried out with appropriate pre-screening and following physical and social distancing guidelines.

School immunizations

While there may be delays as staff and resources have been redeployed to support the COVID-19 response, school and routine childhood immunizations will proceed this year. Local Public health teams are working directly with schools to determine when immunizations can be offered.

What immunizations does my child need and when?

The goal of Alberta's routine immunization schedule is to keep you and your child as healthy as possible. By following this schedule, you and your child will be immunized against diseases at the safest and most effective ages and stages. Visit www.immunizealberta.ca to learn what immunizations are recommended for your child based on their age.



Rainbow Popsicle with No Sugar 100% Fruits - Ice Pop Recipe

Serves: 4

Ingredients

- 1/3 cup watermelon, deseeded
- 1/3 cup orange, or mandarin
- 1/3 cup pineapple
- 1/3 cup kiwi
- 1/3 cup blueberries



Instructions

1. First, for red layer, add deseeded watermelon into a blender and pulse until roughly blended. Then distribute evenly among the ice pop molds. One or two tablespoons only. Each rainbow color layer should be the same size. Then freeze for one hour.
2. For orange layer, today I am adding mandarin oranges (in blender). Pulse until roughly blended. And distribute among the ice pop molds. Then again freeze for one hour.
3. For yellow, blend chopped pineapple and divide evenly among the molds. Now cover with the popsicle sticks and freeze only for 40 minutes.
4. For green, blend chopped kiwi and divide evenly among the molds. Again cover with the tops and freeze for another 40 minutes.
5. Finally for blue layer, blend blueberries and fill the molds.
6. And freeze completely.

Healthy Shamrock Shake

Ingredients:

- 1 medium banana, frozen
- 1/2 cup coconut milk, light, unsweetened
- 1/2 cup Greek yogurt, plain
- 1 Thin Mint Girl Scout Cookie or mint Oreo
- 2 drops mint extract
- 3 drops green food coloring (optional)



Directions:

Place all ingredients in a blender and process until smooth.

Optional Topping: Fat Free Whip Cream and a Thin Mint Cookie

Note: If you don't have a frozen banana, add ice with a fresh banana.

Makes one serving

BROOKS PRESCHOOL - MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Healthy Habits	2 Healthy Heroes Wear a superhero costume	3 Healthy Heroes Wear a superhero costume	4	5 Healthy Heroes Wear a superhero costume	6
7	8 Dental Health	9 Dental Health	10 Dental Health	11	12 Dental Health	13
14	15 Rainbows	16 Wear Green	17 Wear Green Happy St. Patrick's Day	18	19 Wear Green	20
21	22 Signs of Spring	23 Signs of Spring	24 Signs of Spring	25	26 Spring/Easter bring a boiled egg	27
28	29 Spring/Easter bring a boiled egg	30 Spring/Easter bring a boiled egg	31			

