BROOKS PRESCHOOL – DECEMBER NEWS

A MESSAGE FROM OUR TEACHERS

The temperature is slowly dropping, and the children are hoping to see snow falling again. This month will be a quick fun filled month. We welcome families to share special traditions or cultural celebrations. Be sure to fill in the green sheet that was sent home and return it with your child. We will be sharing with the children how our families all celebrate this special time of year.

Music is a big part of the season and for your child as they learn to use rhythm bells and practice for our Christmas concert.

PERSISTING

I/We are engaging with others. Listening and sharing ideas, thoughts, and feelings. We are negotiating, taking runs, and observing, working through our challenges. We are striving to reach our goals. We are Mighty Learners! FLIGHT- Alberta's Early Learning Curriculum

CHARACTER EDUCATION

This month we are learning about **"KINDNESS"**. What better time of year to focus on how we can show kindness toward others (such as through our actions) without just limiting that to giving store-bought gifts.

"To the world you may be one person but to one person you may be the world." - Dr. Seuss

SPECIAL THANKS

We would like to thank our parents and board of directors for all the work that they do for our preschool. We deeply appreciate the volunteer time you are spending to help our preschool run smoothly. We are also so thankful to have such a lovely group of families to work with!

Please remember that we welcome your comments and questions anytime. We appreciate you all so much!
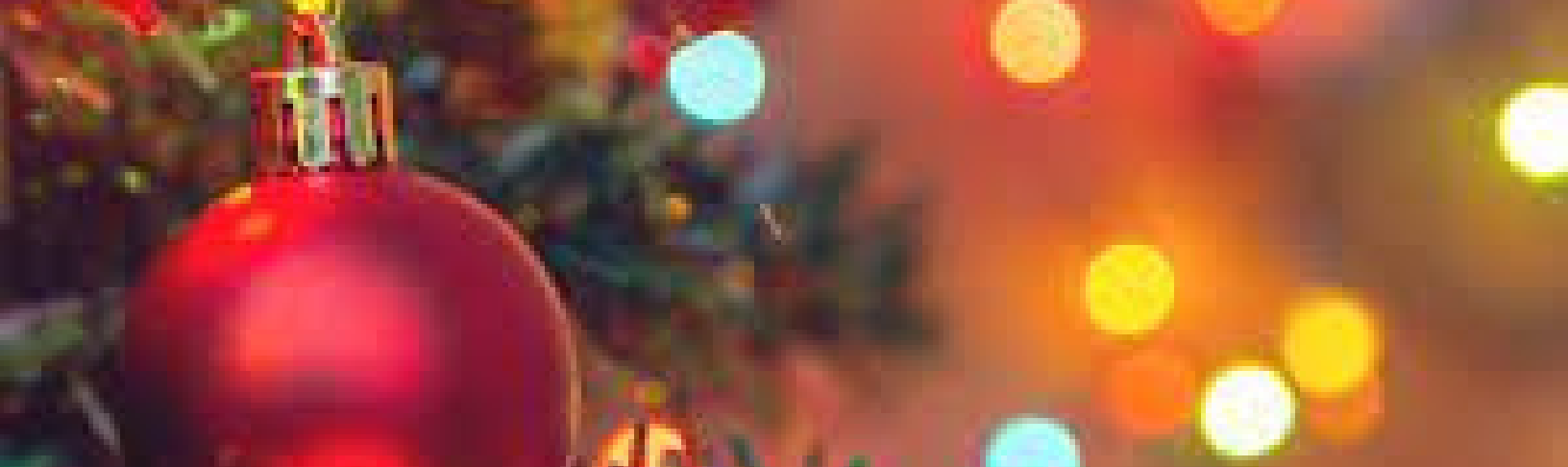
Book Fair- Dec 1st 3:00-7:00 pm
(Mrs. Clause will be a special guest on
Friday from 5:00 - 7:00 pm)
Dec 2nd 10:00 am- 3:00 pm

BROOKS PRESCHOOL CHRISTMAS PARTIES

JBS Flex Hall (323 1 St East)
December 21, 2023
Mon/Wed/Fri 9:00-11:00 AM and Tues/Thurs 1:00-3:00 PM
Watch for the Snack/Drink Signup Sheet at the Preschool

9:00 - 9:30 am or 1:00 - 1:30 pm   Toys/Activities
9:30 - 10:00 am or 1:30 - 2:00 pm   Songs by Children
10:00 - 11:30 am or 2:00 - 3:00 pm   Snack time by special guests
Good-byes & Holiday Wishes

There will be an area set up for families to take photos. Special guests may be
Santa & Mrs Clause

LITTLE REMINDERS

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 Station for conformation. FM 101.1 or Q105.7

Doors at the preschool open at 8:15 a.m. and pick up time is 12:00 noon doors will remain locked until then. If you need to pick up your child earlier, please ring the doorbell.

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

BEST WISHES

We wish you and your families a Merry Christmas and safe holiday season. Enjoy the fun that comes from being together with your children, family, and friends during the holiday season.
See you back on Monday January 8th 2024!

SNACK ATTACK

What you will need:
- 3 sticks Butter
- 3 cups Plain flour
- 1 cup Icing sugar

Directions

1) Beat the butter until its pale and creamy

2) Slowly add the icing sugar and beat through. Add sifted plain flour and mix with beaters on low

3) Gently knead and roll into a ball, wrap with plastic wrap & chill for at least 30 minutes.

4) Roll the dough out on a floured board. Cut into shapes using cooking cutters and bake.

5) Bake for 12-15 minutes @ 325 F until light golden brown

6) Let cool for 10 minutes

NUTRITION FOR LITTLES
Brought to you by South Zone Population & Public Health Dietitians

HEALTHY HOLIDAY MEALS & SNACKS

The holiday season is a special time to enjoy celebrations of food. See this edition for creative ideas to make with children that are fun and delicious! Families will love these ideas too.

Holiday Pancakes

Ingredients:

- Almonds (for nose, scarf, arms, etc.)
- Blueberries
- Yogurt
- Banana slices
- Raspberries
- Strawberry slices
- Apple slices
- Orange slices
- Pancake mix, whole grain

The ideas are endless to make fun, delicious holiday pancakes. Have children assemble their own holiday creations.

Visit here for a variety of fun, holiday pancake ideas.

Kiwi Christmas Tree

Ingredients:
Kiwi
Mandarin Oranges
Pomegranate (or raspberries or blueberries)
You can also use apple slices and grapes to create a variation to this idea. See here

Strawberry Banana Santas

Ingredients:
Strawberries
Banana
¼ Cup ricotta cheese
 or alternative: cottage cheese, yoghurt
Blueberries

Slice the strawberry 1/3 from the top. Spread the strawberry base with ricotta cheese (or alternate), add a slice of banana. Spread another layer of ricotta cheese on the banana slice. Add 2 blueberries to banana, ricotta mixture to look like eyes. Place the remaining part of the strawberry on top as the hat. Add a bit more ricotta cheese to create the pom pom for Santa's hat.

Holiday Food Board Ideas

The ideas are endless for creating food boards. Have children create their own. You can create a vegetable holiday wreath or tree; Children can create their own candy cane made with round cheese slices and tomatoes.

See here for fun, healthy, creative ideas.

Marshmallow Snowman Hot Cocoa

Ingredients

- 3 Regular-sized marshmallows
- Chocolate cookie icing
- 1 Candy corn
- 5 Pretzel sticks
- 1 mug prepared hot chocolate:
- 2 tablespoons unsweetened cocoa powder
  - 1 to 2 tablespoons sugar (depending on how sweet you like it)
- Pinch of salt
- 1 cup milk or fortified soy milk

Watch this video for the simple snowman

Gingerbread Man Sandwich

Use a ginger breadman cookie cutter to make an ordinary sandwich into a cute lunch treat.

Christmas Sandwich Wrap Tree

Make Tuna Salad Wraps into a festive holiday tree. Cut wraps into rounds and pile to create a tree. Use a sliced apple to create the star top.

For more information or support, email: publichealthnutrition.southzone@ahs.ca

Nutrition Services