



# MARCH 2020



## Teacher's Report

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.

The children will learn about being healthy, active learners. 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](http://www.brookspreschool.com)

**Mrs. Bruce, Mrs. Webb, Mrs.  
Jackson and Mrs. Donald  
Monday, Tuesday, Wednesday &  
Friday**



[www.facebook.com/inspiringplay](http://www.facebook.com/inspiringplay)

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

[bpsteachers@brookspreschool.com](mailto:bpsteachers@brookspreschool.com)

### Physical Literacy – The Language of Movement- What is this all about?

“Physical Literacy” is the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations. It is the art of being active. But it is like learning a second language – the older you learn it the more difficult it is to learn and you are less confident when speaking the language. The key then, is to make sure that children develop physical literacy while they are young, or they may feel awkward and close the door on activity for life.

## 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 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.

**“The sign of great parenting is not the child’s behavior. The sign of truly great parenting is the parent’s behavior.” Andy Smithson**

### Dental Talk

The children will view a short video on dental care, March 10th, 11th, & 13<sup>th</sup>. They may receive their own dental package to take home, thanks to our Public Health Unit.



### Little Reminders

**Kindergarten Registration** is ongoing at all schools in Grasslands, Holy Family, and Newell Christian School for your convenience.

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

**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](mailto:bpsteachers@brookspreschool.com)**

### Special Thanks

Thank you to our amazing and dedicated monthly parent helpers.



### Alberta Prairie Meats Fundraiser

Keep an eye out for order forms going home after March 20<sup>th</sup> for our popular meat fundraiser! All orders are due back by April 10<sup>th</sup>.

### Special Days

#### **HEALTHY HEROS**

**March 3,4, and 6th** the children may dress up in their favorite superhero costumes. Health Holly will be sure to visit the classes.

#### **DAD'S/SPECIAL GUEST NIGHT**

This is a special night for your child to show dad or special guest what they are learning in Preschool. Activities will be provided for the children to lead their guest through their choices of playful learning. The children will not attend Preschool during the day but will attend in the evening with dad or special friend, grandfather, uncle or mom if she is not able to attend throughout the year.

**Tuesday class** will attend **Tuesday March 17th** 6:00-7:30 p.m.

**Wednesday class** will attend **Wednesday March 25th** 6:00-8:00 p.m.

**Friday class** will attend **Thursday March 26th** 6:00-8:00 p.m.

**There will be NO CLASSES DURING THESE DAYS** including **Friday March 27th.**

**Note children do not bring a snack; 2 parents will be volunteering to provide muffins for each class.**

# Snack Attack

## Carrot Cake Energy Bites

### Ingredients:

- 3 medium carrots
- 1 Cup oats
- 1 Cup sunflower seeds
- 1/2 Cup dates
- 1 TBSP coconut oil or other light flavoured oil
- 1 tsp cinnamon
- 1/2 tsp ginger dried
- Desiccated coconut for rolling



### Instructions:

1. Place carrots in a sturdy food processor and blitz until very finely chopped.
2. Add remaining ingredients, excluding the desiccated coconut and blitz until the mixture comes together into a large ball. This will take some time, 5 or so minutes of blitzing but be patient it will get there.
3. Using a teaspoon form balls, the mixture will be quite sticky (because of the water content of the fresh carrot), but the texture improves once you roll in coconut. Get the kids involved they will love the mess!
4. Roll the balls in desiccated coconut. Serve.

## Healthy Rice Krispie Squares

### Ingredients:

- 2 Tbsp butter (can substitute with coconut oil)
- 3 Tbsp Honey
- 1/2 Cup Peanut Butter (or preferred type of nut butter)
- 2 Cups puffed rice cereal
- 1 Cup Oats



### Instructions:

1. In a large saucepan melt honey and butter
2. Add the peanut butter and melt into this mixture, this will not take long, you just want the peanut butter to melt into the honey mix, but you do not want to cook it, so watch and stir then remove from the heat. If you over cook the peanut butter you will end up with a crumbly slice.
3. Add the Puffed rice cereal/ rice bubbles and oats
4. Mix together. Press into a baking paper lined tin
5. Refrigerate for 4hrs then slice.



## BROOKS PRESCHOOL - MARCH 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Healthy Habits	Healthy Heroes Wear a super hero costume	Healthy Heroes Wear a super hero costume		Healthy Heroes Wear a super hero costume	
8	9	10	11	12	13	14
	Dental Health	Dental Week Wear green	Dental Health Wear green		Dental Health Wear green	
15	16	17	18	19	20	21
	Mat Man Shapes	No morning class Dad/Special Guest night <b>6-7:30 pm</b>	Mat Man Shapes		Mat Man Shapes	
22	23	24	25	26	27	28
	Weather Watch	Musical Melodies	No morning class Dad/Special Guest night <b>6-8:00 pm</b>	<b>Friday's class</b> Dad/Special Guest night <b>6-8:00 pm</b>	No class today due to Dad/Special Guest night on the 26th	
29	30	31				
	Rainbows Colour Mixing	Celebrating Spring				

