

Dear Parents,
Welcome to February! This month we will explore family and friendship and focus on ways to show kindness to others.

Fall 2021 Re-enrollment & Registration

Our Fall 2021–2022 re-enrollment and registration is complete for returning students and siblings of enrolled students. Thank you for your prompt return of your re-enrollment forms!

Open House for Juniper Early Learning Center

We will be featuring a virtual open house on Monday, February 1 for those on our contact lists and the general public. There is a lovely introductory video posted on our centre's website! We will not be enrolling students in the toddler room at this time as we are still working to fill in any spaces with those who have been on our contact list for up to a year or longer.

Friendship Party

Friday, February 12th, we will be talking about friendship! We will sing songs and make a special friendship craft. Children are welcome to wear red, pink or purple colour clothing to celebrate our friendship day!



February 2021

Newsletter

Toddler Room

**Juniper Early Learning
Center**

**#202-2049 Highland Place
Kamloops, BC V2E 0A8
(250) 374-9565**

Toddler Nutrition

Thank you to the parents for providing healthy snacks and lunches for your toddlers! This is so important for your little one's physical and cognitive development! Our snack and meal times are times for developing social skills, eating skills, and for replenishing our active toddlers with energy for their busy day! General guidelines for supplying the needed nutrition for your little one include: avoiding highly processed foods, refined sugar, and foods with high salt content. Include foods from the following food groups daily for a nutritious diet:

- *Milk and dairy foods
- *Meat, fish, eggs, beans peas, and lentils
- *Bread, rice, pasta, grains, and starchy vegetables
- *Plenty of fruit and vegetables

Toddlers have very small stomachs and small appetites, too. It is therefore very important that what they eat is as nutritious as possible. Also recommended is avoiding low-fat milk until he is two years old.

Excerpts from Your Toddler Month by Month by Dr. Tanya Byr



This Photo by

Happy Birthday to Amara Ross! 3 years old on February 18! Amara will be joining Miss Grace in the 3-5 room in February!

Important Dates:

Monday, February 1 – Juniper Early Learning Center Virtual Open House

Monday, February 15 – Family Day, school closed.

Friday, February 12 – Friendship party

Friday, April 2 - Good Friday, school closed.



We look forward to a great month!
Miss Lin and Miss Daniela