



Dear Families,

Can you believe it is already March? It feels like last March was just yesterday! This has been a very different year, in many ways but we are hopeful that Spring will bring new beginnings. We are so happy that the sun has started shining and the weather is starting to warm up.

We had a great month learning about Friendship, Families, how to show kindness and all about us! We had so much fun at our Friendship party and handing out Valentine's to our friends. We ended the month talking about the world around us and where we fit in to it. This will be a theme that we revisit throughout the year!



This month we will be talking about Dr. Seuss and his books as his birthday falls in the first week! The kids will have fun wearing a crazy, silly or fun hat on March 2<sup>nd</sup>. We will then look at Rainbows; how they are made, what they look like and if there really is treasure at the end! On Friday, March 12<sup>th</sup>, we will have a Rainbow party! We will then take a look at Ireland and the holiday St. Patrick's Day. We may even be visited by a silly Leprechaun! The children are encouraged to wear green on March 17<sup>th</sup> for a fun classroom party. We will be doing a lot of beautiful art activities so make sure you are checking your child's folder this month! We will end the month by talking about Bunnies; their life cycle, types of bunnies and other fun facts! We will talk about Easter and have an Easter Egg hunt in the yard on Thursday April, 1<sup>st</sup>!

## Mark these on your Calendar!

### **Monday March 1<sup>st</sup>**

-Self Care Day

### **Tuesday March 2<sup>nd</sup>**

- Crazy Hat Day! Wear a funny, wild, crazy hat to school in honor of our Dr. Seuss week!

### **Friday March 12<sup>th</sup>**

-Rainbow Day! Dress like a rainbow in every color, or just pick one!

### **Wednesday March 17<sup>th</sup>**

-St. Patrick's Day party! Wear Green  
☺

### **Monday March 22<sup>nd</sup>**

-Purdy's Orders Due for pick-up  
March 28<sup>th</sup>.

### **Thursday, March 25<sup>th</sup>**

-Self Care Day

### **Thursday April 1<sup>st</sup>**

-Easter Egg Hunt!

### **Friday April 2<sup>nd</sup>**

-Good Friday, No School!

### **Monday April 5<sup>th</sup>**

-Easter Monday, please let us know if  
you will be attending!



## Happy Birthday To...

Kate who turns 5 on March 7<sup>th</sup>!

Beckham turns 5 on March 9<sup>th</sup>!

Westyn turns 4 on March 10<sup>th</sup>

Landon who turns 5 on March 18<sup>th</sup>!

Esme turns 5 on March 18<sup>th</sup>!

Miss Francesca on March 20<sup>th</sup>!

### Big Emotions

This year has been unlike any other. I don't know about you, but I am definitely feeling the "pandemic fatigue." You may have noticed some big emotions in your child, that are unusual or unexpected perhaps they are tantrums that last for an hour or an increase fear or worry.

As a child in their early years, they are just beginning to learn how to regulate their emotions both on their own and with our help as well as how to make sense of the world around them.

Children thrive on routine and knowing what to expect to help regulate their emotions. This year, their routines may be very different especially if their parents are working from home, they are no longer seeing family members or they may not be participating in extra-curricular activities. They also do not know what to expect or

how this will end, much like us adults! This creates confusion, uncertainty and can foster their fear of the unknown.

We as staff have been trying to take workshops and do more research on how we can better support the children through this confusing time. I have attached a website that provides some good strategies to support your child, as well as yourself through this! Children copy what we do and pick up on our own emotions such as stress.

We have focused less on activities such as math and language, instead choosing to provide a space for children to explore their emotions and to have fun. Our biggest priority this year is to provide a safe, secure and predictable environment for the children to thrive.

If you have any questions or concerns, please don't hesitate to send us an email or phone the classroom. We are here to help support you and your child in whatever way we can.

Thank you for all you do! This year has provided challenges that no one was prepared for but you are doing amazing!

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

### Dress up Days!

We will be having a few dress-up days in the month of March! On Tuesday March 2<sup>nd</sup> we will be celebrating Dr. Seuss' birthday! In lieu, we are inviting the children to wear fun, crazy or silly hats!

On Friday, March 12<sup>th</sup> we will be discussing rainbows, so please encourage your child to wear rainbow colours!

Finally, on Wednesday March 17<sup>th</sup>, we will be having a St. Patrick's Day party! Please wear green or gold for this fun day.



### Self-Care Days

To encourage the children to work on managing their emotions, we will be having one or two Self-Care days each month.

This day the child is welcome to wear their PJ's or any other comfy clothes. We will be doing some self-care activities such as yoga, meditation, dancing, painting nails, art- whatever their heart desires! This can foster a sense of taking care of your body and mind and having a relaxation day, when you are feeling overwhelmed!

If you have any suggestions on what we can do, please let me know! We would love to incorporate ways that they practice self-care at home, into the classroom.

**Our first Self-Care day will be Monday, March 1<sup>st</sup> with another on Thursday, March 25<sup>th</sup>.**

### Easter Monday

Please let a teacher know if you require care on Easter Monday (April 5<sup>th</sup>). We will open

if we have enough children that do require care!



### Purdy's Fundraiser

We will be doing an Easter Purdy's Fundraiser! You can find more information in your child's take home file. The deadline to order will be Monday March 22<sup>nd</sup>. Delivery will be the week of March 28<sup>th</sup>! Right in time for Easter!

<https://fundraising.purdys.com/486836-82873>



### Spring Break

We are open throughout Spring Break however please let us know if you will be away! This helps us plan our staffing accordingly. Thank you ☺

### Morning Routine

With the arrival of Spring, we will be changing up our morning routine. We have

been starting inside and beginning morning snack just after 9:00am. **As of March 1<sup>st</sup>, we will be starting outside each morning, weather permitting at 7:30am.** Please make sure your child is dressed for the weather, as we will be outside until 8:30am.

If you are arriving after 8:20, please drop your child off inside for shelf activities! This means we will be having our morning snack promptly at 9:00am. **If you are arriving after 9:15, please be aware that your child may not have morning snack.**



### Winter Gear

Without wanting to jinx anything I think we may be able to bring out the splash pants/rain pants. Please ensure your child has proper gear for the weather that day as we do go out every day weather permitting.

Thank you for your understanding and support!  
You are doing amazing and your children are so lucky to have you 😊

*Miss Grace, Miss YounNam,  
Miss Sydne & Teacher  
Sarah*