



Dear Families,

It's March already! Spring is just around the corner. We have spent the last few weeks (and months), talking about how to regulate our emotions, and bodies. How to keep ourselves and others safe. How to celebrate diversity and how to be brave. We talked about the many things we love and why it's so important to protect those things - self, family, toys, the environment. These discussions have led to an interest in the human body. We will continue to talk about the body's different systems (nervous, muscular, circulatory, skelton etc) as the children show a continued interest. One fun science experiment we conducted was the "Eggsperiment", about why brushing our teeth is so important. Find out more information here, or to try it again at home: <https://ca.crest.com/en-ca/oral-care-topics/kids-dental-care/a-fun-eggsperiment>

These discussions have also led to the importance of eating healthy food. Good healthy food, and drinking water rather than juice, keeps our bodies strong and healthy. We invite you to cook and prepare meals with your children if they are showing interest! Here is a link to the new Canada Food Guide: <https://food-guide.canada.ca/en/> which includes tips and recipes. Keep sending those healthy snacks to preschool! May we even suggest sending a healthy food your child doesn't typically eat? They might just be willing to try it if they see their peers trying it too.



We are very excited for March and hoping that it will bring more sunshine and warmer weather! We will be practicing walks around the outside

of our building, in preparation for walks to the Juniper Park. Please talk to your child at home about the importance of road safety while walking to the park. We will not go until we feel confident that we can keep all your children safe while in the community.

We will end the month by talking about Spring and what the change in season will bring. The children will be learning about recycling, compost, gardening, and participating in some cool science experiments! Outdoor education is something we believe is lacking in today's modern world and we are going to do our best to implement a love for the environment. This will ultimately result in your children fighting for a more sustainable future. To protect something they love - the outdoors!

Dates to Remember

- Wednesday, March 3rd - Self-care day**
- March 13th-21st -Preschool closed for Spring Break**
- Monday, March 22nd - Purdys orders due**
- Tuesday, March 23rd - Self-care day**

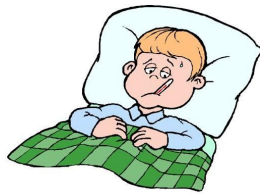


- Lief will be 4 on March 2nd!**
- Krew turns 4 on March 4th!**
- Maeve will be 5 on March 19th!**
- Oliver tuns 4 on March 24th!**

Continuing Education

Early Childhood Educators are lifelong learners. We participate in professional development, workshops, and are honored to call ourselves professionals in our field. We (Pyper and Lisa), are both members of the professional organization: ECEBC. (Early Childhood Educators of British Columbia).

Lisa is happy to announce that she will be returning to school this month (for the next nine months), to take her ECE Post Basic, which means she will be learning about and receiving her Infant Toddler certification and her Children with Exceptionalities (Special Needs) certification. The classes are in the evenings, so she is happy to continue working and seeing all of you every day! If you have any questions or comments about our educational qualifications, please don't hesitate to ask. (Pyper already holds these certifications, and has recently obtained her certification to instruct children's yoga!)



Illness Policy

With the Covid-19 Pandemic reaching a year already, we are all struggling. While adjusting to this “new normal”, many basic human interactions have been ceased and altered in ways that we can't even imagine how it will affect our children. Children, however, are RESILIENT, and we have done our best to keep their schedules and routines consistent in the classroom. It has not been easy and anxiety has been high. We want to let you know how much we appreciate you working together with us through the past year. We know how difficult it can be when you have to keep a sick child home - but we appreciate it so much.

Please let us know if you have any questions regarding our illness policy.

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 in fear or worry.

Children in their beginning years are just beginning to learn how to regulate their emotions both on their own and with our help; while also discovering/exploring 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.

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.

On 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 relaxing 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 Wednesday, March 3rd with another one on Tuesday, March 23rd

Purdy's Fundraiser

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

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

**Thank you so much to all of our wonderful
familis! We are so grateful to be apart of your
childrens lives.**



**Miss Pyper &
Miss Lisa**