

Preschool 2 February 2024 calendar



Special Dates

- February 2nd – Groundhog Day
- February 10th – Chinese New Year
- February 14th – Valentine’s Day
- February 19th – Family Day (centre closed)

February 16th - Parent Event from 4:30 to 5:30

We would like to welcome Mariuxi and new families that have recently joined us!

Enriching the Program

Creative Movement – basic stretches and exercises

Literacy activities – reading/looking at books and discussing them

Music – listening to music and dancing/moving

SHOW n’ SHARE DAY – every Friday in the month of February (children may bring in a special toy/book/have a story to tell)

Skills we will be Working On:

Pre-reading Skills

- Building sentences using two to three words at least
- Learning opposites on/off, in/out, hot/cold etc

Math Skills

- Counting out objects from 1 to 10
- Adding small numbers using fingers and objects

Motor Skills

- Practice using tongs and squeezing smaller objects transferring them from one container to the next
- Practise jumping two feet together

Self Help Skills

- Practice putting shoes on placing fingers in the back of the shoe
- Practice pulling the chair into the table during mealtimes to prevent spilling food

Science Skills

- Weighing scales – heavy and light objects

- Soap and water, demonstrating how bubbles are formed

Social Skills

- Practice conversations with peers in play eg. “I am going to the store to get some groceries and I will be right back.”
- Practise asking and responding to questions: “Can you help me please?” “Can I have more lunch please?”

How Does Learning Happen?

Children thrive in indoor and outdoor spaces that invite them to investigate, imagine, think, create, solve problems, and make meaning from their experiences – especially when the spaces contain interesting and complex open-ended materials that children can use in many ways. Pg. 20 HDLH

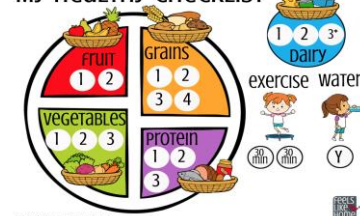
For example, things can be extended for learning purposes within the room from nature such as bagging some pinecones with magnifying glasses and displaying a plastic bird and birdhouse to investigate further. Have pictures in the room that extend the learning to talk about animal habitats, how things grow, footprints in the snow and how these happen.



Ideas for You to Do at Home

When preparing foods for mealtimes, you and your child can work together. They can sort, label, mix and plate the food/s. Discuss the different foods while preparing them and talk about healthy choices. Remind them what the different foods can do for their bodies such as increasing their muscle strength and minds. Praise them for their efforts; most of all have fun!

MY HEALTHY CHECKLIST



BASED ON 1,200 CALORIES PER DAY