

From the Desk of Admin

Many of the educators have been holding Parent Events within their individual classrooms which have been quite successful and very well-received. Thank you to the parents and families for devoting your time to these events for your children. We all appreciate continuing to build and strengthen these relationships with you all.

Classrooms and their educators will be planning lots of fun March Break activities during that time. Have a look at the room calendars for more!



The Easter holiday will be happening earlier this year. Please note that we are closed on the Good Friday, March 29th and Monday, April 1st for Easter Monday. As our days begin to increase in daylight and we move closer to Spring, remember to move your clocks ahead 1 hour on March 10th for daylight savings!

Thank you and have a wonderful March! ☺

Interesting to Note

Mental Health & Children these days!

We go about our days experiencing different things such as stress, routine and life in general. We all rely on things like connection, calm and emotional regulation.

There are many different ways to cope and destress during these times. We can all use pats on the back, label our feelings, mindfulness/physical practises or just general reminders of encouragement.

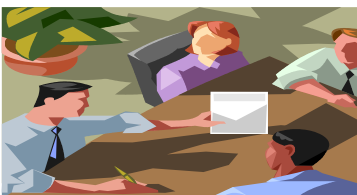
Some examples are as follows:

- 1) Name it to tame it – label and acknowledge the feeling
- 2) Drop shoulders and take a breath – do this at different times during the day to reset and relieve stress
- 3) Smile and communicate with your eyes – underneath the mask it is difficult to engage however we can in different ways like our eyes
- 4) Kindness and Grace – being kind to one another and to ourselves. Expressing ourselves and having one another feel good using positive words and words of affirmation
- 5) Gratitude – being grateful for the things we have. Acknowledging that we are ALL amazing creatures!

Let's continue to stay mindful of each other and hold one another up. We walk this road together.

Board and Staff News

There will not be a Board Meeting in March. The next one will be on zoom in April 10th, 2024.



"If you can imagine it, you can achieve it. If you can dream it, you can become it."
~ William Arthur Ward

Special Dates

10th - Daylight Savings
(turn clock ahead 1 hour)



11th to 15th – March Break

17th – St. Patrick's Day



20th – First day of Spring

29th – Good Friday Centre
Closed