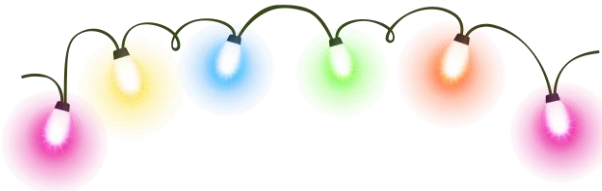


From the Desk of the Admin

Welcome to the cooler weather and the snow is on its way!

There are holiday charts in each of the classrooms and we are asking that parents let their child's educators know when they will be taking holidays over the month of December and beginning of January. We do this during this time to learn numbers for mealtimes and staffing over the holidays.



We have had several illnesses within our communities over the past while. Since this is group care and you plan to keep your children home if they aren't feeling well enough to participate, please communicate by phone or email to let us know. Thank you for your attention in this and for all that you do.

Wishing you all a safe and Happy Holiday Season!

Board and Staff News

Our next Board Meeting will be on February 12th, 2025 @ 7:00 pm via zoom.



Quote of the Month

"If you believe in yourself and have dedication and pride – and never quit, you'll be a winner. The price of victory is high but so are the rewards."
~ Paul Bryant

Special Dates

December 21st – first day of Winter

December 25th – Christmas Day
(centre closed)

December 26th – Boxing Day
(centre closed)

December 27th – **Centre Closed**

January 1st – New Year's Day
(centre closed)



Interesting to Note:

If you are looking for some fun activities to do over the holidays and times throughout the year in our city, you may go to this site on **INSTAGRAM** to find out!!! There are many suggested fun and exciting activities for the family.
@theplaceswewillremember



Screen Time for children

Screen time is the amount of time your child spends using a device that has a screen. It includes time spent watching television, browsing the internet, using a cell phone and playing video games. Screen time often limits a child's opportunity to get active or spend time outdoors. Over time, low levels of physical health can negatively impact their health both mentally and physically. The technology children have access to today is changing their world and providing them with endless access to information and opportunities. The downside is that it is very easy for children (and even adults) to become overstimulated and forget about other fun and healthy activities. Children who spend more time in front of screens tend to have higher obesity rates than children who spend less time in front of screens. Children and teens who watch more than two hours of TV a day have lower scores of self-esteem and self-worth. Daily screen time recommendations largely depend on the age of the child. The CPS & Can Society for Exercise Physiology recommend the following daily limits. Children under aged 2 and under, no screen time. Children aged 2 to 4: less than one hour a day of screen time. Children and teens aged 5 to 17: maximum of two hours a day of recreational screen time (watching television, messaging friends or playing computer games).
Sick Kids/Kid's Health May 2020