

From the Desk of Admin

We welcome any new families!

Educators will be planning some special activities over the March Break week. Have a look at the room calendars for more!

Annual Registration Forms are being given out to families to note and/or update any information for our files.



Daylight Savings happens on March 9th this year.

The days appear to be getting longer therefore moving us into a change of season. We do welcome the warmer weather and more daylight!

Thank you everyone!

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 be kind/mindful of one another. Let's hold each other up and do this together.

Board and Staff News

There is no Board Meeting this month.



"If you can imagine it, you can achieve it. If you can dream it, you can become it."

~ William Arthur Ward

Special Dates

9th - Daylight Savings
(turn clock ahead 1 hour)



10 to 14th - March Break
12th - Entertainer: "Get Low Dance" (for all age groups)

17th – St. Patrick's Day



20th- First day of Spring