



## School-Age February 2026

Goodbye January and HELLO February! This month we are excited to invite all School-Age families to participate in our Winter Carnival Event. Be prepared to have fun, laugh, and create memories.

### Important Dates

February 1<sup>st</sup>-28<sup>th</sup> – Black History Month

February 2<sup>nd</sup> – Groundhog Day

February 13<sup>th</sup> – P.A. Day

February 14<sup>th</sup> – Valentines Day

February 16<sup>th</sup> – Family Day (Centre Closed)

February 17<sup>th</sup> – Lunar New Year

25<sup>th</sup> Pink Shirt Day: raise awareness about bullying

**Happy Birthday to all those celebrating!**



### Club of the Month

This past month the group has been busy utilizing their co-operative skills while building and creating large 3-dimensional creations. With the arrival of February, we will continue to encourage the children to create and express their ideas using a variety of materials. By introducing different materials we aim to work on numerous cognitive skills such as self-regulation and problem solving.

### Goal of the Month

This month we will be working on further developing our conflict resolution and social problem-solving skills. As we enjoy building, creating and engaging with one another we face various challenges. As these challenges arise, we will be discussing and developing different strategies to resolve conflicts.

### Did You Know...?

Cooking with children provides a number of benefits and skills. These include:

- Math and science concepts such as mixing, measuring and timing,
- Promotes healthy eating habits as it gets children excited about trying different foods,
- Encourages motor skills through chopping and stirring,
- Creates opportunities for family bonding while spending quality time together.

The following are some links to simple recipes to try together at home:

<https://eggs.ca/recipeideas/10-easy-recipes-to-make-with-kids-at-home/>

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>

<https://www.canadianliving.com/food/collections/article/65-kid-friendly-recipes>

### Friendly Reminders

- ✓ With the cold, wet weather, please ensure your child(ren) have a change of clothing as well as shoes for indoors.
- ✓ If you will be picking up your child(ren) from school or they will be away for any reason, please let the centre know by either calling or emailing.

If you have any questions or concerns, please feel free to connect with Victoria or Chantell!