

From the Desk of Admin

We welcome any new families!

March is here, bringing longer days and the first signs of spring! We're looking forward to a month filled with hands on learning, creativity and outdoor exploration as the weather begins to change.

Please remember to send your child with appropriate outdoor clothing and extra layers for this unpredictable season.



Thank you for your continued partnership and trust. It's a pleasure to support your child's growth each day!

Interesting to Note

Preparing for a time change

Whether "springing forward" or "falling back"— things that help to minimize disruption to your circadian rhythm, which governs sleep, mood, and energy.

. The most effective strategy is to gradually shift your schedule by 10-15 minutes each day for several days leading up to the change.

Here are top tips to prepare for and manage the time change:

Preparation Tips (Days Before)

Gradual Shift:

Spring Forward: Start going to bed and waking up 15–20 minutes *earlier* each night for 3-4 days before the change.

Adjust Routines: Shift mealtimes, exercise, and routines slightly earlier or later in accordance with the coming change.

Prioritize Sleep: Ensure you are well-rested before the weekend of the change, as this helps your body handle the transition better.

Adjust Schedules Slowly: For kids, shift their bedtime and wake-up time 10-15 minutes earlier or later, depending on the season, starting about a week prior.

Manage Light: Use blackout curtains to stop early morning light from waking them too soon in the fall or turn on lights early in the morning during the spring to cue wake-up.

Maintain Routines: Keep bedtime rituals (books, bath) the same, even if the timing is shifted.

Limit screentime and avoid phones before bedtime.

Relaxation time – try meditations or quiet activities prior to bedtime to allow for the mind and body to rest.

~ AI overview 2026

Board and Staff News

There will be a Board Meeting on March 11th at 7:00pm via zoom.



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

~ William Arthur Ward

Special Dates

8th - Daylight Savings (turn clock ahead 1 hour)

8th – International Woman's Day

17th – St. Patrick's Day



20th- First day of Spring