



# Preschool 1 February 2026

## Special Dates

- February – Black History Month
- February 2<sup>nd</sup> – Groundhog Day
- February 14<sup>th</sup> – Valentine’s Day
- February 16<sup>th</sup> - Family Day (**Centre Closed**)

We are planning our Preschool 1 family event. We will let you know when that date will be, as soon as possible.

### Some Families

Some families are large  
(*Spread arms out wide*)

Some families are small  
(*bring arms close together*)

But I love my family  
(*Cross arms over chest*) best of all!



### Mindfulness

The winter season is here and with the upcoming family day weekend this month, it is a perfect time to get outdoors with the family. We are fortunate to live in a city with lots of opportunities to enjoy free activities. Take the family on a park hill to have fun tobogganing. Sharpen your skates or rent skates at an indoor ice rink or an outdoor ice rink, such as, Nathan Phillip Square or Harbourfront. Whatever you decide to do, breathe in the crisp air and take in the winter scenery together.



### Reminders

This winter so far has been unpredictable. Please ensure that your child is dressed for the winter with winter boots, hat, snow pants, winter coat, neck warmer and mittens.

Mittens get wet with the snow; therefore, 2 pairs of mittens will be appreciated. Also, please label your child’s clothing so that we know what items belong to your child. Thank you.



### Skills we will be working on:

#### Pre-reading Skills:

- First letter & sound of our name
- Reading books and describing what is happening in the picture

#### Math Skills:

- Sorting objects by one or more properties
- Using bigger than and smaller than to describe objects

#### Motor Skills:

- Practise throwing and catching balls
- Working on galloping skills

#### Self-Help Skills:

- Practise doing and undoing buttons
- Working towards cleaning up our toys/activities

#### Science Skills:

- Mixing primary colours to make secondary colours
- Describing similarities in events

#### Social Skills:

- Practise using our words with peers
- Working on sharing and turn taking

### Ideas for you to do at Home

- Practice dressing and undressing, including zipping, buttoning and snapping. This can be done with jackets and sweaters for example.
- Look for items/words that begin with the first letter of your name

### Enriching the Program

We will be enriching our program by offering extra experiences, focusing on literacy, music and creative movement.

We will have a person/s come into the room to lead these activities.

