



Full Day Kindergarten Newsletter

Important Days:

Sikh Heritage Month

Autism Awareness Month

1st – April Fools

2nd – World Autism Awareness Day

2nd – International Children’s Book Day

3rd – Easter Friday – Centre Closed

6th – Easter Monday – Centre Closed

22nd – Earth Day

Skills we are working on.

Earth Day – The purpose of Earth Day is to celebrate and raise awareness for the earth and renew our commitment and take action to build a safer, healthier and cleaner world for all of us. FDK will be using this month to focus on doing things that benefit the earth. We will be creating art from recycled items, growing some plants from seeds, trying to create our own recycled paper from scrapes paper and we will discuss different things we can do at every day to help the environment.

Easy Things to do at home to help the

1. Conserve water
2. Start a Garden
3. Make Art out of recycling
4. Walk/Ride bike instead of car
5. Recycle, Reduce, Reuse and Repair
6. Use Reusable bottles/ food containers
7. Eco Friendly Eating – Eat foods in season, Buy from Local Markets or farms, try “Meatless Mondays” Buy only what you need, try to use food before it goes bad.



8. Repurpose items Example old T-shirt use for a cleaning cloth.
9. Donate items that can be used again instead of throwing them away.
10. Thrift shop
11. Wash clothes in cold water/Air Dry
12. Turn off lights/electronics when not using.
13. Close doors to keep heat in. (don’t press the button keeping the door open for longer)
14. Clean up your neighbourhood.
15. Speak up –Tell people things they can do.

Recipe of the month

Easy Fish Tacos (serves 8)

Cabbage Slaw

- 3 cups green cabbage(300 g), shredded
- ½ cup red onion(75 g), diced
- 1 cup sour cream(230 g)
- 1 lime, juiced
- ¼ teaspoon salt

Tacos

- 4 tilapia fillets
- ¼ teaspoon cayenne pepper, ground
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon pepper
- 16 corn tortillas
- Cilantro & lime to garnish

1. In a large bowl, combine green cabbage, red onion, sour cream, lime juice, and salt. Chill until ready to serve.
2. In a bowl, mix cayenne, garlic powder, cumin, salt, and pepper. Season each tilapia fillet on both sides with the seasoning mix.
3. Over medium-high heat, cook 2 fillets at a time for 8 minutes, flipping halfway. Repeat for the remaining fillets.
4. Using a fork, break apart the fillets into bite-size pieces.
5. Right before serving, heat the corn tortillas in the pan over high heat. Remove from the pan and assemble the tacos with the cabbage slaw and tilapia.
6. Garnish with cilantro and lime juice.
7. Enjoy!

RESOURCES

<https://www.evergreen.ca/evergreen-brick-work/activities/the-childrens-garden/>

<https://www.todocanada.ca/easter-toronto-egg-hunts-easter-activities/>