



### School-Age April 2026

Spring has finally arrived! Unfortunately, with spring, often comes wetter weather. Please ensure you are prepared with the necessary gear such as umbrellas, rain boots, rain jacket, and indoor shoes.

### Important Dates

1<sup>st</sup> – April Fools Day

3<sup>rd</sup> – Good Friday (Centre Closed)

6<sup>th</sup> – Easter Monday (Centre Closed)

22<sup>nd</sup> – Earth Day

All month long – National Oral Health Month

### Happy Birthday to all those celebrating!



### Goal of the Month

Last month we enjoyed working on our literacy skills and found the joy in reading! This month, we will be expanding on those skills further and working on our writing skills. The children will be encouraged to practice writing through various forms such as letters, stories and even poetry.

### Club of the Month

In the month of March, we learned a new physical activity game called Cone Bench Ball. The group has had a fun time working on improving their accuracy when throwing a ball, their physical endurance as well as their teamwork skills.



This month we will be continuing to expand our repertoire of physical experiences as they are great ways to get moving and also work on our co-operation skills.

### Did you know...?

With this month being National Oral Health month, we thought we would share some tips and facts:

- It is recommended that you change your toothbrush every 3 months or sooner, especially after being sick.
- Healthy snacks are good not only for your body but for your teeth as well. Snacks that are crunchy such as apples, carrots and celery help to clean your teeth.
- Try to avoid rinsing with water right after brushing your teeth so that the fluoride has time to work and protect your enamel.

Additional oral hygiene information can be found at:

<https://www.toronto.ca/wp-content/uploads/2018/03/9542-tph-dental-oral-health-education-Mar-2018.pdf>

### Friendly Reminders

- With the fluctuating temperatures, please consider sending an extra layer of clothing in case of any changes in temperature throughout the day.
- Absences can be reported to the centre via email or phone.