



## Full Day Kindergarten Newsletter

### Important Days:

Mental Health Awareness Month

Asian Heritage Month

Jewish Heritage Month

10<sup>th</sup>- Celebrating Mother's Day and All Caregivers

15<sup>th</sup>- International Day of Families

15<sup>th</sup>- Endangered Species Day

18<sup>th</sup>- Victoria Day – Centre Closed

20<sup>th</sup>- World Bee Day

30<sup>th</sup>-World Multiple Sclerosis Day.

### This Month:

This month, we will be focusing on developing leadership skills in the classroom. When challenges arise, students will be encouraged to use their problem-solving abilities to work toward solutions independently.

When we have friends visiting our classroom, students will take on the role of leaders by showing them where things are, inviting them to join in play, and demonstrating how we do things in our FDK program.

### Easy and Fun Mental Activities at Home.



### Get ready

- Gather paper, markers, magazines, and scissors.
- Make a traffic light model with your child – draw one, build one or find a picture of one.

### Go

The traffic light will be used to help with problem solving. Explain the three colours:

**Red** means stop! When they have a problem, they stop.

- Take a deep breath
- Talk about what the problem is

**Yellow** means think!

- Slow down, maybe take several deep breaths
- Think and talk about possible solutions.

**Green** means go!

- Try out your solution
- Talk about some problems your child might face and how the traffic light might help (e.g. fight with a sibling, I want the toy, I want a snack now, I want to watch TV now).

Put the traffic light you created somewhere visible, like on the fridge. Help your child use the visual and this process each time there is a problem or a conflict. <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>

### Parent Resources:

<https://www.todocanada.ca/city/toronto/event/canadas-wonderland-reopening-week/>

<https://www.todocanada.ca/city/toronto/event/african-lion-safari-is-open/>

<https://www.todocanada.ca/20-places-to-see-cherry-blossoms-in-and-around-toronto/>