



# FEBRUARY NEWS

## What's the BUZZ?

Last month, our bees learned about Martin Luther King, Jr. and acceptance. We also opened our Hive to all families to foster growth within our community. This month we will celebrate Black history, Valentine's Day, Lunar New Year, the beginning of Ramadan, and the 100<sup>th</sup> Day of School! Check out our website to learn how you can send a Bee Kind Love Gram for Valentine's Day!



## Attachments

- Busy Little Bees Event Calendar
- The Hive Flyer
- Reading Challenge
- Recipe
- Tracing & Writing Skills Activity
- How to Keep Kids Active in Winter
- Technology Tips for Preschool Parents



## Important Dates

### EVENTS AT THE HIVE

- 2/04: Black History Month Celebration
- 2/06: Super Bowl Dress Day
- 2/07: The Hive (11AM-1PM)
- 2/10: Pizza Day!
- 2/12: Valentine's Day Celebration
- 2/13: No School
- 2/16: No School- Presidents' Day
- 2/17: Lunar New Year Celebration
- 2/18: Ramadan Lantern Lighting
- 2/21: The Hive (11AM-1PM)
- 2/25: 100<sup>th</sup> Day of School Celebration



## Upcoming March Dates

### March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### CALENDAR DATES

- March 17: St. Patrick's Day
- March 26: HALF DAY, Parent/Teacher Conferences- sign up sheet to follow!

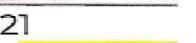


# Busy Little Bees

Preschool And More

## February

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Ms. Valerie's 1/2 Birthday! 	3	4 Black History Month Celebration	5	6 Super Bowl Dress Day! 	7 The Hive 11AM-1PM 
8	9	10 Pizza Day! 	11	12 Family Fun Challenge Due! Valentine's Day Celebration Half Day! 	13 No School	14 Happy Valentine's Day! 
15	16 Presidents' Day- No School	17 Lunar New Year Celebration 	18 Ramadan Lantern Lighting	19	20 Ms. Christina's 1/2 Birthday! 	21 The Hive 11AM-1PM 
22	23 Ms. Danielle's Birthday! 	24	25 100 <sup>th</sup> Day of School Celebration	26	27	28

### Notes:

**2/04:** Our school will be learning about different historical figures in honor of Black History Month. This promotes discussions about diversity and exploring how everyone is the same and different.

**2/06:** Please join us in celebrating the Super Bowl by wearing your favorite team's gear!

**2/07:** Busy Little Bees presents The Hive! Sign up at [busylittlebees.org](http://busylittlebees.org) to be added to the email list for future dates!

**2/10:** It's Pizza Day at Busy Little Bees!

**2/12:** Busy Little Bees will be celebrating Valentine's Day by distributing our Love Grams and reading books. **Today is also a half day, dismissal begins at 12:15!** Please return your Family Fun Challenges by today to be eligible to win a prize.

**2/13 & 2/16:** *School is closed!* We will see everyone on Tuesday, February 17<sup>th</sup>.

**2/17:** Our Busy Little Bees will celebrate Lunar New Year!

**2/18:** Busy Little Bees will kick off Ramadan by lighting lanterns!

**2/21:** Busy Little Bees presents The Hive! Please join us for our mega play date, we hope to see you there!

**2/25:** Busy Little Bees will celebrate the 100<sup>th</sup> day of school, and 100 days of fun!

# Busy Little Bees

Preschool **A**nd **M**ore

PRESENTS

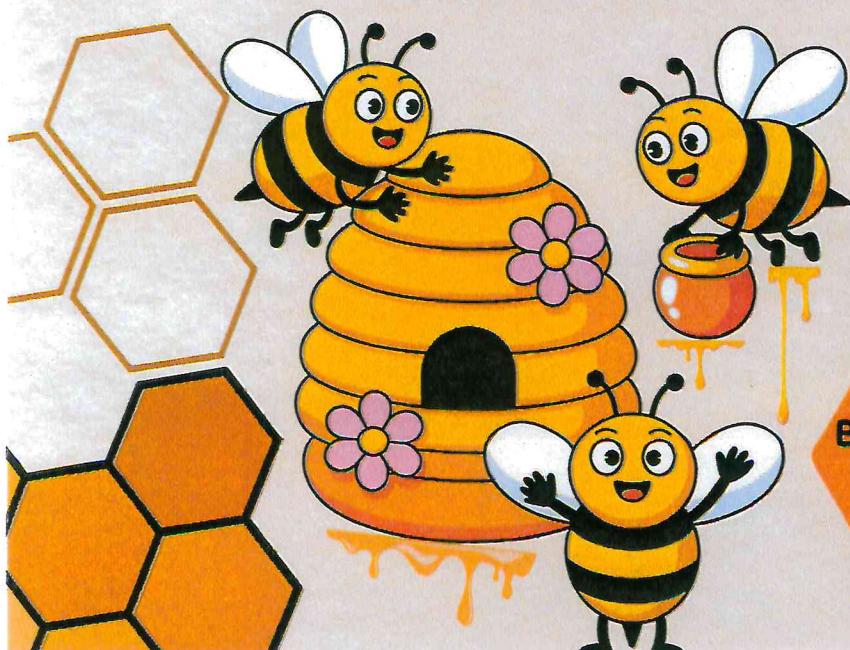
## The Hive

A NEUTRAL LOCATION DEDICATED FOR A PURPOSEFUL  
PLAYDATE IN A FAMILIAR PLACE FOR ALL TO GATHER.

WE ARE INVITING PARENTS AND CHILDREN TO JOIN US AT THE HIVE  
TWO TIMES PER MONTH, FOR TWO HOURS, FOR A MEGA PLAYDATE  
WHERE ALL ARE WELCOME.

THIS IS 100% FREE TO ENCOURAGE CONNECTIVITY, SOCIAL SKILLS, AND  
CHILD INTERACTIONS ALONG WITH CREATING A SUPPORTIVE COMMUNITY  
FOR PARENTS. NO OUTSIDE FOOD OR TOYS, WE WILL PROVIDE THE ALL  
THE FUN NEEDED! WATER BOTTLES WELCOME.

NOTE: CHILDREN MUST BE ACCCOMPANIED AND  
SUPERVISED BY AN ADULT FOR THEIR ENTIRE  
STAY AT THE HIVE. STAFFING WILL ONLY BE USED  
TO MONITOR THE SPACE AND HOSPITALITY, NOT  
TO SUPERVISE THE CHILDREN.



Sign Up  
AT  
[BUSYLITTLEBEES.ORG](http://BUSYLITTLEBEES.ORG)  
TO BE ADDED TO  
THE EMAIL LIST  
FOR FUTURE  
DATES

February  
DATES:  
**FEBRUARY 7TH**  
**FEBRUARY 21ST**  
**11AM TO 1PM**  
625 AVENUE C  
BAYONNE, NJ

# Busy Little Bees

Preschool **A**nd **M**ore

## PRESENTS

# "This City is my Home"

Spring 2026 Art Program!

MONDAY &  
WEDNESDAY  
FEBRUARY 23<sup>RD</sup> -  
MARCH 30TH.  
FROM 4PM TO 5PM

AGES 3-8,  
\$300 PER STUDENT,  
ALL MATERIALS  
INCLUDED.

STUDENT ART  
GALLERY ON APRIL 1<sup>ST</sup>  
FROM 5PM TO 7PM



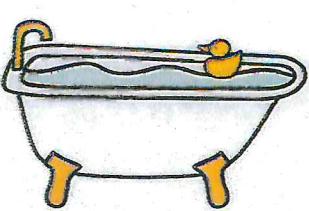
# February Reading Challenge



Read with a friend



Read in the bathtub.



Read a book with an animal main character



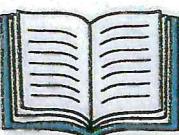
Read a book in a silly voice



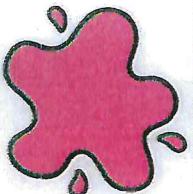
Read a book with a grandparent



Read a book that has no pictures



Read a book with pink on the cover.



Read your favorite story



Read for 15 minutes

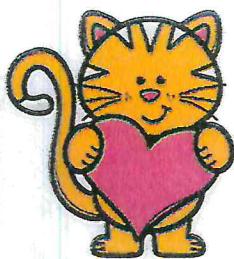


Read a story about feelings

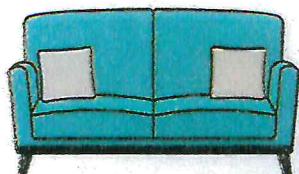
Read a book with a heart on the cover



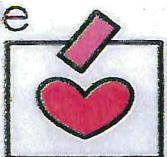
Read a book with a cat in it



Read on a couch



Read a book with love in the title



Read a love story



Read in a group



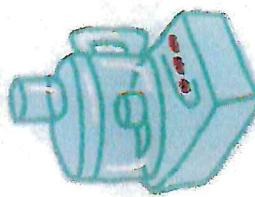
# OREO TRUFFLES- DIRECTIONS



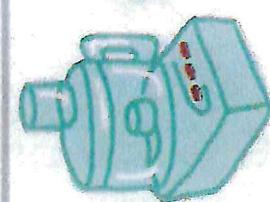
1. Count out 36



2. Now put the 36 in the



3. Turn the and crush the



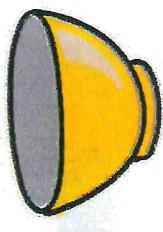
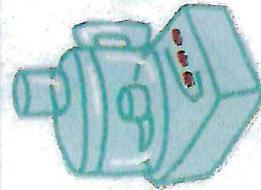
3. Turn the and crush the



4. Open the package

5. Now add the  into the  with the . Turn on and mix again.

6. Put some  on a

7. Take a  and scoop out  into a  and 

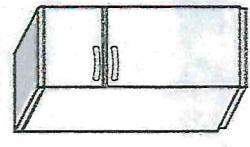
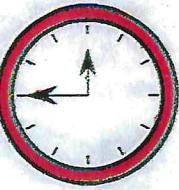
8. Use the  and  into 1 inch balls

q. Put the  on a tray like this



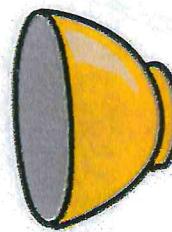
10. Place the

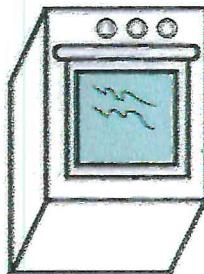


in the  for  30 minutes

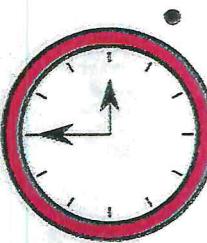
11. Place the  in



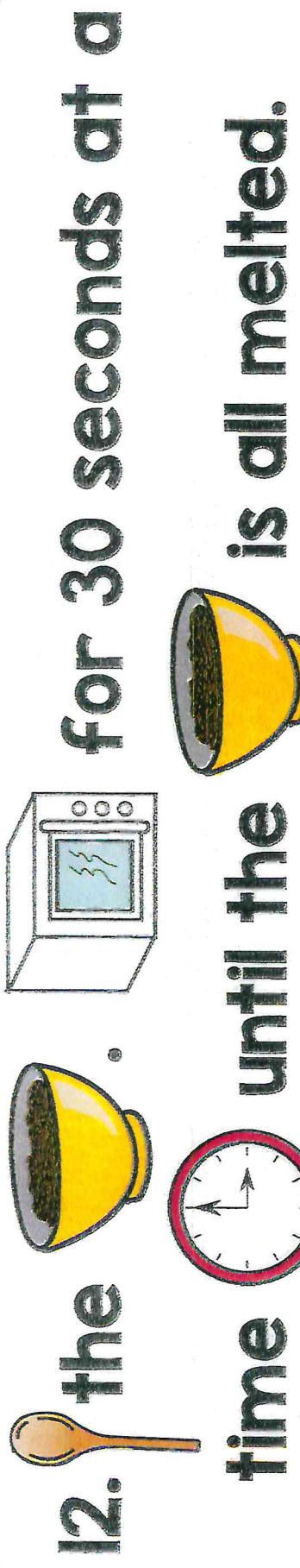
Put  in a



for 1 minute



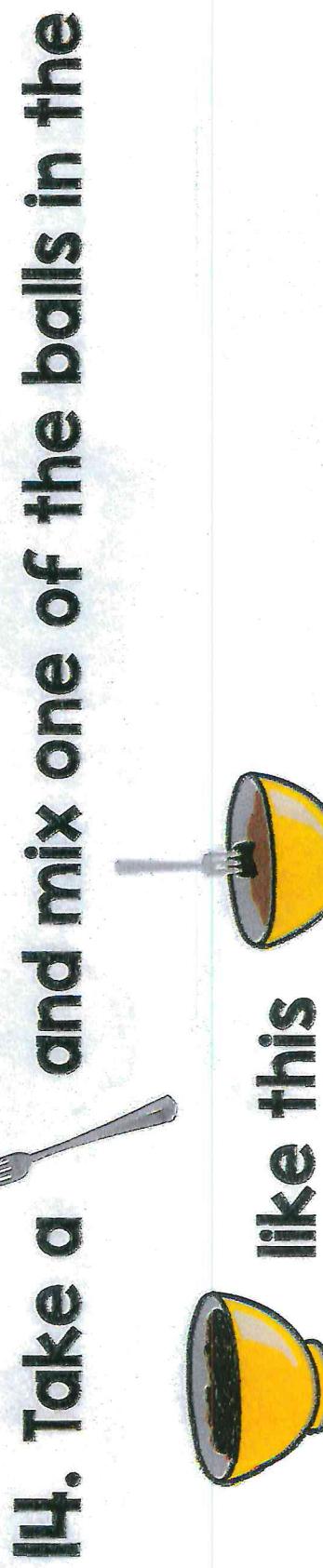
12. the time until the time is all melted.

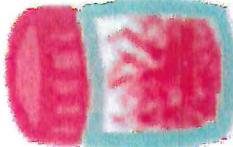


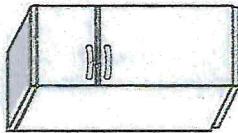
3. Afterwards, pull the from the



14. Take a and mix one of the balls in the like this



15. Add some  on top of each ball.

16. Cool the  in the  for 15 minutes



17. Enjoy your Oreo truffles!

# How to keep kids active in the winter

*Fun exercise ideas to keep kids moving all season long*



*Winter brings shorter, colder days and, typically, much more indoor family time. But that doesn't mean you can't keep your kids moving and having fun. With a little planning and creativity, you can help your family stay physically active all year long – no matter what the weather is outside.*

## Why is it important for kids to stay active during winter?

Children's Health<sup>SM</sup> encourages families to get at least one hour of physical activity each day.

Exercise is essential, no matter the season. It helps kids maintain strong muscles and bones, builds cardiovascular strength, reduces the risk of **obesity** and **type 2 diabetes** and improves mental health. It's important to keep a positive mindset about staying active, especially during the gray, colder days of winter.

## How can families stay motivated to exercise during winter?

Don't feel pressured to block off a full hour for exercise, which can be difficult given families' busy schedules. Instead, aim for several 15-20 minute bursts of movement throughout the day – and keep it fun. Remember that most kids enjoy exercise more when it is part of a game.

Keeping kids active doesn't mean they need to do sets of push-ups or crunches. Instead, incorporate movement into games like hide-and-seek or indoor tag and relay races to get them squatting, jumping and moving around things, so they're getting bodyweight exercise through play.

## What are some fun winter activities to get kids moving?

To help your kids avoid excessive, couch-bound screen time this winter, look for fun, simple ways to make movement a part of their everyday routines. Opt for creative games or activities inside or grab your winter coat for some fun outside time. In winter, kids can do most any activity they can in the summer, as long as they bundle up.

### Indoor winter activities for kids

- **Make commercial time, exercise time.** Have kids get up and do jumping jacks or duck walks around the living room during commercial breaks of their favorite shows. No commercials? Just set a timer for a break in the middle of the episode.
- **Play video games that incorporate movement.** Host a family game night of Just Dance or Wii bowling – or similar games that get participants up and moving.
- **Incorporate small dance parties throughout the day.** Put on a favorite song and have kids dance around the room. Or have them dance along to a music videos.
- **Do a clean-up sprint.** Encourage kids to dust, vacuum or declutter as many rooms as they can in five or 10 minutes.
- **Build an indoor obstacle course.** Use household or garage items to encourage kids to crawl, jump and wiggle their way to fun.

- **Hold a scavenger hunt.** Get kids moving throughout the house on a race to find items on individualized search lists.

## Outdoor winter activities for kids

- **Take family bike rides or walks.** As long as you dress for the weather, there's no reason your family can't enjoy the outdoors all year long. Plan ahead and enjoy outdoor activity when the sun is out.
- **Make a nature collage.** Have kids collect rocks, leaves and twigs in your yard or at a nearby park, then assemble them into a collage as a family.
- **Shoot baskets, throw a baseball, jump rope or scooter ride.** Make a list of your child's favorite outdoor activities and allow them to choose which they'll enjoy during a set time.
- **Have backyard relay races.** Time your family doing relays across the yard while dribbling a soccer ball, skipping or hopping.
- **Enjoy the snow.** If you're lucky enough to have some snowy days, make the most of them. Build a snowman. Have a snowball throwing contest. Go for sled rides. Use spray bottles to "paint" the snow with food coloring and water. No snow in sight? Make a "snowman" out of household objects or use balls for a throwing contest.

## How can kids stay safe while playing outdoors this winter?

When playing outside in cooler temperatures, kids should dress in layers to stay warm. Encourage kids to wear hats and gloves, especially when the temperature falls below 40 degrees. When children are playing in wet, icy or snowy conditions, make sure they come in frequently to trade out wet clothes (especially socks!) and warm up.

# Uncharted Territory: 10 Technology Tips for Preschool Parents



Here are 10 tips that might help when making technological decisions for your child.

## **1. Use technology for communication.**

FaceTime or Skype with Grandma. Read a bedtime story together from afar. Email family and friends so children can know and communicate with extended family.

## **2. Model using technology as a tool.**

Take photos with your smartphone or iPad. Watch a short video of a volcano erupting, if your child shows an interest. Use the calculator to add. Use the magnifying app to examine nature. Listen to music on an iPod. Use the online dictionary to spell or find the meaning of words. Technology is an everyday tool.

## **3. Be involved.**

Resist the temptation to routinely use technology as a babysitter, and instead use it as a way to connect with your child. If you are reading a book on an e-reader, read together. Write emails together. Play games together. Look at science video clips together. Engage together.

## **4. Make sure your child is getting hands-on play experiences daily.**

Before you buy an iPad or other technology for your 3- to 5-year-old make sure he already enjoys building with blocks, creating artwork, reading books, engaging in dramatic play, and playing board games. And remember to provide plenty of playtime outside. Make real-world experiences the priority.

## **5. Create boundaries.**

Like a previous generation's creation of boundaries around watching television, you need to decide what is desirable for your child in terms of screen time, whether television, movies, computer, tablet, or cell phone. Is it 30 minutes a day? Is it when you need focused time to pay bills? Is it not interrupting their creative engagement? Establish your family's technology boundaries.

## **6. Be a critic for your child's sake.**

Pay attention to G ratings, but remember that the raters don't know your child—you do! If you decide on screen time, preview what they view and watch with your child to help her process what she sees. And consider the value of the apps you choose—are they active and do they promote creativity, innovation, and problem solving? Use the apps together so you can make a good decision. Make intentional choices.

## **7. Don't let technology get in the way.**

Family meals are a great time for conversation, catching up on the day, and developing relationships. Car rides are a great time for talking, singing, and playing games like I Spy. Cooking together not only supports relationships but also engages your child in using math and literacy skills. Consider whether technology is getting in the way of precious family time together.

## **8. Model healthy behaviors yourself.**

It's time to look in the mirror. Do you watch hours of television or movies each night? Is the television on in the background, even when no one is watching? Do you have your cell phone at the dinner table? Do you play games online in the middle of the night? Consider what your technology use models for your child. Your child learns from you.

## **9. It's okay to say no.**

There are plenty of families who live their lives without smartphones, cable, televisions, or computers. Follow your instincts for your family, and remember, technology companies market to you as a consumer, so be smart. Be intentional about your decision to add technology to your child's day—or not.

## **10. Be smart; be safe.**

Pay attention to your privacy settings. Share your rules about posting on social media with your friends and families. Make sure your early childhood program asks your permission before posting images of your child on Facebook or a website.

Laurel Bongiorno, Ph.D, is dean for the Division of Education and Human Studies at Champlain College, in Burlington, Vermont, and provides oversight for Champlain College's master's in education program in early childhood education. She writes and presents on play as learning, developing creativity in young children, and other early childhood topics.