

Jelly Bean Messenger

DEAR PARENTS:

Happy November!!! I hope that the children enjoyed taking part in the pumpkin carving during our costume/Hallowe'en Party.

If you had gone trick-or-treating with the children, we would like to remind all parents: **PLEASE DO NOT send your child with any candy, chocolates, or chips for snacks** as they will not be allowed to eat them at the preschool. At Preschool 101 we continue to promote nutrition throughout the school year and we hope that you will also continue to do so at home.

Our themes for the month of November: **Nutrition** and **Community Helpers**. In our Nutrition theme, we continue to promote healthy eating and how it affects our bodies. In our second half of the month, we will be learning about the people in the community keep the community healthy and safe and help it function more efficiently.

A reminder to all parents that on Monday, November 11th, 2024, the preschool will be closed in lieu of Remembrance Day.

Finally, have you given us a Facebook or Google review? All our staff members at Preschool 101 work hard every day to ensure that our preschoolers receive the best education possible. I would like to sincerely thank those parents who have already given us great reviews; I would also like to encourage those parents who have not done so to consider given us a review on either our Facebook or Google.

Illness Protocol: As per the Government of Alberta, it is recommended that symptomatic individuals stay home until they are feeling well, are able to fully participate in all normal school activities and have reached the end of the recommended isolation period (as applicable). This means that your child has been free of fever for 24 hours without the use of fever reducing medication. This is because your child's symptoms caused by other viruses that can be spread to others.

Please remember to email the preschool or call and leave a message about your child's absence so that we can notify your child's teacher.

Ms. Renee BA, ECE (Hons)

November Newsletter



Ms. Renee

Preschool 101

FOLLOW US ON SOCIAL MEDIA!

 [fb.com/preschool101calgary](https://www.facebook.com/preschool101calgary)

 [@Preschool_101](https://twitter.com/Preschool_101)



INDOOR SHOE POLICY:

Clean indoor shoes must be worn in the preschool at all times; no matter what the weather or season. **Children play on the floor all the time we do our best to keep the floors clean!** Note that we adhere to all Alberta Health Service requirements.

INDOOR SHOES MUST BE CHANGED INSIDE THE PRESCHOOL. If your child forgets to bring indoor shoes, you must notify our staff.

Thank you for understanding.



Our Mission

To provide a safe and caring environment where children develop their passion and get excited in learning through play, and staff are empowered, engaged and valued.

Our Vision

Allowing preschoolers to grow all their areas of development from a balance of self-guided play and teacher instruction.

Our Philosophy

At Preschool 101, we provide a foundation of learning through play. Preschool 101 embraces and promotes the importance of "Diversity".

LUNCH BOX GUIDE

Pack a tasty lunch in minutes by choosing foods you enjoy.

Try for...

TWO TYPES OF VEGETABLES OR FRUITS

Beets
Bell peppers
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumber
Green beans

Kale
Lettuce
Mushrooms
Peas
Potatoes
Spinach
Squash
Sweet potato
Tomatoes

Apples
Apple sauce
Bananas
Berries
Grapes
Mango
Melon
Oranges
Peaches
Pears

ONE TYPE OF WHOLE GRAIN FOOD

Bagels
Bread
Bun
Cereal
Couscous
Crackers
Muffins

Naan
Noodles
Pancakes
Pita
Rice
Tortillas

TWO TYPES OF PROTEIN FOODS

Cheese
Kefir
Milk
Yogurt

Beans
Hummus
Lentils
Seeds

Beef
Chicken
Egg
Fish
Lamb
Pork
Wild game

Tofu



Choose sauces and sides to complement:

Examples include condiments such as dips, salad dressing, cream cheese, mayonnaise, mustard, ketchup, salsa, barbecue sauce, soy sauce, and butter, as well as foods such as pickles, granola bars, cookies, and pretzels.

DIY Lunch Kit



Bell peppers



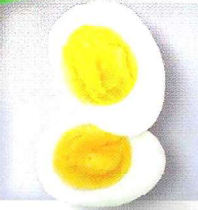
Grapes



Pita



Cheese



Egg




November 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
					1.	2. School Closed
3. School Closed	4.	5.	6.	7.	8. Field Trip – Learning about Healthy Teeth	9. School Closed
10. School Closed	11. Remembrance Day - NO CLASSES	12.	13.	14.	15.	16. School Closed
17. School Closed	18.	19.	20.	21.	22.	23. School Closed
24. School Closed	25.	26.	27.	28.	29.	30. School Closed

IMPORTANT

- November 11th - Remembrance Day... "Lest We Forget". 

REMINDERS

- November 11th - Remembrance Day - School Closed

THEMES OF THE MONTH

- NUTRITION**

- COMMUNITY HELPERS**

