



March/April 2018

## 5 Reason Why Music Education Rocks

1. **Music boosts brain power** – It stimulates parts of the brain that are related to reading, math, and emotional development.
2. **It improves memory** – Music stimulates different patterns of brain development that can improve their learning ability and memory.
3. **Music teaches patience** – When playing an instrument in a group, you have to work together and that sometimes means waiting your turn to play.
4. **It helps children socially** – Picking up an instrument and participating in a group can help a child break out of their shell.
5. **Music teaches discipline** – When playing an instrument, you not only have to practice in class but also at home on your free time.

Even if your child is not enrolled in formal music lessons, you can still introduce music in your home:

- Play and sing songs with your child like “Ring around the Rosie” and “Old MacDonald”, making sure to move while you sing!
- Make your own instruments! March to the beat of a homemade drum or rock out with a shoe box guitar. You only need a few household items to make your own musical instruments. Explore sound with a homemade egg rice shakers (see second page) or try filling various containers with different objects like beans, popcorn kernels or cheerios and listen to the different noises.

## Important Dates

### No Preschool:

- Monday, March 12<sup>th</sup> - P.D. Day
- Spring Break between Friday, March 23<sup>rd</sup> to Monday, April 9<sup>th</sup>

### Pre-school resumes after Spring Break:

- Tuesday, April 10<sup>th</sup> - T/Th class starts
- Wednesday, April 11<sup>th</sup> - M/W/F class starts

## SNACK TIME!

### PEANUT BUTTER/ BANANA COINS

Spread peanut butter or pea butter (if allergic to nuts) on a tortilla wraps. Place banana on one side and roll it up. Then slice the roll into 1/2inch coins to eat. Enjoy!



photo credit: kraftfoods.com



# Try This At Home

With Easter around the corner, plastic Easter eggs are plentiful. Here are some ways that you can use plastic eggs with your preschool for more than just a traditional egg hunt!



## EGG RICE SHAKER

Fill clear or colored plastic eggs with rice. Use clear tape to seal them shut.

## COLOR MATCH

In an egg carton, color the egg cups with a color that corresponds to a plastic Easter egg. Then have your child match the eggs to the colors in the cups.

## SINK OR FLOAT

Fill plastic eggs with items such as coins, dry beans, rice, mini marshmallows, peeps, rocks, beads, etc. Fill a bowl with water. Have your child do a test by putting an egg without anything in it into the water. Before testing it have them make a guess about whether the empty egg will sink or float. Have fun trying all of the eggs filled with different items. Kids love guessing and seeing the results!



## I'm A Little Bunny

(Tune: I'm a little teapot)

I'm a little bunny watch me hop (hop)

Here are my two ears see how they flop  
(hands become ears)

Here's my cotton tail and here's my nose  
(one hand to be a tail)

I'm all furry from my head to my toes  
(point from head to toes)



## March Parent Tip

### "Connect then Direct"

For young children, transitioning from one thing to another is very challenging. That's why getting out of the house and into the car, arriving and leaving preschool, dressing and undressing, often turn into BIG deals. Things can fall apart quickly. You can lessen their stress and the resistance it creates by pausing briefly to connect with your child. Put your hand on their shoulder and whisper in their ear, "Now it is time to . . ." You'll likely have to repeat this several times.

## April Parent Tip

### "Make Way for Growth"

Sorting through closets and drawers is a typical springtime activity with growing children. Just as growth means a new size of shoe and clothing, growth can also mean that they are ready for the "next size" in learning a new skill or responsibility.

What family chore is it time to assign to your child? Children develop a healthy sense of their own capabilities when they are able to make a contribution to others.

Tips provided from:

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