

Learning Adventures

PRESCHOOL



May/June 2018

Parenting Tip: School Readiness

Educators and administrators in every school will tell you the most important skills to have your child learn prior to entering the school system are:

- understanding of social rules (sharing, turn-taking, using their manners)
- self-control of emotions (not using aggression, patience in waiting, etc.)
- empathy and caring for others
- independence– taking responsibility for their own things and how to take off and put on their clothes and shoes/boots
- understanding of safety rules and boundaries
- responsibility in daily tasks like cleaning up and putting things away

Other activities to try to promote further school readiness:

- read with your child everyday
- listen to music and sing songs and rhymes
- give your child an opportunity every day to do creative art: to cut and paste, to draw, to paint or model with play dough and clay
- exercise everyday together (swim, walk, dance, skate, run jump etc.)
- teach them their name, your names, their phone number and where they live
- teach them about their world with everyday concepts

For more information please visit the preschooler activity calendar at www.albertahealthservices.ca

What's New at Preschool?

Important Dates

No Preschool:

- Monday, May 14th - P.D. Day
- Friday, May 18th - P.D. Day
- Monday, May 21st - Holiday

Last Day of Classes:

- Monday, June 18th - Last day for M/W/F Class
- Tuesday, June 19th - Last day for T/Th Class



SNACK TIME!

APPLE GRAPE SALAD

Mix together 1 chopped apple, 3/4 cup of halved seedless grapes and 1/2 cup of chopped celery with a cup of plain yogurt and 1/4 cup of sunflower seeds (optional). Stir until coated. Serve as a delicious snack or in a whole grain pita for a delicious quick and easy lunch. Enjoy!



Try This At Home

Are you looking for ways to enjoy the spring weather with your child outdoors? Try one of these simple ideas:

COLORFUL SCAVENGER HUNT

Send your child on a scavenger hunt to look for items like a black rock, a green leaf, a yellow flower, a worm etc.



DANDELION FUN

Take a walk with your child and pick dandelions together!



You could even make it a race to see who picks the most dandelions. For more fun with these yellow flowers, you can try to toss or flick the dandelions into a bucket or let your child make pretend dandelion soup. Making pretend soup is a great activity for a hot day as it involves water play. Have your child pick a large container of dandelions (including stems and leaves) and give them a watering can full of water, a big bowl/pot to make pretend soup in, a spoon to stir, and a ladle and bowl to serve the pretend soup to you!

Me

Two little eyes that open and close
(blink eyes)
Two little ears, but just one nose
(point to ears and nose)
Two little shoulders one on
each side (point to shoulders)
Two little arms to open wide
(open arms to hug)
Two little hands busy all day (shake hands)
Two elbows that bend, they're made
that way (bend elbows)
Two little feet so sturdy and strong
(stomp feet)
And two little legs that run
all day long (run)



May Parent Tip "Walk Into Spring"

Whatever mixed blessings spring may bring us in Calgary, longer daylight hours are always welcome! Launching ourselves and our children into daylight savings can be a challenge. A brief shared walk after supper might just yield benefits for bedtime.

We can help our children see spring unfolding in the natural world and engage them in a search for "spring things". Our young ones are soothed as they enter sleep by the assurance that good things are unfolding in the world outside their window.

June Parent Tip "Play, Play, Play"

Sign your child up to play for fun. Balance out time in lessons and organized sports with time for free play in a wide open space. Let them make up the rules for a soccer game with friends or playground tag. Set aside skills and drills in favour of spills and thrills. The only thing they need to master right now is the art of dreaming up fun things to do with each other outside.

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