

Matthew-John Day Care Centre Preschool Newsletter – December 2014

Winter and the cooler weather are here. Please remember to dress your preschooler appropriately. Mittens/gloves that are waterproof and flexible are preferred. This ensures your child is comfortable and can 'play' on the playground equipment. No strings on any items please (safety issue).

Please **LABEL** all clothing, including outerwear such as coats, hats, mittens and boots. Labelling items makes it much easier for the teachers to dress your child, and ensures that we do not misplace these items.

**TIP: No labels or a Sharpie? Check out Mabel's Label's (mabelslabels.com) for super easy labeling options*

WINTER REMINDERS

- Please store boots on the shelves in the hallway outside the preschool room. Each group has their own shelf.
- Remove wet footwear before entering the play area.
- Please check your child's cubby DAILY. The preschool teachers have implemented a weekly chart where we record sleep, lunch and snack information, as well as daily observation of your child at play.

- It's damp out. Please provide extra clothing, as well as a sufficient supply of diapers and wipes.

- It is important to remain on the premises before dropping off your preschooler in the morning. We are OPEN at 7:30am. NOT ANY EARLIER!

A Big Welcome at MJDC: Please welcome Kim Crawford to the team. Kim's responsibilities include supporting Jola in as Assistant Supervisor in the office as well as running the after school Kindergarten Program.

BIRTHDAYS!!!

Dec.2: Norah

Dec.22: Nolan

Dec. 23: Lennox

Jan.1: Misha

Jan.4: August (Auggie)

Jan.21: Braelyn

Jan.28: Shonali



A Birthday Reminder

For your child's birthday you can bring NUT FREE (labelled) ice cream, popsicles, etc. If you choose to make a home-made treat, please make sure it is made in a nut-free environment.

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IMPORTANT DATES/HOLIDAY HOURS

Dec 8-19: Jola on holiday, Kim is acting supervisor

Dec 10: Story time with Lennox's mom

Dec.17: Happy Hanukkah

Dec.19: Concert with Rob & Soli, 4:30-6pm

Dec.19: Elf Visit from a Parent/Pyjama Day and Santa visit

Dec.21: First day of winter

Dec.24: Centre Closed--Merry Xmas

Dec.25: Centre Closed

Dec.31: 7:30am-2pm (late fee after 2pm) *

Jan.1: Centre Closed--Happy New Year!

Dec.29-Jan.2: Nuna and Natelle on holiday

*PICK UP/DROP OFF: IMPORTANT reminder that late fees apply after 2pm on Dec.31; \$2/min per child. After the first 5 minutes, \$5 charge will apply.

INFORM us if your child will be absent or is staying at home sick.

DONATIONS NEEDED PLEASE!

- We will be collecting unopened or unused toys for the Red Door Shelter December 1-19. The toys are for families that need extra help during the holiday season. Please donate if you can. This is a great way to show kids how to give and share during the holiday season.

- When donating recycled goods to the centre, please wash and clean it before bringing them to us.

- If you celebrate Hanukkah or Kwanza and you have items/materials that you no longer use, please consider sharing them with us at MJDC. We would love the resources to help celebrate it with your child and others.

THANK YOU TO ALL THE FAMILIES & PARENTS for VOLUNTEERING!

The preschoolers love it when a friend's mom or dad volunteer their time in the classroom. It is particularly special for the child of the parent.

VOLUNTEERS ALSO NEEDED: We are looking for volunteer(s) with a large car/ van/truck to help deliver the donations to Red Door.

**FOR NEW PRE-SCHOOLERS and FIRST-TIME DROP OFF PARENTS, HERE ARE TIPS ON
OVERCOMING SEPARATION ANXIETY***

1. PREPARE

If possible, visit the new daycare provider a few times before you begin back to work. This might help your child become somewhat familiar with the new caregiver and environment.

2. DON'T LINGER

Enter the daycare, leave your child's items in the designated area, take your child to his/her daycare room, say goodbye directly to her, and leave. Turning around when you hear your child cry and returning to comfort her will just make the eventual leaving more difficult.

3. BE CONSISTENT

Try to develop a regular routine with drop-offs so that your child recognizes the pattern and begins to be comfortable with the new routine.

4. BE POSITIVE

Babies and young children can sense your emotions. If you are nervous and upset, your child will sense this and become upset as well. Greet caregivers warmly and with enthusiasm and leave with a smile.

5. USE DISTRACTIONS

A child's behaviour can often be changed instantly with a distraction. This might be a good time to introduce some kind of special toy, stuffed animal or blanket that can be used both to distract and comfort. An object like this can help a child transition to a new routine. Caregivers will also be versed in using distractions and the quicker they can interest your child in an activity, the better.

*Copied from www.togethermoms.ca