

Jr & Sr Preschool Newsletter

February 2019

Important Dates!

- Black History Month
- Chinese New Year - Feb. 5th
- Yoga Day w Megan - Feb. 11th
- Music with Soli - Feb. 12 & 26
- Valentines Day - Feb. 14th
- PJ Day - Feb. 15th
- Family Day - Daycare Closed - Feb. 18th

Happy Birthday to:

- Lewis turns 3 on Feb. 6th & Mia turns 3 on Feb. 18th



DONATIONS:

If you have any extra indoor plants (maybe 4/5 feet tall) and snowball makers/molds, please consider donating them to the preschool room.

Reminders and News!

- ▶ Bring an item that represents your family for show and tell (first week of February).
- ▶ Please bring baby and new family pictures! We love to post them around the room.
- ▶ Please leave wet footwear at the door before entering the classroom for pick up and drop off.
- ▶ Please make sure your child arrives in a clean diaper when they are first dropped off.
- ▶ Bring proper winter gear (dress your child according to the weather). Please check the weather for the day and dress your child appropriately.
- ▶ Make sure your child has an extra set of clothing & socks in cubby.
- ▶ Make pick-ups short as other children eagerly await their parents.

- ▶ Late fees apply after 6pm. Please make sure you arrive at the centre well before closing and have your child ready to go by 6pm. Our wonderful staff have families and appointments to go to after work.

Activities and Resources:

SLIME:

Ingredients: 1/2 tsp of Guar Gum, 1 cup warm water, 1/2 tsp baking soda, 1 tsp of saline solution, food colouring.

Pour the warm water into a bowl, add food colouring. Add guar gum and mix thoroughly. Add the baking soda and mix thoroughly. Lastly add the saline solution and mix in. See the slime come together.

Healthy Recipe - Real Food for Real Kids:

Banana Oatmeal Mookie - Makes 24 servings

INGREDIENTS:

- 1 ¾ cup whole wheat flour
- 2 cup oats
- 2 large ripe bananas, mashed
- ¾ cup butter
- 1 large egg
- ½ cup brown sugar
- 1½ tsp baking soda
- ¼ tsp ground nutmeg
- ¼ tsp ground cinnamon
- ¼ tsp sea salt



PREPARATION:

- 1 Preheat oven to 300 F.
- 2 Mix all dry ingredients together in a bowl.
- 3 Then mix dry & wet ingredients until smooth.
- 4 Place 2" balls of batter onto a lined baking sheet.
- 5 Pop them into the oven for about 15 minutes or until golden.

REAL FOOD TIPS:

- Get creative and try adding walnuts, chocolate chips or cranberries.

For our Newsletter and Real Food For Real Kids Menu, please visit: <http://www.matthewjohndaycare.com>