

MARCH

PRESCHOOL 1 CALENDAR

Important Dates

- March 8th – International Women’s Day
- March 8th – Daylight Saving
- March 16th – St. Patrick’s day
- March 20th – World Storytelling Day

Skills we will be working on:

Social Skills

- Remembering to ask for play materials using our polite words, please and thank you (1.2 conflict resolution and social problem solving skills)

Pre-reading Skills

- Identifying our names and the letters within them around the classroom (3.11 letter recognition)

Self Help Skills

- Continuing to follow the classroom routines during transition times, particularly the washroom and diapering routine (2.5 regulating behaviour, focussing attention)

Motor Skills

- Increasing the time spent doing indoor gross motor activities such as dancing, marching band, and breathing circles (5.1 increasing levels of activity)

Math Skills

- Continuing to count peers to determine who is missing in the class (4.13 determining quantity)

Program Enrichment

Additional Program Enrichment will be provided by Diane on Tuesday mornings.



Science Experience



Making Lava Lamps

To do this experiment, you will need only four ingredients and a plastic cup or bottle

- ½ cup of water
- ½ cup of vegetable oil
- Alka seltzer tablets
- Food colouring

1. Pour the vegetable oil into the bottle
2. Add food colouring to the water and pour it into the bottle until it fills almost to the top
3. Break the alka seltzer into pieces and drop them into the bottle
4. Watch as the alka seltzer reacts with the water to create bubbles and the water and oil stay separated

How does Learning Happen?

As we continue our mindfulness exercises into the month of March, we will be moving onto being mindful during play and transition periods.

This can take many forms. The children in our classroom are already learning about being patient with one another when getting dressed for outside (4.1 self-regulation) and when waiting their turn for something to play with (1.6 cooperating). We will also be extending our mindfulness practices to remembering our manners. Saying please, thank you, your welcome and I’m sorry go a long way. Children are now beginning to learn about being polite.

Mindfulness is a practice that promotes the **well-being** of individuals through awareness, acceptance and attention. When we all engage in mindful practices, every child will feel that they **belong** in our classroom.