

From the Desk of the Supervisor

Welcome to 2019!! We hope you had a wonderful and restful festive season!

To kick off the New Year there are a few housekeeping items:

~PLEASE park your car in a designated spot and ensure that your child/ren are escorted properly in and out of the building. The wheelchair accessible spot should ALWAYS remain open unless you have a permit to park your car in the accessible place. Thank you in advance for your cooperation.

~Please ensure your contact information is up to date as well as your email address. This helps the staff and the office reach you in a timely manner with important information.



~Consider paying your fees by PAD (pre-authorized debit). This is a worry free method of ensuring fees are paid on time. See Shannon for the form! If you are paying your child's fees by cheque, please remember to "check" that the year is 2019!!

Board and Staff News

The Board of Directors meeting will be held on Wednesday, January 9 at 6:00 pm in the school staff room. Please notify Shannon if you would like to attend.

Just a reminder that we do have a twitter account. This is where families can find important information regarding closures, and special events.
@Terry_TanCC



Special Dates

1st - New Year's Day
(Make a resolution you can keep!) **Terry Tan is closed.**



7th - Back to School and back to regular routine!

18th - PA Day for FDK/SA

7th - Orthodox Christmas

Interesting to Note

Tips to beat the WINTER BLUES!

1. GET OUTSIDE FOR SOME FRESH AIR. Make sure to get outside, even if just for a little bit every once in a while. It's easy to stay inside where it's warm and dry, but if you're dressed appropriately, getting some fresh air can go a long way.

2. MAKE YOUR INDOOR ENVIRONMENT COZIER. If being inside makes you happy, you'll be less vulnerable to the decrease in daylight and fresh air. Try cozying up your environment with things like candles, blankets, warm beverages, decor, fun people, and hobbies.

3. BRIGHTEN UP YOUR HOME. Less sunlight can mean decreased serotonin and vitamin D levels. Address one or both of these by adding extra light to your home, taking supplements, or bundling up for a morning walk. You may also want to look into light therapy, which can be especially helpful seasonal depression.

4. STAY ACTIVE WITH ROUTINE. EXERCISE. Being cooped up all winter can make you feel like you need to escape. Make sure you're still being active, whether it's in your house, at a gym or outside.

5. PLAN OR GO ON A VACATION. If you can get away for a weekend for some new scenery, do it! If you can't, they say the simple act of planning a future vacation can make people feel excited and less hopeless, since there's something to organize and look forward too.

6. GET OUT OF THE HOUSE. Since you're probably spending more time in your house, try to get out and visit other places to spice up an otherwise bland day. Change up your environment every once in a while by going places like...a friend's house, coffee shop, mall, library.

7. EAT FOODS THAT MAKE YOU ENERGIZED, NOT FATIGUED. Nutrition; it affects all things, either in a positive or negative way. Instead of building that "winter body" with all comfort food all the time, make sure you're incorporating foods that give you energy. I'm talking a variety of fruits and vegetables, lean proteins, healthy fats, complex carbs, and plenty of H2O.