Preschool 2 March 2020 Calendar

"Children represent the future, encourage, support and guide them."
- Catherine Pulsifier

Enriching the Program
Creative Movement with laLa Yoga
Literacy Time with Reading Buddies from the School Agers
Music with Cathy and Early-On Program

Important Dates
March 13ᵗʰ – laLa Yoga
March 17ᵗʰ – St Patrick's Day (wear green)

Mindfulness
Being mindful of ourselves first can help us to be mindful of others. Try these for yourself and with your children: simply take a moment to just breathe and take some deep breathes in/out (smell the flowers and blow out the candle). Try slowing down and taking some bigger steps. Simply saying hello to others. Trying a few things like this can help in changing your mindset or your child's mindset, and others as well.

Skills we will be Working On:
Pre-reading Skills
- Repeat or echo simple sentences
- Listening to books, creating stories from the pictures

Math Skills
- Counting from 1 to 20, recognition of numbers on the calendar
- Sorting objects into the appropriate buckets

Motor Skills
- Practice using tongs during mealtimes (bread and veggie)
- Practise balancing on one foot

Self Help Skills
- Practice pulling shoes/tongue of shoe open, holding the table and stepping (pushing) into shoes
- Practice sitting closer to the table during cognitive play or mealtimes

Science Skills
- Labelling basic colours and matching them
- Understanding changing of seasons/weather

Social Skills
- Practice turn taking with a friend (your turn, my turn)
- Being more mindful with friends eg. Helping each other with zippers/mittens or passing different foods at mealtimes

How Does Learning Happen?
Every child has a sense of belonging when he or she is connected to others and contributes to their world. Every child is developing a sense of self, health and well-being. Every child is an active and engaged learner who explores the world with body, mind and senses. *Pg 12 How Does Learning Happen?*