



Les Petits Soleils Inc. *Preschool*

January News – Année 2A

Happy New Year!

We hope that you have a great holiday and we look forward to seeing you in the New Year. Please remember that preschool is closed over the school Christmas break. Classes recommence the week of January 6th.

We would like to take this opportunity to thank those families who have volunteered in our classes thus far – we very much appreciate your help, especially those families who supported the extreme success of our Christmas concert!! Please note that calendars and newsletters are posted on our website, should you misplace/delete your own copy.

Un petit rappel / Gentle Reminders

1. Please be sure to empty out your child's mailbox of crafts and notes at the end of each day.
2. Please do not park in the staff parking lot when dropping off your child. Parents should only park on the street in front of the school.

Ce qu'on apprend / What we're learning

This month we are learning about les Community Helpers. The colour of the month is blanc/white. Below is some of the vocabulary that we will be learning throughout the month.

Le mois de janvier (the month of January):

Le thème: les aides de la communauté

- Le pompier (firefighter)
- Le dentiste (dentist)
- Le fermier (farmer)
- Le policier (police officer)
- Le docteur (doctor)
- Le constructeur (construction worker)

La couleur: blanc (white)

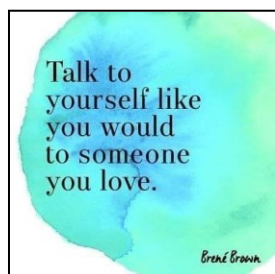
- What is blanc at your house?
- What is blanc outside?
- Figure out a way to colour using blanc.

L'alphabet: Ed, Dd, Pp, Bb

- Are any of these letters in your name?
- Can you write these letters?
- Look for these letters when you're out with your family.

Emotional regulation tips / La regulation émotionnelle

Flip YOUR Switch Training Workshop



If you spoke to your friends the way you speak to yourself, how many friends would you have? More importantly, how much of this self-criticizing behaviour do you exemplify for your children to learn? Is that what you want for them?

Already heard enough and like how it sounds to consider having an inner coach voice that is louder than that inner critic one? Invest in self-care by attending the upcoming training workshop, facilitated by Suze Casey, at a rate comparable to your monthly fees!

As a teacher with a Bachelor's degree in both Education and Behavioural Psychology, Belief Re-patterning is the fastest and most effective emotional regulation tool I have ever used to navigate personal challenges. The system has 7 straight-forward steps based in cognitive learning theory: how humans learn. It works every time. There is no lying and we do not ignore draining emotions and just "put on a happy face". This workshop is the most beneficial training I have ever attended, both for application to support myself in my own life and also, by extension, to my students and children. My time was valued with new content taught by a professional teacher, who effectively models material in a fun, clear and hands-on format. I walked out with a set of tools and keys to support myself for emotional regulation. I strongly recommend this training workshop for anyone interested in taking the next step toward love to self as a means to progress into the best version of your life.

Edmonton: January 10-12

Contact Madame Kathryn for registration paperwork or call their office at 1.587.449.8224.

Nature Challenges: how to protect the earth / Les défis de la nature: comment protéger la terre



How can we recycle our live Christmas decorations (i.e. trees/wreaths, etc)? There are a number of organizations who will accept real Christmas trees in the Edmonton and surrounding areas – so please don't put them out with the garbage, as they will only end up in the landfills. One organization that collects the trees yearly for animal rehabilitation is WildNorth. This amazing group of volunteers will take your tree and give it to the recuperating animals in care to use as homes, to learn to forage and for support to eventually be re-introduced into the wild. If you have a real tree and would like to contact WildNorth to sort out a drop-off, please contact them via their website or drop offs are accepted until January 5th at their Parkland location, 53328 Range Rd 271, Spruce Grove AB. <https://wildnorth.ca/contact/>

Le jour de pyjamas / Pyjamas day

On January 10th, students (and volunteer parents) are encouraged to wear pyjamas.

Should you have any questions or concerns, please contact us. Merci!

Madame Kathryn and Madame Kim