



November News – Année 1A

We have had a wonderful first two months with our students and we can already hear some of them using the French that we use in class, which is very exciting. Our students have fallen into the routines very well and are a pleasure to teach.

Un petit rappel / Gentle Reminders

1. As we are now moving into our third month of school, we recommend that you create a new cup bag for your child, if you haven't already done so. Over the year, if you require more labels, please let us know.
2. Please be sure to wash out your child's cup and bag after each class.
3. Preschool is closed November 12 - 15.
4. Your kindest compliment to the preschool is to share with your friends about our Open House on Wednesday, November 20th, 6:00 – 7:30pm! We are anticipating enough interest to start up German preschool options beginning in January! Spread the word about both language options and receive a credit of \$50 for every friend that registers with us!

Ce qu'on apprend / What we're learning

This month we are learning about transportation (le transport). The colour of the month is purple. Below is some of the vocabulary that we will be learning throughout the month.

Le mois de novembre (the month of November):

Le thème: le transport
(transportation)

- Un avion (airplane)
- Un train (train)
- Un bateau (boat)
- Un autobus (bus)
- Une voiture (car)
- Une bicyclette (bicycle)

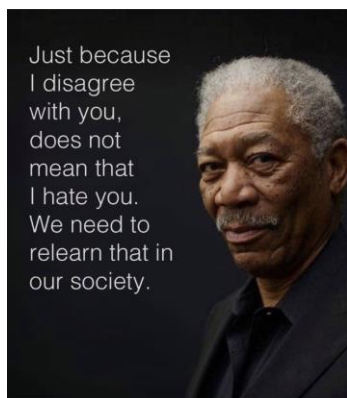
La couleur: violet (purple)

- Colour a picture only using violet.
- Can you see anything outside that is violet?
- What is violet at your house?

L'alphabet: S, A, I, T

- 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



We are sitting at carpet time, and with the most glaring eyes and angry, wrinkled forehead, I hear a child yell: "Hey! Your leg touched my back!"

Just because I disagree with you, does not mean I hate you.

In preschool, we notice this learned behaviour, where negative intention is immediately assumed from another. It also raises its head at play time, when children disagree on the direction of their game. It *also* raises its head at election time, when "tall humans" scream hateful and mocking words at each other on social media because they have differing opinions about a team they want to win.

For small and tall humans alike, I would recommend some mirror work. Take a look at that face in the mirror and see if you would feel inclined to happily communicate with those glaring eyes, that wrinkled forehead and those spitting words. Most kids realize quickly that they are very intimidating to look at. I am encouraging quick redirection in the classroom with "Do you think they woke up this morning and decided they wanted to upset you by touching you accidentally? Find your kind eyes, your gentle words, smooth out your forehead, look them in the eyes and simply ask "Please can you not touch my body?" and see if that works better." When playing and disagreeing, respect to hear and consider all opinions, and then compromise, can often be reached, *and also* decisions can be made to choose to play separately to respect our own choices; just like in elections. Let us consider, for tall and small humans, that disagreeing does *not* require for us to come to a "one is right and therefore the other is wrong" conclusion: adults and children alike often jump immediately to this angry conclusion. What about considering that we can always part ways without adjusting our opinion at all? That is respect and kindness and this is what I want to see in the world. Please consider contributing to a world based in loving kindness by exemplifying and playing in the mirror with faces, tones and word choice with a priority for respectful communication.

Flip YOUR Switch Training Workshop for Parents and Educators

Already heard enough and like how it sounds? Consider gifting your family by attending a training workshop, co-facilitated by Suze Casey AND Madame Kathryn at a rate comparable to your monthly fees!

As a teacher with a Bachelor's degree in both Education and Behavioural Psychology, this is the fastest and most effective emotional regulation tool I have ever used. The system has 7 straightforward 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". It takes about 3 minutes to go from "ick" to feeling great! This workshop is the most beneficial child-based training I have ever attended. 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 happily investing in a program support package of posters, booklets, music and programming that I could immediately implement the next day.

Edmonton: November 9 – 10

Contact Madame Kathryn for registration paperwork!

Inner Critic to Coach: Upcoming complimentary introductory session!

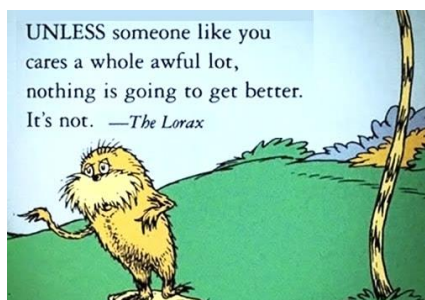
Learn more about why the simple Belief Re-patterning tools of your children winking in the mirror and smiling going through doorways is training their subconscious minds to automatically attract more positivity toward them.

Have you been wondering what you've done wrong to attract the "ick" you find yourself in? In this fast-paced interactive evening, Suze will support you in shifting up old patterns that have kept you in the spin cycle.

Edmonton: November 8, 6:30pm

Go to www.critic2coach.ca to register, using code #B303 to attend as a Les Petits Soleils' guest!

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



Somehow we have watched Fall come and go and Winter is upon us, but before the snow blankets us, head on out into nature and collect what Mother Nature has scattered. With the holidays around the corner, many of us will begin making holiday crafts. My challenge to you for November is nature and re-use crafts! Use what has fallen outdoors to make incredible nature art: paint with fallen leaves, turn an abandoned stump into a bird/squirrel feeder, make a wreath for your door.... the possibilities are endless (and so is Pinterest!) Don't love the cold? Try re-using items for your cool

holiday crafts instead of buying new supplies. Visit a re-use center or thrift shop and give something old new life. Hand-made gifts mean so much more and can offer a much more fun gift to give/receive than store bought. ~ Madame Kim

Rappel pour le Concert de Noël / Christmas Concert Reminder

Don't forget that our Christmas concert will be held on **Wednesday, December 18th, at 6:30pm, in Campbelltown gym (271 Conifer Street) and NOT at Sherwood Heights School.** More information regarding the concert will be announced in our December newsletter.

In addition to this newsletter, you have also been emailed the calendar for November (a hard copy will be sent home too). Please note your child's Show-and-Tell day as well as your snack/drink day (and the required food group).

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

Madame Kathryn, Madame Kim and Madame Kristen