

FEBRUARY 2021

Building the Foundation for Growth.



Supporting children through stress and anxiety

The educators have been working very hard to support children and families through the difficult times during COVID-19 and emotional, physical, and intellectual stress and anxiety within children have been lingering throughout the pandemic. We incorporate many resources to train ourselves and to support children such as providing books, activities, and daily conversation to bring out energy and ideas. As children are having less time with their 'outer-bubble' communities than before, educators need to address the matter and understand their difficulties.

Children Books to help children with anxiety

According to Singmin (2020), there are books that can support children to

regulate and understand what they are feeling and going through. There are books about self-care and building self-esteem like "The Barnabus Project," by Terry Fan, Eric Fan and Devin Fan, "The Invisible String Workbook," by Patrice Karst. The books are a great source for children to understand ideas, histories, and changes in their world. The author further talks about books can help "when they need to access coping tools and better understanding their big emotions."

How to support children that are feeling anxious

When children go through emotions and are not aware of what they are feeling, educators must...

[Continue reading on our Blog.](#)

Important Dates

MON FEB 1

Pro-D Day (Parkland only). No Preschool Program.

WED FEB 10

Photo Day for Infants and Toddlers, Group Daycare, and Preschool.

FRIDAY FEB 12

Chinese New Year!

MON FEB 15

Family Day: Center Closed.

SAT FEB 20

Parkland Players Open House.

WED FEB 24

Anti-Bullying Day.

FRI FEB 26

Pro-D Day (All SD 43) No Preschool Program.

Reminders

- Open house will take place on Saturday Feb 20th 10am – 1pm. We will be following all COVID-19 Protocols and Safety Plans.
- Pro-D Days: This month there are two pro-d days, Feb 1st and Feb 26th for Parkland Elementary only. There will be no preschool classes on these days. If you need care for OSC children, please sign up. The second pro-d day this month (Feb 26th) is subject to a universal \$20 fee for all Parkland elementary students who sign up.
- Scholastic flyers have been sent through Himama. Our class code is RC149292
- Re-registration 2021/2022 will begin on Feb 8th. Families will receive Re-registration package through their email. If your email address has changed, please email admin@parklandplayers.com with your updated email. Packages must be returned by Feb 24th. Registration for public will begin March 1st and therefore if you do not submit your package before Feb 24th, we can no longer guarantee your spot.
- Spring Break sign up is available in each room and [online](#). Spring Break is Mar 22–26 and Mar 29–Apr 1.

Program Highlights

This month's themes are Shadow/Light, Groundhog & Valentines Day!

Activities for Home and at School



8 Fun Activities about Animals and Winter

Our monthly theme for this month is Hibernation and Animals in Winter. Here are some activities about animals and winter that can be incorporated into daily routines.

[Watch the video.](#)



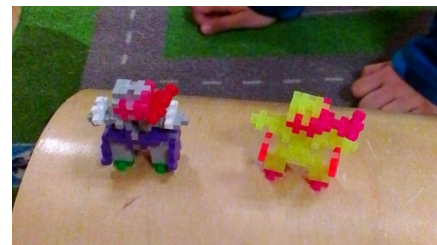
Building Animal Shelters (OSC)

This is a fun activity where children can practice science and engineering skills while learning about winter animals. Follow the link to our Bitaa activity page.

[Read More.](#)



Infant and Toddler group engaged in story time.



Meadowbrook children created action figures out of puzzle pieces.



Out of School Care children making recycle collage.



Meadowbrook children exploring a science experiment.

FOR ANY ENQUIRIES, PLEASE DO NOT HESITATE TO REACH OUT BY EMAIL OR PHONE.

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