

APRIL 2021

Building the Foundation for Growth.



Importance of Food Literacy

Literacy is an abroad term; it means not only the ability to read and write but knowledge of specific factors. One can be literate in Mechanics but illiterate in Cooking. One can be literate in French but illiterate in Spanish. Literacy is not necessarily linked to language skills. It is a term that draws one's ability and knowledge in an area. Food literacy is "the ability to make decisions about food to support the achievement of personal health and a sustainable food system, considering environmental, social, economic, cultural, and political contexts" (Nutrition Connection, 2019, p. 7).

Food and Nutrition

Food is essentially linked to all age groups and it can support us by preventing chronic diseases and

boosting our energy, mood, and emotions. With guidance from adults who are literate in Food and nutrition, children can have healthy eating and become literate as well. The guidance by Nutrition Connection (2019) indicates having a policy for healthy eating will support children to have healthy eating skills and literacy of their own body's nutritional needs. Having children learn to listen to their body and making choices accordingly will escalate them to "learn to enjoy and prefer healthy foods, thereby supporting them to develop and maintain healthy eating patterns" (p. 10)...

[Continue reading on our Blog.](#)

Important Dates

FRI APR 2

Good Friday: Center Closed.

MON APR 5

Easter Monday: Center Closed.

FRI APR 16

Pool Party Theme Day.

THUR APR 22

Earth Day.

FRI APR 23

Pro-D Day – OSC available.

SUN MAY 9

Mother's Day.

Reminders

- **Easter holidays:** April 2nd and April 5th are Good Friday and Easter Monday. Center is closed.
- **Pro-D Day:** April 23rd is a Pro-D day. Please let us know if you need care for this day for scheduling purposes. No Preschool session.
- Scholastic flyers have been sent through Himama. Our class code is RC149292.
- **Program Highlights:** This month we will be focusing on some of the natural themes that come with spring such as metamorphosis, weather changes, plants, seeds, flowers, and growth.
- **Pool Theme Party:** We will have a pool party theme day on April 16th! We are going to have a lot of fun with the kids.
- **Earth Day:** We will be doing some planting and gardening activity to celebrate the Earth Day!

Program Highlights

This month we will be exploring Spring!



Activities for Home and at School



Celebrating During the Pandemic

Are your kids down because they cannot celebrate as “normal”? Here are our top 5 unique and fun ways to celebrate children’s events during the pandemic.

[Watch the video.](#)



Infant and Toddler group having their outside time.



Paper Plate Rainbow (OSC)

Celebrate the beginning of spring with this fun rainbow activity! It is great for fine motor skills and cognitive skills associated with sorting.

[Watch the video.](#)



Meadowbrook children painting trees.



Meadowbrook Children playing a guessing game.



Group Daycare children having circle time.

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

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