

APRIL 2022

Building the Foundation for Growth.



5 ways to Promote Healthy Eating

Healthy eating habits should be established at an early age since they are growing rapidly and it is essential for children to have food literacy. The five best strategies to support healthy eating habits are having regular family meals, serving variety of healthy food and snacks, being a role model by eating healthy, avoiding battles over food, and involving children in the process.

Have regular family meals

The first strategy is to have regular family meals. Having a schedule where children can expect is a great start. They get their body and mind ready for the delicious food. And when adults or others are with them for the meal, they are more likely to eat healthy food such as vegetables, grains and other nutritious food items. It is a great social time for children and parents to catch up and create a warm

environment during meal time. Families can also invite child’s friends or other family members to have more fun during the meal time.

Have different kinds of healthy food ready

The second strategy is to have different kinds of healthy food and snacks ready. Having fruits and veggies into the daily routine for children will be a great start. Prepare the snacks and food ready for children to be eaten and bring some delicious dips to give a little sparkle. Having these items ready will reduce the time for children to switch their thoughts during these transitions.

[Continue reading on our Blog.](#)

Important Dates

FRI APRIL 15
Good Friday: Center Closed

MON APRIL 18
Easter Monday: Center Closed.

THUR APRIL 14
Pool Party Theme Day.

FRI APRIL 22
Earth Day

FRI APRIL 22
Pro-D Day – OSC available

SUN MAY 8
Mother’s Day

Reminders

- April 15th and April 18th are Good Friday and Easter Monday. Center is closed.
- April 22nd 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.
 - Metamorphosis: butterflies and frogs
 - Weather changes
 - Plants, seeds, flowers, growth
- April 14th – We will have a pool party theme day! Let's have a great fun!
- We will be doing some planting and gardening activity to celebrate the Earth Day!

Program Highlights

This month we will be exploring Spring!

April 22nd
Happy Earth Day!

Activities for Home and at School



5 Creative activities for Spring

Wonder how to celebrate spring with the kids? Check out these 5 creative activities!

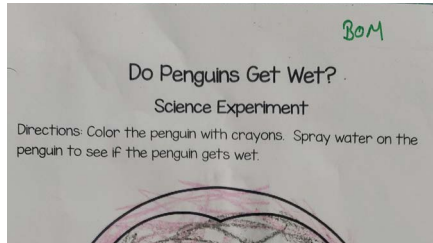
[Read More.](#)



Paper Plate Rainbow

This is a nice activity for Spring and to practice art, fine motor skills, and cognitive skills associated with sorting.

[Watch the video.](#)



Science experiment in our preschool class



Building a Marbel run with blocks



Parkland Players Preschool class doing arts and crafts



Creative minds at Parkland Players

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

1563 REGAN AVENUE. COQUITLAM, BC. V3J 3B7
T: 604.670.8830
WWW.PARKLANDPLAYERS.COM