

JANUARY 2023

Building the Foundation for Growth.



BACK TO SCHOOL AFTER WINTER BREAK

Children might have mixed feelings about returning to normal school routines after a fun winter break. Here's a way to make the transition less difficult for the whole family.

RETURN TO YOUR BEDTIME ROUTINE

Parents allow their children to stay up late or sleep in on special occasions (such as winter break) but it is necessary to return to normal sleep patterns before returning to school. That is because consistent, quality sleep is essential for your child's learning ability. According to a statement from the American Academy of Sleep Medicine (AASM), sleep deprivation is associated with "attention, behavior, and learning problems." And: "Lack of sleep also increases the risk of accidents, injuries, high blood pressure, obesity, diabetes and depression."

In the days leading up to class, American Academy of Sleep Medicine delays bedtime by 15-30 minutes each night until she returns to her normal sleep schedule. AASM recommends the following optimal sleep times for children and teens:

- 4-12 months: 12-16 hours (including naps);
- 1-2 years: 11-14 hours (including naps);
- 3-5 years old: 10-13 hours (including nap);
- 6-12 years: 9-12 hours;
- 13-18 years: 8-10 hours.

CREATE A BACK-TO-SCHOOL COUNTDOWN

When school resumes, lazy days in pajamas suddenly seem to come to the end. Make the transition to the class easier, especially for younger children...

[Continue reading...](#)

IMPORTANT DATES

SUNDAY JANUARY 1st

New Years Day!

TUESDAY JANUARY 3rd

Center reopens

FRIDAY JANUARY 27th

Pro-D Day for Meadowbrook Elementary. OSC is available.

MONDAY JANUARY 30th

Pro-D Day for Parkland and Porter Elementary. OSC is available.

PROGRAM HIGHLIGHTS

The monthly themes are hibernation and winter animals!

REMINDERS

- Happy New Year Everyone! We are happy to celebrate 2023 with Parkland Families!
- Preview for the 2023 Preschool Programs: In the Musical Classes the children will continue to build musicianship with songs, rhymes, and music by games and playing instruments. For the winter session the children will learn songs about themes such as snow, penguins, Valentines Day, the Lunar New Year and other Winter Themes. The children will also be learning about the composer, Wolfgang, Amadeus, and Mozart etc.
- Center will re-open on the 3rd of January!
- The themes are hibernation and winter animals
All groups will be exploring various winter animals and creative ideas of hibernation!
- Please review the Winter Extreme Weather Procedure Policy here: <http://parklandplayers.com/wp-content/uploads/2017/12/Extreme-Weather-Letter-to-Parents.pdf>
- Scholastic flyers have been sent through Himama. Our class code is RC149292
- Please note January 27th is a Pro-D day for Meadowbrook Elementary
- Please note January 30th is a Pro-D day for Porter and Parkland Elementary (no Preschool classes)

ACTIVITIES FOR HOME AND SCHOOL



FUN WINTER FACTS FOR KIDS

Use these interesting facts about Winter to embrace the chilly weather and snow as a teaching opportunity.

[Read More](#)



PAPER BAG: REINDEER PUPPET

Share this activity with your children and enjoy your family time together.

[Read the instructions](#)



When it snows, you have two choices: shovel or make snow angels!

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