

# FEBRUARY 2023

Building the Foundation for Growth



## VALENTINE'S DAY IDEAS FOR KIDS: TEACHING THE MEANING OF LOVE

When it appears that the overspending related to the winter holidays is winding down, Valentine's Day and its "things = love" advertisements arrive. It might be tempting to want to offer our kids material things and Valentine's Day sweets, frequently at the expense of thoughtful tiny gifts and simple acts of love. We may have this mindset as parents because we want to give our kids the greatest life possible. But unhurried family time, loving memories made with children, and teaching them the importance of love are undoubtedly more priceless than any present you could possibly give. A nice time to start is on Valentine's Day.

### **TIPS TO TEACH & SHOW CHILDREN THE MEANING OF LOVE**

Here are a few suggestions for Valentine's Day that you may use all year to tell your kids you care:

1. Send words of love and letters. A simple "I love you" letter placed under a pillow, in

a backpack, or in a lunchbox can serve as a constant reminder to your child of your love. Spend time with your kids that matters. We frequently find ourselves hurrying from one task to another as busy parents. Turn off the television, put down the phone, even though it can be challenging at times, and spend quality time with your child.

2. Spend quality time with your kids. We frequently find ourselves hurrying from one task to another as busy parents. Having dinner together as a family as frequently as possible is an easy place to start. Turn off the television and engage in a conversation instead. Talk about your day, your friends, and perhaps even take turns posing "what would you do if" scenarios.

3. Make a Valentine's Day activity with your kid. It doesn't need to be a difficult...

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## IMPORTANT DATES

### **WEDNESDAY FEBRUARY 15th**

Photoday at Parkland Players

### **MONDAY FEBRUARY 20th**

Family Day: Stat Holiday, Centre Closed

### **THURSDAY FEBRUARY 23rd**

Anti-Bullying Day

### **FRIDAY FEBRUARY 24th**

Pro-D Day, No Preschool Program

## PROGRAM HIGHLIGHTS

GROUNDHOG DAY  
VALENTINE'S DAY  
HEALTH/NUTRITION

## REMINDERS

- The theme is Shadow/Light, Groundhog & Valentines Day! All groups will be exploring various experiments on lights and shadow, and creatively explore Groundhog's Day and Valentines Day!
- The Photo Day will take place on February 15th. We will provide you with more information via HiMama.
- Pro-D Day: February 24th – No Preschool
- Scholastic flyers have been sent through Himama. Our class code is RC149292
- Re-registra: on 2023/2024 will begin this month. Families will receive Re-registra: on package through their email. If your email address has changed, please email [anna@parklandplayers.com](mailto:anna@parklandplayers.com) with your updated email. Packages must be returned by end of the month (detail will be announced). Registration for public will begin March 1st and therefore if you do not submit your package before the due date, we can no longer guarantee your spot.
- Spring Break sign up is available in each room and online.
- Spring Break is March 13–17 and March 20–24.

## ACTIVITIES FOR HOME AND AT SCHOOL



### ST. VALENTINE'S DAY ACTIVITIES TO TRY WITH YOUR CHILDREN

Check our Bitaa Activity Book for some activities regarding St. Valentine's Day. We would suggest you to start with Fizzing Hearts Experiment and have fun together!

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### CHOOSING A HEALTHY PLATE: A NUTRITION ACTIVITY

This is a fun activity for little ones to practice how choose healthy food and keep nutrition balance in the plate.

[Read Instructions](#)



**PARKLAND PLAYERS IS NOMINATED FOR TRI-CITIES CHAMBER EXCELLENCE AWARDS!**

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

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