



Queneesh StrongStart January Newsletter



Welcome to 2018!! I hope you had a wonderful time with your family and friends. December was a time to explore some experiences cooking and making gifts for the treasure sale. Families have told me they enjoyed the yoga session with Lynn, she will be back on the 22nd to lead another yoga session. Thank you to families for using the waitlist for snack. When children are sitting with their adults, they are more likely to use the utensil to serve themselves. This also gives them an opportunity to meet other children and adults in our program.

Thank you to Mrs. VanderRee and her Dog Jake for coming to read to us before Christmas.

Upcoming Dates:

January 8th: Welcome back!!

January 9th: Make soft pretzels for snack. I have included the recipe at the end of the newsletter.

January 9th: Welcome Megan Edgar to StrongStart, Megan is an Early Childhood Care and Education Student at North Island College. Megan will be at StrongStart on Tuesdays.

January 12th: Make banana and Wow butter snack.

January 15th: We will visit with the Seniors at Comox Valley Seniors Village. We will play at StrongStart and then leave to visit with the seniors. We will enjoy visiting with the seniors, exploring some art, and have a treat snack. Please sign up at StrongStart.

January 19th: Make bird feeders to take to Sandwick Park for the birds, on Jan 24th.

January 22nd: Yoga with Lynn, please sign up at StrongStart, Lynn will be in the music room with interested families, while other families will be in the gym. Please bring a yoga mat if you have one.

January 23rd: Make soup with Megan to have for lunch on Wednesday. Watch for more information at StrongStart. Thank you Megan.

January 24th: Outside Day at Sandwick Park. Please meet me at the park at 9:30. We feed the ducks, then play at the park until 11:00 then come back to the school for warm soup. Dress for being outside!

January 25th: StrongStart is closed, but I will be at Courtenay Library for Family Literacy Day. I hope you can come, there will be self directed activities for children and families to explore. For more information, click on the link below.

<https://valleychild.ca/events/family-literacy-day-courtenay/>

Watch for a visit from the Dental Hygienist in February.



If you no longer wish to receive these emails, please let me know and I will remove you from the list.