

MTJB



From Frost To Flowers

A big hello to our wonderful families! As the wheel of the year turns, we slowly say goodbye to winter and look forward to spring and new beginnings! Our little friends have had a glorious winter season playing outdoors in the copious amounts of snow that have come our way and we honour the mittens that didn't make it home this year. Now our children are getting geared up to trade in their winter boots for rubber ones! This month we see the first day of spring, daylight saving time, march break week, and St. Patrick's Day! While the first half of this month may still have snowy streets and hills for sledding, we know that as the weeks slide by we are closer to seeing the green shoots we so eagerly wait for popping out of the ground.

With the changing of the seasons comes the changing of the children's outerwear. As always, we want to remind parents that our days can vary in temperature from morning to afternoon and it is important to be prepared for all types of weather. Some days can see snow, rain, and sun all in one day! Having a variety of clothing options at your childcare centres helps educators keep your little ones dressed appropriately and helps set your children up for successful warm and dry days while still being able to participate fully in the program activities. Extra socks are a great addition to any cubby bin too!

As always, we hope everyone has a happy, healthy, and fun month of March. We would love to hear what amazing ways you are getting outside with your children and hope you enjoy the fresh spring air!

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Braxton

Harrison

Brynlee

Emerson

Lorenzo

Madison

A Study in Gold: Klimt Art Project

Lunar New Year: Chinese Zodiac Masks

Empowering Young Girls to Grow

In recognition of International Women’s Day on March 8th, we want to help empower all of the amazingly talented, smart, bold, and creative young girls in our lives! One great way to do this is through literature! Below are some great reads that encourage our daughters, nieces, and granddaughters to follow their dreams, dare to be different, and find their independence!

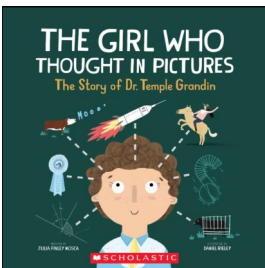
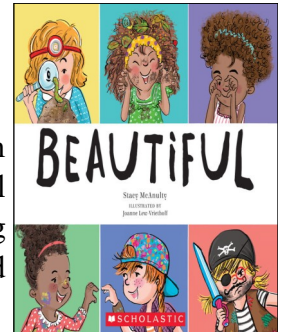


She’s Got This by Laurie Hernandez (Pre K - 1)

A heartwarming and inspirational story about chasing your dreams and never giving up by gold-medal-winning Olympic gymnast Laurie Hernandez.

Beautiful by Stacy McAnulty (K - 2)

Beauty is much more than how one looks on the outside. True beauty is found in conquering challenges, showing kindness, and spreading contagious laughter. Beautiful girls are empowered, smart, and really, really strong! Beautiful breaks barriers by showing girls free to be themselves: splashing in mud, conducting science experiments, and reading books under a flashlight with friends.

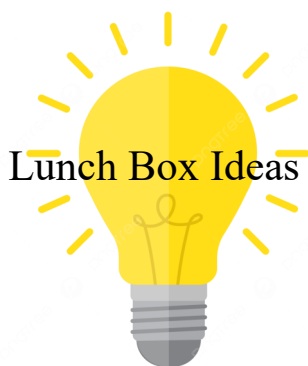
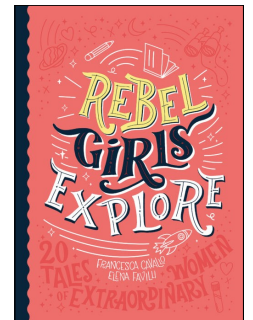


The Girl Who Thought In Pictures by Julia Finley Mosca (2 - 4)

No one expected this autistic girl to speak, but Temple did and demonstrated her talent for visual thinking that's made a lasting impact on farm management. This is the true story of Dr. Temple Grandin.

Rebel Girls Explore by Elena Favilli (4 - 8)

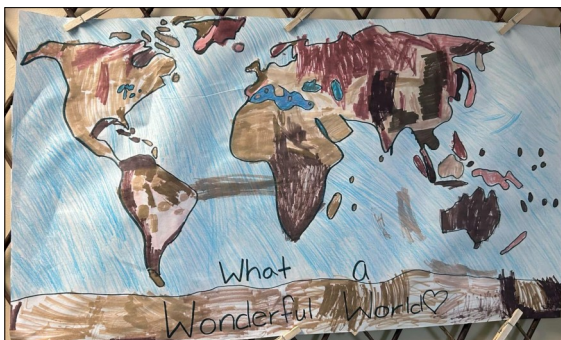
Inspirational stories of women in the past and present who devoted their lives to discovering, exploring, and caring for the Earth. This book is part of a series.



We continue to provide up-to-date healthy options for our families to help combat those school lunch struggles. Below are some great “Bento Box” style lunch ideas to spark that conversation with your children around nutrition and healthy lifestyle choices. We know you want to set your children up for success to the best of your ability but it can feel hard some days with picky eaters. We hope that these ideas can provide you with some successful strategies!



Program Highlights



Our Cultural World Map | Kemptville - Clothier St.

Our friends at the Kemptville Clothier Street Site have been working on a special project! The school-age program children created their own world map by studying and copying the shape of the continents, discussing and identifying each country, and then using the Crayola Colours of the World markers to fill in the shades of the world as represented by the diverse cultures that live there.

From Extra Light Almond to Extra Deep Rose and Deep Golden hues, these markers are an amazing tool to discuss cultural diversity and represent a broad range of skin tones both in our artistic endeavours and as a learning opportunity for educators, parents, and children to continue to incorporate diversity and make all children feel included. What an amazing project!

Dental Awareness Month | Kemptville - Clothier St.

Our educators strategically incorporate healthy eating and healthy lifestyle habits into the program curriculum daily. One way the Kemptville staff have done that during February is by promoting oral hygiene! As you may know, February is Children's Dental Hygiene Awareness Month, and to promote this, our school-age programs have created a series of activities to bring oral hygiene and its importance to the forefront of our children's thinking and learning. In this activity, the educators helped to create the base of the activity and



discussed several topics for good oral health. The children were then challenged with cleaning their teeth and removing the plaque from between them. This activity was a great way to give children the opportunity to have a visual representation of what proper brushing and flossing looks like. Many originally stated that it was difficult to remove, and required more care than they initially realized it would!

Valentine Card Exchange | Maynard and Prescott St. Marks & Wellington Sites

Our intergenerational Valentine's card exchange was a huge success! Our school-age programs in Prescott partnered with the preschool programs in Maynard to create a beautiful collection of unique and original Valentine's cards for the residents of the Mayfield Retirement Home. The cards were delivered to the enjoyment of all the residents! This project promoted our children to implement creative thinking plans, develop fine motor skills, and work together in groups to build their Valentines. This program opened up the floor for conversations around kindness, community involvement, and an exchange of love, thoughts, and ideas!



Lucky Leprechauns

A great way to add some magic to your play this month is by incorporating a new tradition into your holiday celebrations. Using simple recycled materials and a dash of green paint, challenge the little ones in your life to build leprechaun traps to leave out the night before St. Patrick's Day! They will be excited to check on it the next morning and see if the leprechaun left them any goodies! Perhaps a gold coin? Or new art supplies to build their next project with!



This activity has been done in our school-age rooms for a few years, and our staff are always amazed at how incredibly creative the children are! Our children are amazing problem solvers and work through many trial-and-error ideas to bring their visions to life! While exploring loose parts, learning about different adhesives, and trying out new building techniques, our children have upcycled many materials into ingenious traps for catching those sneaky leprechauns!



Parent Resources

Triple P Parenting is a great family resource to promote a happier, healthier family life. There is a great selection of articles and online webinars that cover a wide range of topics and are full of tips and tricks to try at home. Topics include:

- Promoting gratitude
- Easier drop offs
- Bed time routines
- Resilience and Anxiety
- Teen Parenting
- Everyday Challenges
- Picky Eaters
- Baby Development
- Family Transitions
- Co-parenting
- Cyberbullying
- Handling tantrums
- Chores for children
- Aggressive Behaviour
- Building confidence
- Building meaningful connections
- Sibling rivalry
- And much more...

Visit their website at www.triplep-parenting.ca for more resources and information.



Don't miss out on these upcoming events!

- ◆ March 2nd - Dr. Seuss' Birthday
- ◆ March 8th - International Women's Day
- ◆ March 9th - Daylight Savings Time
- ◆ March 10th - 14th - March Break
- ◆ March 20th - First Day of Spring



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