



WATERLOO CO-OPERATIVE PRESCHOOL | 2023

# FEBRUARY NEWSLETTER

## LET'S TALK ABOUT FEELINGS!



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## A NOTE FROM THE TEACHERS

This month is Valentine's Day and we're talking about our feelings, families, and friendships. We have some fun activities, books, and songs in store for the children and we are looking forward to another month of fun and learning here at Waterloo Co-Op. We're so happy you are here!

### LAND

### ACKNOWLEDGEMENT

We acknowledge that our preschool is situated on the land that is the traditional home of the Chonnonton, Haudenosaunee and Anishinaabe peoples. We extend our respect to all First Nations, Metis and Inuit peoples for their past and present contributions to this land. We also recognize their enduring presence and deep traditional knowledge and philosophies with whom we share this land today.

## CURRICULUM

### UPCOMING CLASSROOM DEVELOPMENTS & TOPICS

We are continuing our educational journey learning about the five senses. The children are learning about sight, hearing, taste, smell, and feel. It's also feelings and friendships month! We will also have a Feelings Festival and talk about friendship, love, and family as well as a building unit.

### BOOKS

This month we will be reading The Mitten and doing a book study as well as reading books about feelings.

### SONGS & GAMES

We will be singing Grizzly Bear, Five Grizzly Bears Strolled into Town, Going on a Bear Hunt, Sandy Girl, Sandy Boy, and If You're Happy and You Know It.

## VALENTINE'S DAY POEM

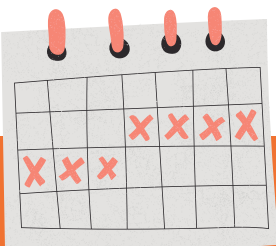
**Valentines of pink and red, special words of kindness said, Small surprises, funny jokes, paper hearts and friendly notes.**

**The best part of this happy day, is that I get the chance to say, Today and for the whole year too, I'm glad to have a friend like you!**

We don't want to see you go! Just in case you need it, here is our Withdrawal Form

In our KP class on Tues, Thurs, Fri afternoons, we will be supporting confidence in speaking in front of a group by starting our show/tell and share activities for those who feel comfortable to tell stories about things that are of interest to them, or show to their peers and describe during group time. Please allow the KP children to bring things from home that they want to show or tell about. Please allow your child to bring something relatively small, should they wish to do so.

**To all families:** If a special event is happening around home please be sure to inform the teachers so we can celebrate alongside you! Family engagement and fostering responsive relationships is very important to us. Please maintain open communication with the teachers so we can be accommodating, engaging and responsive to the unique needs/interests of your family and child.



## IMPORTANT DATES

- **February 17** - Random Act of Kindness Day
- **February 20** - Family Day CLOSED
- **February 15** - Board Meeting, 7:30 p.m. via Zoom
- **March Break** - March 13-17 CLOSED
- **Good Friday** - April 7 CLOSED
- **Easter Monday** - April 10 CLOSED
- **Victoria day** - May 22 CLOSED
- **Last week of classes** - June 19-23

## Encouraging emotional health with healthy phrases.

### Instead of saying

**Big kids don't cry.**



### try saying

I can see you're upset, and that's OK.

**There's nothing to be scared of!**



You're feeling scared. I'm here with you.

**Don't be sad. Be happy.**



I'm sorry you're feeling sad. Do you want to talk about it?

**It's not nice to get mad.**



It's OK to feel angry, but it's not OK to hurt others with words or actions.

**Don't worry about it.**



It looks like you're worried. Do you want to take deep breaths with me to calm down?

Children are practicing getting undressed in PS when coming in from outdoors and/or getting dressed at the end of the day to go outside. We do hope to get outside more so please continue to bring full outdoor wear each day so your child is warm and comfortable on the days we do venture out. It is equally as helpful if you can enable your child to be independent, dressing in ways in which they are capable of. Please see the email resources sent out recently on dressing, toileting and other activities that can be done to support development.

### RANDOM ACT OF KINDNESS DAY

Feb 17th is Random Acts of Kindness Day - I wonder what random acts of kindness we will see around the Preschool this month.

February brings us fun times with Valentine's Day during our Friendship Festival.

Please remember that we do not give out treats and candy during this time as we promote literacy and using pencils and our names in making things for others. We encourage children to have fun making Valentines for their peers. Teachers will be giving out class lists to KindePrep classes and our other classes are encouraged to simply write "To a friend" and from their own name so they can easily give out their Valentines to all of their peers. We will have mailboxes that the children will make so they can deliver their small cards to all their friends. Please no candy. We will have fun with focusing on letter sounds, and the letter G, O, U, L, F. Fun with friendship, friendship skills, and feelings are our main focus.

As always, please do not hesitate to reach out to the teaching team should you wish for a Zoom parent meeting or to discuss any concerns or suggestions. [waterloopreschool.teacher@gmail.com](mailto:waterloopreschool.teacher@gmail.com)

### WELCOME NEW FAMILIES STARTING AT THE PRESCHOOL

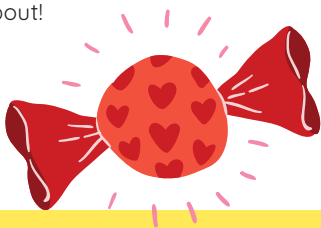
Please ensure your child has a pair of shoes to be kept at school that fit and are easy to get on. Your child who attends the afternoon classes should also bring a clean tupperware or plastic food container for which they will practice opening and closing to ready themselves for school next year! They will also need a reusable water bottle with their name on it with water only, or empty for us to fill.

Parents please be sure to always add your child's full name and class they are in when communicating anything with the preschool staff or board members to help keep things organized. All payments must include the child's name.

Please remember to complete the [Ontario School Screener](#) before your child comes into class. If they are sick or have any cold or flu symptoms they need to stay at home until they are fever free for 24 hours and vomiting, fever free for 48 hours. If your child is going to be absent please remember to fill out our [Reason for absence form](#).

### BOARD MEETING

Wednesday, February 15 @ 7:30pm is the next board meeting please join in and see what it is all about!



### SUPPORT STUDENTS

Please welcome our University and College students who are completing their placements with us on certain dates between late January until early April. Teacher Tracey and Teacher Patty will mentor these students and help prepare them for their future, while they will also provide support to the team! Students, volunteers and support staff do NOT count in ratio and are always in class acting above ratios and under the supervision of the head teachers.

Monday: all day - Bow (ECE); AM-Odessa; PM-PS Hannah (developmental psych)

Tuesday: all day - Bow; AM- Carley (Health sciences); PM KP- Adeba (Laurier Health sciences)

Wednesday: AM PS - Melody (Laurier community psychology); PM PS - Jordyn (Developmental psych)

Thursday: All day - Laura(ECE); AM- Paige(Community psychology); KP- Karin(Laurier Health sciences)

Friday: all day - Laura(ECE); AM - Emma(psychology); KP Nimao (psychology)

### FAMILY PHOTO

The children love seeing a familiar face in our classroom! Please send your family picture to Teacher Patty ([waterloopreschool.asstteacher@gmail.com](mailto:waterloopreschool.asstteacher@gmail.com)) so we can add your photo to our Preschool Community Board. We strive to create a welcoming environment and a sense of community.



### REGISTRATION FOR FALL 2023

Early Pre registration opens in March for internal families and those on our waitlist for spaces for Sept 2023. Watch for your pre-registration form and sign up right away to be guaranteed a spot in your program of choice. Watch for your opportunity to register early to secure your spot at WCP in Sept 2023 until June 2024

### CLOTHING LABELS

Please label everything your child brings to school. This will help teachers keep track of personal items and return anything that may be misplaced.

We fundraise with the help of [Lovable Labels](#). 20% of your order supports the preschool!

### SCHOLASTIC BOOKS

Scholastic book orders are back again this year! Flyers will be sent home from school, or, you can order any time online through [Scholastic Canada](#). Be sure to use our classroom code **(RC167028)** so that the preschool earns 20% in rewards to purchase new books and items for the classroom. The next book order is due **February 25**.

## ATTENTION PRESCHOOL AND KP FAMILIES:

On Wed Feb 1 in the morning preschool class, and Fri Feb 3rd in the KP class, our lab studies students from the University of Waterloo are coming to complete their annual Cognition Lab with children who sign up to help them with their projects. They are studying how children (ages 2 - 7 years) perceive the social world, and how they understand that people can have ideas that may differ from their own. In this particular series of studies, they tell the children a few stories using pictures and small dolls. They then ask the children to predict what a doll might say or do at the end of the story. Their goal is to better understand the ways in which children think about and understand concepts like ownership and property. The children typically spend less than 15 minutes with one of our graduate students, and they get a sticker and a certificate at the end. Hard copies of the permission form will be sent out and an electronic copy will also be sent.

## PRESCHOOL COOK BOOK

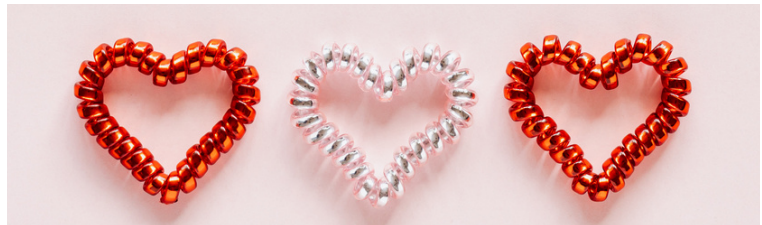
We want to connect with our families and build a further sense of community by putting together a Preschool Cook Book.

Please email your child's favourite recipe so we can add at least one recipe per child to Teacher Patty (waterloopreschool.asstteacher@gmail.com).

Teacher Patty will put this keepsake together for you and is eager to add your family's favourite recipe to this diverse cookbook!

## PARENT ENGAGEMENT

Parent Engagement and Responsive relationships are a main focus this year for the Staff. A second main focus is using the environment as our 3rd teacher. Staff are embracing nature and engaging nature as much as we can. We are focusing for the rest of this year on using the environment as the 3rd teacher, meaning providing intentional activities for the children to explore and gain a love for learning in a natural environment. You will hopefully see more and more nature in our daily world!



# SPONSORSHIP CORNER

A warm thank you to our sponsors for sponsoring Waterloo Co-operative Preschool! Your generous funding will allow us to provide great programming, fun field trips, and hands-on learning for our children.

### Resilience Wellness Clinic

Our goal is to provide you with a personal and positive Massage Therapy experience and educate you with proper home care so that you have the tools to achieve and maintain your most optimal health.

Massage Therapy is beneficial for relieving muscle tension and associated pain, reducing feelings of stress, increasing circulation for improved healing, and improving range of motion.

We look forward to helping you with your healthcare needs.

<https://www.facebook.com/resiliencewellnessclinic>

MEET OUR NEWEST MASSAGE THERAPIST,  
**Michelle Dueck**  
AT RESILIENCE WELLNESS CLINIC



Michelle (she/her) has been a RMT in Ontario for eight years. She welcomes all clients and especially enjoys supporting those with chronic conditions. Her massage treatments are a blend of rehabilitative and relaxing in support of individual health goals.

**Resilience**  
WELLNESS CLINIC  
100 HIGHLAND ROAD W. UNIT 7  
KITCHENER, ON N2M 3B5  
226-791-5717



Help us  
continue to make  
WCP a  
Place to Grow

## Interested in sponsoring a great organization in your community?

Waterloo Co-operative Preschool is looking for sponsors to help us continue to nurture the inquisitive minds of tomorrow! Choose one of our sponsorship levels or donate the amount of your choice for a tax receipt

Bronze (200\$)  
Company & description in our newsletter

Silver(800\$)  
Company name & description in our newsletters & on our website

Gold (1500\$)  
Company name & description on our newsletters and website, advertising on our social media pages

Platinum (2000\$)  
Company name & description on our newsletters and website, advertising on social media, company logo included on our banners

Contact the President for more info  
[waterloopreschool.president@gmail.com](mailto:waterloopreschool.president@gmail.com)

