



“Where there is no vision, there is no hope.” - Coretta Scott King

“Children acquire knowledge through experience in the environment.” –The 1946 London Lectures



Happy February, Families!



February is a month full of celebrations. From Mardi Gras to Valentines Day and more, this month will be jam packed with celebrations and learning about beautiful traditions.

Black History Month

Black History Month is an annual observance and celebration in the United States, Canada, and some other countries that takes place during the month of February. The purpose of Black History Month is to recognize and honor the achievements, contributions, and history of African Americans and people of African descent. The idea for Black History Month originated with Dr. Carter G. Woodson, an African American historian, and the Association for the Study of African American Life and History, which he founded. They initiated "Negro History Week" in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The celebration was later expanded to a month and officially recognized as Black History Month. During Black History Month, various events, educational programs, and cultural activities are organized to highlight the significant role African Americans have played throughout history and to promote a greater understanding of their contributions to society. It is an opportunity to reflect on the struggles, achievements, and cultural richness of the African American community.

“Love fills the child's consciousness and affects his self-realization.” When young children feel love from parents and caregivers and witness love between others that are close to them, they develop kindness, respect, and dignity. - Maria Montessori



A poster with a light blue background and a green wavy base, framed by a border of pink hearts. The text is as follows:

Monthly Themes:

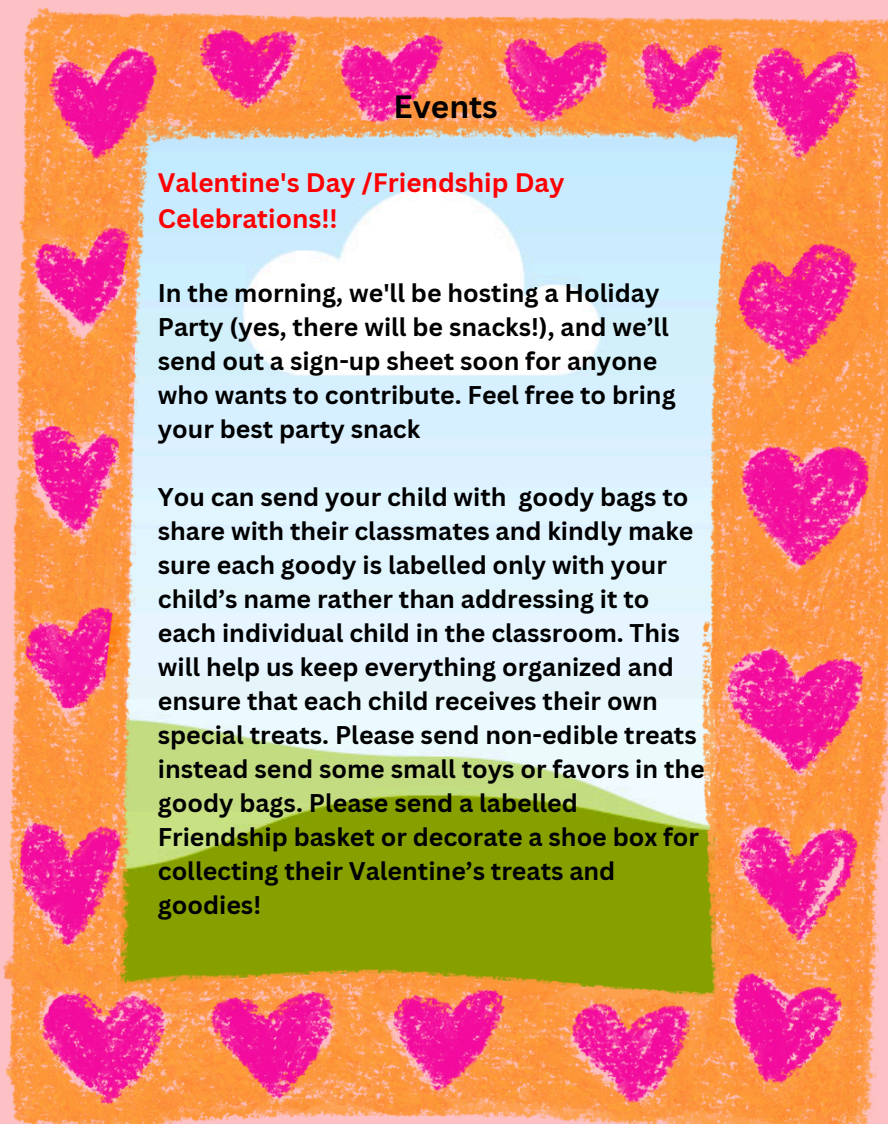
1. Africa
2. Valentines
3. Black History month
4. Animals of Africa



A poster with a light blue background and a green wavy base, framed by a border of pink hearts. The text is as follows:

Birthdays!

2/6: Ms. Neha Verma
2/7: Carter (Kangaroo)
2/13: Eliana (Koala)
2/15: Eleanor (Leapfrog)
2/17: Rosie (Lady Bug)
2/25: Ammar (Lady Bug)



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Events

Valentine's Day /Friendship Day Celebrations!!

In the morning, we'll be hosting a Holiday Party (yes, there will be snacks!), and we'll send out a sign-up sheet soon for anyone who wants to contribute. Feel free to bring your best party snack

You can send your child with goody bags to share with their classmates and kindly make sure each goody is labelled only with your child's name rather than addressing it to each individual child in the classroom. This will help us keep everything organized and ensure that each child receives their own special treats. Please send non-edible treats instead send some small toys or favors in the goody bags. Please send a labelled Friendship basket or decorate a shoe box for collecting their Valentine's treats and goodies!

Tips and Tricks for Parents

Help! My child is resisting sleep/bedtime. Sleep begets sleep and is very important for children. Creating a consistent bedtime routine can help with the transition. Talk to your child about the plan during a stress free time such as play time, car ride home etc...

Be positive by playing up the activity! Limit transitions and conflict by picking out pajamas, books and lovies ahead of time. Choose activities and books and music that are calming leading up to bed time. Limit liquids. Limiting liquids prevents the "I have to go potty" routine from starting. Allow your child to go potty one last time just before they climb into bed.

Stick to the routine. If you say that you will read two books, then read two books. This is for you and the child. Creating an agreement and sticking with it helps to create trust in the not only you but the process. Seeing your confidence around it will help your child know that the routine is an important part of their day.

If you are trying to help your child stay in their bed, creating a smaller cozy space can feel very safe and comforting. Consider hanging curtain rods on the ceiling around the bed with pretty curtains to make a "fort" that they never want to leave!

Last but not least; be consistent! Change can be hard at first as children are used to the way bed time has been. Commit to your plan and prepare yourself for resistance the first few days. After a couple weeks of consistency, bedtime will become a lot easier on everyone!

"Here is a recipe you can enjoy cooking with your little ones."

Sandpipers Favorite English Muffin Pizzas

Materials:

Pizza Sauce/Tomato Sauce

Shredded cheese

English muffins

Spoon

Baking tray

2-3 Small bowls

Steps:

Together, wash hands with soap and water.

Prepare all the materials ahead of time.

Cut the english muffins in half and place on baking tray.

Put the sauce and cheese in a couple small bowls. Preheat oven to 350 degrees.

Model how to place sauce on the english muffin using the spoon to spread some sauce on the top of an english muffin. At school, when we introduce a new lesson, we say, "I'll show you how first, then it will be your turn."

Invite your child to have a turn spreading sauce onto the remainder of the english muffins.

Model how to sprinkle your shredded cheese on top of the sauce and let your child follow up with filling the rest with cheese.

Place english muffin on a baking tray in the oven until the cheese is melted. Let english muffin pizza cool down before serving.

Tips: While your child is waiting for their food to finish cooking, put them in charge of setting their place at the table! Place dishes, cups and napkins in the kitchen at their level, so they can carry the items to the table. You may need to remind them to bring items over one at a time.

For an added step, invite your child to use tongs when placing the cheese on top of the pizzas to add another pincer grip challenge. Use this as an opportunity to introduce new foods and add toppings like pepperoni, peppers, olives or pineapple.

