



*"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*

**"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 Valentine's Day, Chinese New Year and more, this month will be jam packed with celebrations and learning about beautiful traditions.**

- **Black History Month:** We honor and celebrate the achievements, contributions, and history of African Americans through age-appropriate discussions, stories, and activities that promote respect, diversity, and inclusion.
- **Valentine's Day:** Children will focus on kindness, friendship, and expressing care for others through simple crafts and classroom activities centered on love and compassion.
- **Chinese New Year:** We will explore traditions, symbols, and customs of the Lunar New Year, learning about new beginnings and cultural celebrations from around the world.
- **Mardi Gras:** Children will learn about the colorful and festive traditions of Mardi Gras, including music, masks, and parades, while enjoying creative and fun activities.



  


### Monthly Themes:

**Week 1: Africa**

**Week 2: Valentines**

**Week 3: Black History month**

**Week 4: Animals of Africa**



### Important Dates!

**Feb 13: Friendship day Celebration!!**

**Feb 13: Parents Date Night**

**Feb 17: Chinese New Year/Mardi Gras**

**Feb 2: Ground Hog day**



### Birthdays!



**2/6: Ms. Neha**

**2/11: Ms. Clarrissa**

**2/7: Carter (Kangaroo)**

**2/12: Giana (Koala)**

**2/17: Rosie (Koala)**

**2/21: Luka (koala)**

**2/21: Chloe (Koala)**

**2/25: Ammar (Leap frog)**

**2/27: Ahiv (koala)**

## Valentine's Day /Friendship Day Celebrations!! Feb 13<sup>th</sup> Friday!

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 bag 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 big 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.

