May 2021 Parent Newsletter TRILLIUM BILINGUAL MONTESSORI

MAY IS FLUTTERING IN..





Celebrations

We continue to use multi-cultural celebrations as a tool to educate the children on different cultures, clothing, food, languages and countries. The more children learn about others, the less likely they are to discriminate, to bully or to isolate others based on differences. It's never too early to learn about what makes us all special.

Exciting Friends Coming Soon

We have signed up to receive live butterfly kits for each rooms. We will be receiving some tiny caterpillars, food and enclosures sometime between the end of May and beginning of June. The children will be able to observe the caterpillars eat and eat and eat until they become big, fat caterpillars.

Then, they will see them find just the right spot to hang upside down to wrap themselves in a chrysalis to take a cozy nap.

This is the longest part... since we have to patiently wait until one day we see some wiggling and FINALLY the most wonderful and exciting moment comes as we witness the emergence of a beautiful painted lady butterfly. So get ready to hear all about it!







REMINDERS

We will be closed on Monday May 24 for Victoria Day.

ORTHODOX EASTER

Happy Easter to our Orthodox friends who will be celebrating on May 2nd.

EID AL-FITR

To all our Muslim friends who will be celebrating the end of Ramadan with Eld Al-Fitr, we wish you all "Eid Mubarak" on Wednesday May 12

SUNSCREEN

Public health recommends that children wear sunscreen during the hotter months when playing outside. If you haven't provided us with any sunscreen yet and you would like your child to wear sunscreen, please send us a bottle that we can keep here.

You will need to fill out a permission slip. You can find it <u>here</u>, fill it out online and send it in for us to print or print a copy yourself.

We also have some hard copies at the screening table if you need them. These are requirements from the Ministry of Education and without these forms we are not allowed to apply sunscreen on your child.



IN THE PLAYGROUND

I'm sure you have seen our new pergolas by now! We are looking forward to being able to add some outdoor carpeting underneath to make it nice and cozy... It is important to have shaded areas in both play areas as the hotter days are approaching to make sure the children can take breaks from being in the sunshine.



Water Bottles

Water bottles are being brought outside regularly to ensure that we keep everyone hydrated. The teachers are trained to prevent and recognize the signs of dehydration, heat exhaustion and heat stroke. They will be encouraging the children to drink regularly, supervising their play and encouraging shaded breaks as needed.

Playground Additions

We continue to add various items of interest and toys for the children to use outside. There is something to keep everyone busy. We still cannot have sand areas (as part of Covid restrictions), but as soon as we will be allowed, we will add sandboxes. We are also prevented from using any shared water activities, but when things change, we will add some water play on hot days.

As a compromise, instead of a garden area, we purchased several hanging planter boxes that we will fill with grass seeds. The children will plant the seeds and be responsible for watering them. And when we have grass growing, we will have scissors available for them to trim up the grass.

It's not quite a vegetable garden, but at least we can get them planting something.

ADDITIONAL INFORMATION

HAPPY BIRTHDAY

We want to wish happy birthday to the following friends:

EllisMay	1
RannvijayMay	4
AliMay	5
RohamMay	31

SUPERHERO & ESSENTIAL WORKER DAY

Let's have a bit of fun on Thursday May 20th! We invite all our friends to dress as their favorite superherg or us their favorite essential worker, because we all know that the two almost mean the same thing! Be creative, from the mailperson, the recycling truck driver, to medical staff, cashiers, to Spiderman, Wonder Wornan or Batman... We love them all

SOCIAL MEDIA ARE YOU FOLLOWING US YET?

We are active on Facebook, Instagram and Twitter, Follow us @tbmontessori Our FB Parent Group page can be found here: <u>https://www.facebook.com/groups/</u> <u>bmontessoriparents</u>





SUMMER PROGRAM REGISTRATION

We will be sending the Summer Registration Forms on HiMama this week!

Why a Summer Registration Form?

For those who don't know, we offer a flexible payment schedule during our summer session (July and August) every year. Parents have the option to pay weekly fees instead of the usual monthly fee. That means you only pay for the weeks your child attends.

Can I change my child's attendance?

Yes! That's the beauty of our flexible summer program. You have the option of doing not only some weeks, you can also choose the days your child will attend. You can do part-time one week, full-time the next and skip the next two. It' totally up to you to tailor a summer program that works with your needs.

I don't want to change anything. Do I still need to fill a form? Yes. It's a quick 2 minutes to let us know that your child will continue attending as 'normal' without changes.

*If you have an older child in JK/SK age (under 6 years old), they can attend our summer program. Simply fill out a second form for that child. We will also send you a registration form link since we need to have that information on file for each child.

The form will be sent out this week via HiMama. A due date will be given. In order to ensure we can offer you the best service, please return the form by the due date. There will be more information given with the form and clear options will be offered on the form. We have made the form as user friendly and as easy to fill as possible.

School T-Shirts 🚺 💉

School t-shirts are still available. The TeeSpring shop is still active if you are interested. They have toddler and preschooler sizes and colors will vary depending on what is available, so check often if they don't have what you want, new stock is added regularly.

Reminder: We don't have any examples for sizing, but judging from the adult collections, it is better to order a larger size if you're unsure since there is some shrinkage on 100% cotton shirts/sweatshirts.

All orders are made/paid online. Please be advised that all items are listed at cost price, the school is not making any profits on these orders. Shipping is pretty slow, anywhere between 3-5 weeks.

You can find the TBM collection <u>HERE</u> or (https://teespring.com/stores/trillium-bilingual-montessori)

Scholastic Books' New Collection

If you are looking to buy children's books at reasonable prices, please visit <u>www.scholastic.ca</u> or <u>HERE</u>

Because you can never have too many books.. Every month, Scholastic releases new books. They have a new flyer each month with seasonal/themed books. Scholastics have a wide selection of books of various topics and they also have 'des livres en français' for children of all ages.

And remember, it's FREE SHIPPING whenever you use the school code: RC148880

AND the school gets Scholastic \$ that TBM can use to purchase books for the school! It doesn't cost anything extra, simply use our code.

Music and Movement

Music and movement is an important part of children's learning. We are happy to report that M. Yanick is going to do some circle time in the classroom with the children to include some music instruments with some engaging music and some movement.

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Yanick will be bringing his guitar to play simple 'Montessori-themed' songs to include some materials, lessons and philosophy. As you can imagine the children LOVE participating and listening to the guitar. He will also offer them the opportunity to use various percussion instruments to follow rhythm and beats as they march to music.

We are all very excited that M. Yanick will be making a comeback to the classroom as a 'guest'. It's always a fun time when Yanick animates a lesson.









Yoga

As you may have seen in some photos on HiMama, we love to have the children do Yoga as a way to relax, spend some energy and refocus themselves. Every child enjoys doing Yoga and they always participate freely in sessions. Currently, Sydnie is following a Yoga for Children Certification Course, which will make her certified as a children Yoga teacher.

Upon completing her certification, Sydnie will be developing and implementing a formal Yoga program for the children in our program. We are targeting September 2021 as our date to start this program with the children. For now, we are continuing to do 'informal' Yoga sessions with the children. The children also have access to Yoga books, cards and mats that they can explore individually in the rooms.



Written by: Mélanie Tremblay, May 2021

HOW TO KEEP CHILDREN SAFE For the sun and heat

There is nothing more fun than playing outdoors in the summertime. The carefree feeling that summer brings makes it easy to forget about the fact that we must still be vigilant and follow guidelines to keep children safe while enjoying the beautiful weather.

The summer months and the heat also mean that along with the high UV index, we must also be mindful of the air quality index and hydration. All the factors are important in the promotion of safe outdoor summer play.

SPF Protection and Sunscreen

According to health officials, it is important to protect children's skin from sun exposure. Children's skin needs to be protected against UV rays the same way that adults do. Starting at around 6 months old, sunscreen can be applied to children.

Tips to Remember About Sunscreen and SPF Protection:

-Sunscreen should be applied about 30 minutes before exposure to the sun.

-A minimum SPF of 15 and up to 50 is ideal, since there's no evidence that anything beyond 50 provides additional benefits.

-A higher SPF does not mean you don't need to reapply as often.

-Broad Spectrum' sunscreen protects against both ultraviolet B (UVB) and ultraviolet A (UVA), both of which are damaging UV radiation.

-Cream based sunscreen is easier to get an even coverage than the sunscreen spray, providing an even protection all over the skin.



SUN PROTECTION IS MORE THAN JUST SUNSCREEN

Start getting your child use to wearing hats and sunglasses young. Lead by example.



-Sunscreen must be re-applied at least every 2 hours in order to offer maximum protection, more often if the skin is exposed to water or excessive sweating since sunscreen will wash off the skin.

-Sunscreen must be applied even on cloudy days. Though clouds block out some UV rays, there are still some rays that make it through.

-While fair-skin children may sunburn more easily, darker skin must also be protected from UV rays. Sunscreen should be applied to every child, regardless of skin tone.

-Unprotected skin can be damaged by UV in as little as 15 minutes.

Sun Safety

Though sunscreen offers protection against UV rays, the best protection against SPF remains teaching children about Sun Safety. Here are some of the highlights to remember when it comes to sun exposure safety:

-Limit direct sun exposure between peak intensity between 11 am and 3 pm (April-September)

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-Stay in the shade or rest in the shade for alternative periods

-Use protective clothing such as wide-brimmed hats that shades the fac and back of the neck

-Use light protective clothing to cover skin, limit exposed skin

-Wear sunglasses to offer the eyes UV protection -Check the UV index daily before outdoor play. When the UV Index is 3 or higher, activities should take place in the shade as much as possible. Air Quality and Heat Index

Another factor to consider when children play outdoors during the summer is the Air Quality and Heat Index (AQHI). AQHI is defined as a "scale designed to help you understand what the air quality around you means to your health" by Environment Canada. It is especially important and helpful to keep at risk population, which includes younger children, safe during the summer months when the air quality is most affected by weather. The heat increases the chance of having unsafe air quality since the pollution can become stagnant and not dissipate as quickly in the atmosphere.



Signs That Air Quality is Affecting Children

Children with breathing and heart troubles will be mostly affected by the pollution and heat.

Children affected by the air quality may show the following symptoms:

-Trouble breathing

- -Coughing
- -Sore throat



Children dehydrate faster than adults. Remind them to drink often.

Children and Heat Reactions

Children are less able to regulate their body temperature compared with adults making them more vulnerable to be affected by extreme heat conditions and suffer from heat reactions. Heat reactions can be divided in three categories; -Heat Cramps: mild condition that includes severe muscle cramps in the legs and stomach. No fever and can be treated with rehydration and cooling down the child.

-Heat Exhaustion: can be mild to mildly severe depending on the symptoms, from pale skin, profuse sweating, nausea to dizziness, fainting. May include a mild fever. Left untreated, can become a heatstroke. Mild symptoms can be treated with rehydration and cooling down the child. Any dizziness or fainting should be treated by a health care professional.

-Heatstroke or Sunstroke: a serious condition that includes symptoms like hot, flushed skin, and a high fever. Child may stop sweating. This is a life-threatening emergency that must be treated by emergency services right away.

To Prevent Heat Reaction:

-Check temperature (with humidity index since it can increase the temperature) before going outside to play with children.

-Avoid strenuous activities, play or sports that increase body heat production and increases inability to dissipate heat properly.

-Keep hydrated, drink plenty of water, often. Sweating causes excess loss of fluid. Sweating allows the body to cool off and manage the heat.

-Avoid staying outdoors for excessively long periods without cooling off periods (indoors), especially during heat waves or her days.

-Stop is shaded areas, out of direct sunshine.

-Teach your child sun/hot weather safety

s important to remember that summer weather-related sorry should be considered whenever you take your child outdoors for periods longer than 30 minutes.

> Don't Forget the Sunscreen!