

Brighter Beginnings Newsletter

September 2017



Welcome to Brighter Beginnings! We are very excited about this year and look forward to getting to know your child!

September can be a wild and crazy month which goes well with our first theme Welcome to the Jungle. We will be learning all about the jungle and the animals that live in it while we learn and get to know each other!

Please note that in an effort to be environmentally friendly, newsletters will always be e-mailed to you. Please take the time to read them as they contain important information about the month. Also, a reminder that it is important to read and sign your child's **agenda** every day as it is our primary means of communication with families.

We wish everyone a great start to the school year!!

Contact Information

To let us know of your child's illness/absence or to discuss your child's program, please contact Lise Pardell:

Office Phone: (780) 467-7137

Email: lise@eics.ab.ca

Birthdays this Month:

Halle (PM)



Important Dates:

September 15: Professional Development Day (no class)

September 20th: Nature Walk Field Trip

September 28th: Strathcona Library FOP



Occupational Therapy Corner

Jennifer Szydlowski: Jennifer.szydlowski@eics.ab.ca



Hello Brighter Beginnings Families! It was wonderful to meet most of you last week and for those that I missed, I look forward to introducing myself in the coming days.

As I had the opportunity to share with most of you, an **occupation** is anything that you do in your daily lives to 'occupy' your time. For little ones, their main occupations include play, learning through play and participating in their self-help skills. Throughout the year, we will look at fine motor skills (using the small muscles of the hand), sensory concerns and self-help skills.

Before we can anticipate precision and accuracy of fine motor skills, we need a strong core or stable base of support from which to work - we start at the centre and work on strong postural muscles and then work out to the shoulders, arms and wrists. Strong core muscles allow us to balance, have coordinated movements, sit in a chair (postural control) and move our hands effectively.

Core Activities:

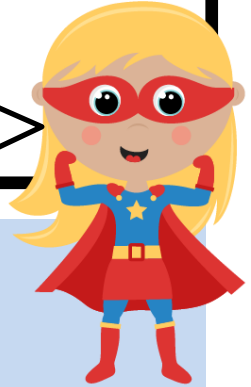
- Play toss and catch games in a kneeling position.
- Do "circus tricks" i.e. balancing a bean bag on your head, walking a tight rope (a taped line on the floor), do wheelbarrow or animal walks (snake curls, crab walks, etc.),
- Chair leg lifts
- Climbing, swinging and obstacle courses
- Sitting criss cross
- Sit & spins
- Yoga
- Big movement songs with balance: I'm a Little Tea Pot, Head and Shoulders, Hokey Pokey, Row Your Boat
- Simon Says Games: do big movements with balance
- Picking bean bags, puzzle pieces, etc. off the floor from the standing position

If you have any questions or concerns, please feel free to contact me. I look forward to working with you and your little ones this year!

Let's Talk About Speech and Language

Kelly Cassan: kelly.cassan@eics.ab.ca

i can
TALK
you into
ANYTHING.



Welcome! I hope you had a wonderful summer!

This month we will get to know your child through participation in classroom activities. We will also be establishing classroom routines. Toward the middle of September, I will do speech and language screenings and complete oral mechanism screenings with all students on my caseload. Natasha Arbuckle (my Speech Language Pathology Assistant) and I will start to target speech sounds and language skills while reading stories and doing activities associated with our jungle theme based on books such as *Goodnight Gorilla* and *Five Little Monkeys*. Use the following links to hear the stories:

- [Monkey Song](#)
- [Goodnight Gorilla](#)
- [Five Little Monkeys Jumping on the Bed](#)
- [Five Little Monkeys Swinging in a Tree](#)
- Other excellent books to read and discuss include: [Tiger Can't Sleep](#), [Giraffes Can't Dance](#), [Rumble in the Jungle](#), [The Animal Boogie](#), [The Mixed Up Chameleon](#), [A Colour Of His Own](#), [In the Tall Tall Grass](#), [Polar Bear Polar Bear](#), and [Walking Through the Jungle](#).

Please feel free to contact me with any questions or concerns!

Kelly Cassan, R.SLP, CCC-SLP

Phone: (780) 934-7936

Email: Kelly.Cassan@eics.ab.ca

Thought for the month...

Our thought for the month.....

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."

—Mr. Rogers

If parents have ideas they would like to share or topics they are interested in for our "Thought of the Month," please email lise@eics.ab.ca by the 25th of the month.

