

Brighter Beginnings Newsletter

September 2018

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



Contact Information

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!

To let us know of your child's illness/absence or to discuss your child's program, please contact **Tracey Pineau** and **Megan Fortier**:

email: meganf@eics.ab.ca and traceyp@eics.ab.ca

BB Office Phone: (780) 467-7137

Please note that in an effort to be environmentally friendly, newsletters will always be e-mailed to you. Please take the time to read the newsletters as they contain important information about the month. Also, a reminder that it is important to read 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!

Birthdays this Month:

Austin (a.m.)

Anna (p.m.)



Important Dates:

September 13: Introduction to Brighter Beginnings (9:00 to 10:30 for a.m. classes, 11:00 to 12:30 for p.m. classes)

September 21: No Class (Professional Development Day)

September 26: Nature Walk FOP





Occupational Therapy Corner

Jen Szydowski: Jennifer.szydowski@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:

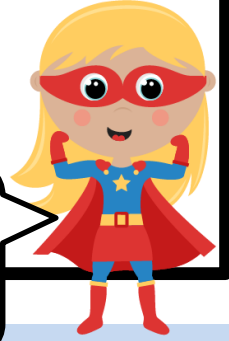
- Play toss and catch games in a kneeling position.
- Do "circus tricks" i.e. balancing a bean bag on your head, walking a tight rope (a taped line on the floor), do wheelbarrow or animal walks (snake curls, crab walks, etc.),
- Chair leg lifts
- Climbing, swinging and obstacle courses
- Sitting criss 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.



This month we will get to know your child through participation in classroom activities and play-based informal assessments. We will also assist in establishing classroom routines. Toward the middle of September, Natasha Arbuckle (SLP Assistant) and I will do informal speech and language screenings and look inside the children's mouths for a quick oral motor exam. Natasha and I will also see children in small groups to play games, read stories and do activities associated with our jungle theme. We will work on the weekly target words in our activities to practice using and understanding words, sign language, speech sounds, following directions, answering questions, pronouns, and sorting.

Target Words this month:

Sept 10 - 14

Sept 17 - 21

Sept 24 - 28

Oct 1 - 5



Try the following links for fun stories and songs you can try at home:

- [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 this month 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.....



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

