

PARKCREST CHILDREN'S CENTRE

MARCH 2026 PRESCHOOL NEWSLETTER

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February was so much fun! Let's recap...

We had a wonderful month learning and growing together!

Week One: Life Skills

Our first week focused on building important life skills. The children practiced washing and folding clothes, washing dishes and windows, sweeping, vacuuming, and mopping. Some learned how to set the table, while others sorted toys and organized shelves. We hope you've noticed some of these helpful skills being put to use at home!

Week Two: Hospitality

Week two was all about hospitality. From preparing "food" to serving coffee and tea, the children were busy throughout the day. They explored herbs and spices, cut potatoes for hash browns, and chopped fruit for smoothies. Thank you for sending in fruit — we enjoyed delicious strawberry and banana smoothies together!

Week Three: Showcasing Talents

The third week was truly a highlight. The children prepared songs and dances, while others shared stories, favorite toys, karate demonstrations, and even magic tricks! The audience was supportive and enthusiastic, ready with cheers and hugs. We hope to host a year-end event where families can join us for more special moments like these.

Week Four: Choosing Kindness

In our final week of February Fun, we explored what it means to be kind and how we can make others feel good. Did you know that smiles are contagious? We practiced using words like *love*, *help*, *thank you*, and *please* to show kindness.

Ask your child about the kindness bracelet they made at the end of the week. It serves as a reminder to be a "cotton ball" friend — gentle and kind — rather than a "sandpaper" friend.

Thank you for a fantastic February! We look forward to more learning and fun ahead.

REMINDER~Building Independence at Home and School:

Children learn best through active involvement, and daily routines at home can offer great opportunities for learning and growth. Tasks like putting away toys, choosing their own clothes, brushing hair, or making simple choices help build confidence and independence.

- Over the next few months, we encourage you to:
- Set aside a little time each day to help your child work on self-help skills
- Set clear expectations
- Add one new step to a task or make it slightly more challenging each month
- Offer support after your child has made an attempt
- Use positive language and encouragement
- We're excited to see these growing skills reflected in the classroom!

Looking Ahead: Exploring Nature and Growth

Over the next few weeks, the children will explore *worm composting*. Compost is a nutrient-rich, soil-like material made from decomposing organic matter — such as fallen leaves, grass clippings, plant debris, vegetable scraps, and yard waste. The key idea behind composting is that materials we might normally throw away can be recycled to help plants grow. Through this hands-on experience, the children will learn about sustainability and how caring for the earth helps our environment thrive.

In mid-March, we will shift our focus to learning about the **parts of a plant**. Each child will help their bean sprout by caring for it in a warm, damp place. They will observe the changes, identify and label the different parts of the plant, and eventually plant their sprout in soil to continue watching it grow.

When we return from the break, we will begin exploring the concepts of **height and size**, using hands-on activities and comparisons to build early measurement and observation skills.

We are looking forward to a wonderful few weeks of discovery and growth!

SPRING BOTTLE DRIVE

Parkcrest Children's Centre is a non-profit organization that has been providing quality child care for 30 years to families in the North Burnaby community as well as nearby communities such as Coquitlam and Vancouver. We rely on fundraising to run our programs and seek fundraising opportunities with the least amount of pressure on our families.

In October, we hosted the first bottle drive for this school year. With your support, we collected over 600 empty beverage containers. This month we are hosting our second bottle drive. We are asking each child to bring in 25 empty and rinsed beverage containers. Our goal is to collect 1000 empty bottles. Funds from the bottle drive will be used to help cover a portion of the cost for an upcoming presentation by SCIENCE MADE FUN in May.

Additional bottles are always welcome! Bring your **RINSED and UNFLATTENED** empties to the preschool, and place them in or around our blue bin or, drop them off to the Kensington Return It Depot. They have an easy drop off system. At the kiosk near the entrance, type in 604-294-6224. You can attach the printed labels to each bag and drop them in the large blue bins just past the cashier. They will do all the sorting and deposit the funds directly into our account.

VARIETY-THE CHILDREN'S CHARITY

Parkcrest Children's Centre is committed to the ongoing involvement in the community. It has been a longstanding tradition for Parkcrest Children's Centre to participate in, and collect donations for **Variety- the Children's Charity**. Many children who have been in our program have benefited from Variety's support. Equipment such as walkers, specialized chairs and feeding tools have been loaned through this organization.

We will be collecting donations through our online page set up by Variety, all through March and April. Children will participate in a balloon toss on April 9th & 10th to celebrate children of all abilities.

Webpage link: In progress with Variety

Our target this year is to collect \$1000.00

Donations greatly appreciated and are optional

SPRING BREAK

We will be closed March 23rd – 27th. We are only closed for one week although Burnaby schools are closed for two weeks. We will reopen on March 30th.

We wish everyone a wonderful Spring Break. Enjoy your children, take a hike at a local trail, walk around Deer Lake or Burnaby Lake, bake, meet with family & friends, colour a picture or have a pajama party and read some favorite stories. Spend time and be present- phones away, computers off - enjoy these moments.

ILLNESS

We are reminding families to be vigilant and keep their child/children home when they are sick. Bringing a sick child to school allows for the spread of germs and puts other children at risk of getting sick. Please continue to assess your child daily for symptoms such as sore throat, cough, runny nose with green or yellow discharge, fever, headache, difficulty breathing, vomiting or diarrhea.

Illness

If your child has a runny nose, cough, or rash caused by an allergy, please notify your teachers to alleviate concern about contagion. **If your child has a communicable disease such as pink eye, strep throat, hand foot and mouth disease, etc., please notify the centre immediately. If you are not sure, have it reviewed by a physician. Your notification is very important and is always confidential.**

Children can return:

- fever or rash (after 24 hrs.)
- diarrhea (after 24 hrs.)
- vomiting (after 24 hrs.)
- cold with cough, runny nose (When symptoms improve)
- eye discharge (24-48 hrs.)
- a disease treated with antibiotics (after 24-48 hours)
- an obvious childhood illness:(7 days)
- chicken pox: until all the scabs are dried up
- measles: until rash disappears
- mumps: until swelling has gone (7 days)

It is important to refresh your awareness of our general illness policy. Please visit www.parkcrestchildcaresociety.ca and click on PARENT PACKAGE for details.

Please notify the teachers of any absences. We thank you for your cooperation.

PARKING

We continue to urge all parents/guardians to follow the ‘no stopping’ and ‘no parking’ signs at ALL TIMES. We understand that you may sometimes be in a rush, but this leads to a lot of frustrated families. Please give yourself enough time to park and drop off correctly, and AVOID ALL U-TURNS!

SCHOLASTIC BOOK ORDERS

Scholastic Canada offers a fantastic selection of books at affordable prices for home reading and gifts. We have been a part of this book club for many years. For every purchase, we receive a credit and use it towards the purchase of new books and art supplies for our Centre. There is absolutely no obligation to order books – just an opportunity if you wish.

Families who wish to order books can view the Digi-flyer at <https://classroomessentials.scholastic.ca/s/cec-ca/en/digital-catalogues>

There is an easy pay online system. Orders will be shipped to the preschool. Please use our class code when placing your order **RC174102**.

PRESCHOOL SUMMER SESSION

Summer session discussions are under way. We will notify all our families at the end of the month! We look forward to hosting a month full of fun outdoor activities!

IMPORTANT DATES

Spring Bottle Drive: March 1 - 31

Online Donation Collection for Variety-the Children's Charity: March 1-April 30

Scholastic online orders: March 6

Preschool Summer Camp Registration Opens: TBA

Spring Break: March 23 to 27 - Preschool is closed this week

Balloon Toss for Variety: April 10 & 11