

Camrose and District Pre-School

January 2024 Newsletter

It is hard to believe 2024 is right around the corner! Our December has been filled with so much Christmas fun and activities. We have had a Santa's Workshop set up in our dramatic play center, we have been painting, making ornaments, figuring out puzzles, and doing lots of Christmas themed activities. We want to thank all of you for attending our Christmas Performances. The students did an amazing job on their songs and we hope you enjoyed it. It was too bad so many of our students were under the weather and were not able to attend.

We want to wish all of you a wonderful Christmas and holiday season with family and loved ones! We will see you all in the New Year!

DATES TO REMEMBER:

3 year old's return to school Monday, January 8

4 year old's return to school Tuesday, January 9

3 Year Old Crazy Hat Day Wednesday, January 17

4 Year Old Crazy Hat Day Thursday, January 18

Guest Speaker Brian Orr in from Miquelon Lake to speak on winter animals:

3 Year Old's Wednesday, January 24

4 Year Old's Thursday, January 25



We are having two Wellness Coaches come in from The Battle River School Division to run an eight week program for both our 3 and 4 year old classes starting the week of January 15. For more information, see poster included in this newsletter, please note that the date in this letter is not correct.

Contact Information

Admin office - Camrose & District FCSS
info@camrosepreschool.ca

4821 – 51 Street
780-672-0141

December 11, 2023



Dear Families,

Starting on January 8, 2024 the 3 year-olds in the Pre-School class at Camrose and District Pre-School Society will be receiving programming from Marissa Buchholz, a Mental Health Capacity Building (MHCB) Wellness Coach from Battle River School Division. The program is called "**Sam-I-Can**". Programming will be once a week for 8-10 weeks.

This program will cover the feelings of "happy", "sad", "mad", and "worried". Your MHCB Wellness Coach will teach students how to name their feelings, and what their bodies feel like when they are having these feelings. They will learn that other students can also have the same feelings and how to recognize them. Students will also learn strategies to help them cope with their feelings.

These emotions will be taught through music, books, arts and crafts, and most importantly, through play.

Please connect with me if you have any questions!

Marissa Buchholz


Marissa Buchholz

mbuchholz@brsd.ab.ca

Mental Health Capacity Building Wellness Coach



REMINDER

A roulette wheel and two red dice are positioned behind a grey ribbon banner. The roulette wheel is partially visible, showing numbers 7, 28, 12, 35, 3, 26, 0, 32, 15, 19, 4, 29, and 8. The dice are red with white pips.

**Camrose &
District Pre-School
Casino Fundraiser**

Dear Parents:

**We need your help at our upcoming Casino in Camrose!
Volunteers are needed.**

Profits help pay for Pre-School expenses.

**Contact Maria Lobreau at maria@camrosepreschool.ca
or call 780-672-0141 ext. 2 to sign up for a shift.**

Casino Dates:

**January, Saturday the 27th
& January, Sunday the 28th**

Volunteers Needed:

**9 for Saturday January 27th
5 for Sunday, January 28th**





Do You Want To
Build a Snowman?





Learning and EXPLORING through Play





Online Financial Literacy Info Sessions

Attend any or all of the session!



1. 9:00 - Exploring your relationship with money
2. 10:00 - Income and Taxes
3. 11:00 - Budgeting
4. 12:00 - Banking and financial services
5. 1:00 - Saving
6. 2:00 - Credit and Credit Reporting
7. 3:00 - Debit
8. 4:00 - Consumerism

Please register at <https://www.camrosefrc.com/registration>



Indoor Playground Drop in 4823 51 Street Camrose



Tuesdays and Thursdays 10:00 - 2:00
**** NEW **** Starting January 17th
Wednesday Nights 4:30 - 7:00

Join us for:


- ✓ Resource Sharing
- ✓ Free Play
- ✓ Crafts and Sensory Experiences
- ✓ A chance to connect


**New Hours
until
March
2024**

**NO REGISTRATION
REQUIRED**

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Sensory Scientists

Families of Children 2 - 6 join us as we explore our senses through activities, crafts, stories, songs, science and connection! Prepare to get messy as we learn through play!

Jan 22, 29 & Feb 5, 12

Choose either 10:30 - 11:30 or 1:30 - 2:30
Register by Jan 15th at
<https://www.camrosefrc.com/registration>



LOOKING FOR INFORMATION OR SUPPORT ON PARENTING?

We have many supports, services and programs that can assist you in parenting your child or teen.



**For more information or to access support, please call the Camrose Family Resource Centre at
780-672-0141
to speak with one of our staff.**