



**BANTING AND BEST CHILD CARE CENTRE  
NEWSLETTER  
April 2024**

**Centre Update**

- ✚ Wishing All our Parents and Staff, a Happy Easter and Ramadan Mubarak.
- ✚ Centre was OPEN on Easter Monday: April 1, 2024.
- ✚ Centre is OPEN on PA DAY - April 8, 2024 (Eclipse Day)
- ✚ Preschoolers will continue to use Lillio. Pictures of the activities that your child participates in, meals and any other information will be sent through HIMAMA. For school-age and Kindergarten groups, the staff will post their documentation in the room.
- ✚ The weather is changing, so remember to dress your children appropriately. Please remember to send an extra set of clothes.
- ✚ Limited Spots are available in all the rooms at both Banting and Best and our Satellite program at Prince of Peace.

E-mail: [bantingandbestcc@gmail.com](mailto:bantingandbestcc@gmail.com)

Dear Parents: Please feel free to e-mail us if you have any questions or concerns. The Centre is a PEANUT-FREE environment. We are NO LONGER accepting Birthday Cakes, along with Loot bags. This is due to COVID-19, as we are limiting things that are coming from homes. This is to ensure that all children and staff are safe. Thank you for being so understanding!



April 1<sup>st</sup> - Sundaye  
April 5<sup>th</sup> - Joshua  
April 12<sup>th</sup> - Youqi  
April 20<sup>th</sup> - Michael  
April 22<sup>nd</sup> - Irashwa  
Apr 26th - Melvin

# Junior Room

## By: Atiya & Gowri

In January, the Junior Room children welcomed the New Year by creating a beautiful 2024 banner, decorated with multi-coloured tissue paper. February was a short month that was full of celebrations; the very first being Groundhog Day, which ended up being a sunny day, perfect for the children to be able to see their shadows. They were excited to observe and play with their shadows, experiencing the different sizes they made as they moved closer and farther toward them. The other celebration was the Tamil Pongal Festival. Pongal is celebrated to thank the Sun God and the farm animals for their contribution to harvest. The children made a rice pot with paper and felt the texture of the Pongal rice.

Chinese New Year was celebrated in February when we made rice cakes out of sticky sweet rice, which was shallow fried after. Many of the children dressed up in traditional silk costumes. My parents joined us to celebrate the New Year. Valentine's Day was next, and we celebrated by learning about heart health and our love for each other. Good heart health requires doing different kinds of exercise that get our blood pumping, such as jogging on the spot and jumping jacks. The children were able to locate their hearts on their bodies by touching and listening to the heartbeat. In addition to this, we had a Valentine's Day party, where the children danced and made Valentine baskets to receive and exchange gifts with each other. Black History Month was also observed in February. For this festivity, the children learned about African music and made Caftans out of multi-coloured paper.

In March, we welcomed Ramadan by making a beautiful crescent moon and star poster, painted by the Junior Room children. We discussed fasting from dawn to dusk. During Easter, the children will look forward to enjoying warmer weather and observing birds, bees, and flowers to welcome the new season. Children participated in an egg hunt in the room. For Easter, we will make crafts and decorate eggs. We would like to thank all the parents for their understanding and cooperation.

Eid ul Fitr and Happy Easter!

# Senior Room Milly & Raina

As the New Year was coming, all the children in the Senior room were excited about celebrating the different times when New Year dawns in countries around the world with a few countdowns and a balloon party. During January, we recognized and celebrated the Thai Pongal celebration by arranging flowers made by our students using water paint and crayons. We also used recycled materials to make sugarcane sticks, painted them in purple and added green tissue paper. Our dramatic center was transformed into Jurassic Park, a salon, coffee shop and construction site as the children were very excited to explore and play with different toys, costumes and specially prepared props. Our friends from school-aged groups came to visit our room, and we had story time with interesting books, presented using different puppets. They also made a special slime for our children, which was an exciting sensory experience.

During the first month of the year, the importance of drinking water was reviewed together with the way water turns into ice as part of our science experience. We celebrated many special days as part of our multicultural learning during February as it was African Heritage Month. Multicultural paint, paper and felt were used to represent different skin colours and prepare special butterflies, faces and hairstyles. We explored the African music, dances and costumes during our dramatic play. Another special day was the Chinese New Year. Senior room children were very happy to be joined by their parents in the classroom to prepare to cook Chinese dumplings and rice cakes. They were wearing Chinese costumes; we listened to Chinese songs and made a special dragon using recycled boxes. We continued our exciting days with the celebration of Valentine's Day. Each child made a Valentine's card with flowers made of tissue paper and stickers. Parents were excited to receive a special card from their children. Groundhog Day was an interesting learning day as the teachers explained the story and meaning of this special day. Family Day was yet another celebration in our room, and we talked about the importance of family, the different structures of families and how important it is to embrace and respect all types of families. We acknowledge Pink Shirt Day as we all stand against bullying in all shapes and forms by wearing pink clothes and making pink bracelets for every child to wear as a reminder to talk nicely and use our kind words.

We started the month of March with a presentation of a unique tradition for Bulgarian people to celebrate the coming of spring with Baba Marta Day. We learned about how to make different martenichki using red and white clay, construction paper, felt, feathers and pompoms. Children in the senior room were especially thrilled to make a 3D card for their mothers as part of our International Women's Day celebration. All the mothers were surprised and happy to receive the beautiful cards. The month of March was dedicated to the celebration of Ramadan. As part of our multicultural experience, the teachers explained the meaning of fasting and why it is done by so many people. The senior room children were engaged in a variety of activities during March break, like science experiments on which items float and which sink, how many cubes will make the scale tip on one side and measuring ingredients for our special green cupcakes to celebrate St. Patrick's Day. Children made craft activities like pots of gold by gluing and painting the gold coins, tracing, cutting and painting 4-leaf clovers. As the weather was changing, and we had some warm days, children were joyful to be able to play with balls, ride the bikes and go for nature walks. As a continuation of our healthy habits, we talked about the importance of dressing according to the changing weather, reviewed the washing hands procedure and how to use table manners. Special time was dedicated to talking about touching our friends, how to share our toys and always using our nice voices and kind words.

# **FDK 103**

## **By: Bing & Najma**

During this winter time, there was less snow around. Whenever it snowed our children took the opportunity to play, explore and learn. We made snow angels after heavy snowfall and slid on the snow.

There was a favorite festival in February - the Lunar New Year. Most children in our class come from China. Chinese New Year is an important festival for their families. We set up some different materials to encourage the children to explore this culture by participating in these activities. Our children made dragon puppets to play with their friends. They copied the Chinese characters on the paper plates to decorate our class and made a red pocket to give good wishes to their parents. They liked to play family games in our house center. They pretended to cook dinner in the kitchen and take care of the baby in the room. Valentines was celebrated with singing songs and making cards for the loved ones. We also discussed about black history month and recognized people for the innovations.

FDK children did lots of activities together and had lots of fun in the March Break week. We painted recycling boxes to make a 3D robot. We walked to the library to read some books that we liked. We talked about healthy food and decided to make fruit smoothies. Ramadan fasting began in the month of March. We discussed about fasting and the number of days the Muslims around the world fast. We listened to a story to learn what Ramadan is. We set up white roses in different food colouring bottles to watch them change into colours gradually and wrote the messages on the observation form. Children also celebrated Easter with an egg hunt in the playground.

We hope spring will be coming soon, but just a kind reminder to please dress your child properly, based on the weather conditions. If it snows or the temperature is low, our kids still need snow pants and mittens. Thanks for your cooperation.

## SA 102

### By: Lily & Tharani

In January, the school-agers explored science experiments in the classroom. For the rainbow spring toy experiment, the children-built stairs using different sizes of containers and used tape and small boxes to support the balance. For more fun, they asked to test it on the school stairs case. They loved to see it travel down the stairs step by step. For the bouncy egg experiment, the children soaked the egg in vinegar for five days. They took turns bouncing the naked egg. One child tried to drop the egg from a higher distance, and the egg popped. It is Thai Pongal. We had a group discussion about the Tamil festival that celebrates the end of the winter solstice and starts the new harvest cycle. The children did a bean planting activity with teacher Angela. On PA Day, all the children did sushi. We discussed what ingredients we needed for making sushi and talked about the healthy ingredients we used for sushi.

In February, we celebrated Chinese New Year. The children did Chinese flower lantern making and painted Chinese couplets on the red paper. For Chinese flower lanterns, they used four plastic planks. For each plank, they drew tree branches on it using a black marker and modelling clay to make flowers. Chinese couplets, they learned how to hold a Chinese traditional brush to paint characters. In addition, we talked about the Chinese zodiac for the year and what their zodiac animals are. The most exciting thing we did was to invite one child's grandma to make dumplings with the children. She demonstrated how to use a rolling pin to shape the dough into a dumpling wrapper and how to fold the wrapper with the filling to make a dumpling. We discussed the quantity of ingredients we used and the vitamins in them.

In March, the children did a paper strip snake and the longest paper plate STEM transformation. For the paper strip snake, the children glued many striped snakes together to make the longest snake on the floor. They measured it as 10.77m. For the paper plate STEM experiment, the children cut the plate by following the circle shape. They extended each other's strips and stretched the strips on the floor to measure them. During March break week, the children went to the library to do Iris pattern paper art and the scavenger hunt. It is Ramadan, so we invited teacher Fridous to talk about Ramadan with the children. The children have learned Ramadan is the month the Muslim people do fasting; they can only eat or drink before sunrise and after the sun sets. It begins and ends with the appearance of the crescent moon. She gave a demonstration to the children about how-to put-on hijab and taqiyah. Also, she read a book about Ramadan and did mosaic crescent moon art with the children. Black History was recognized with discussion about people who invented things and held positions around the world. Easter was celebrated with making cards and egg hunt.

It is springtime and the children are starting to do planting activities and look forward to seeing them grow!

## SA 104

### By: Sajiththa, Dilshani & Firdous

December was filled with festive celebrations and creative art projects filled with joy and learning. Our students showcased their talent and enthusiasm during our annual Christmas concert with cheerful songs and heartwarming performances. During our winter break, our children put their creativity to the test by building a Christmas house with cardboard. They crafted intricate designs and furnished them with colorful decorations & lights, showcasing their imagination and craft skills. We read and engaged in a discussion about "Hannukah", exploring the cultural diversity. We had the most fun organizing a "Hot Chocolate Stand" for a good cause. We had fun interviews before the event and children took on different roles and gained real-life experience throughout this opportunity. Through teamwork, they learned the importance of empathy and giving back to the community.

We welcome January 2024 with endless possibilities & hopes for the new year ahead. Our children channeled their creativity into making a vibrant classroom poster and took the time to craft handwritten letters to their families and friends, expressing gratitude and spreading joy. Demonstrating their initiative and leadership skills, our children embarked on a special mission to share their knowledge and creativity with our curious preschoolers. They visited the Senior Preschool classroom to organize engaging activities involving slime and corn starch goop. We embraced the outdoors and our gross motor skills with exhilarating sledding adventures, dancing sessions, and fun rounds of musical chairs. We learned about "Thai Pongal" by decorating pots with their unique designs and adorning the surroundings with vibrant rangoli made from colorful pasta, learning about the significance of these customs. On the other hand, to promote wellness and nutrition, our children engage in a variety of healthy activities throughout the month. They engaged in a sensory journey of tasting different varieties of apples, exploring their flavors and textures, and rating their preferences. Additionally, they learned the importance of reading nutrition labels on food items, empowering them to make informed choices for a healthy lifestyle.

In February, our children embarked on a journey of self-discovery as they learned to identify and express their emotions through interactive activities and visual charts, they explored different feelings and learned healthy ways to cope and communicate their emotions. In honor of Chinese New Year, we crafted colorful lanterns and had the pleasure of a parent joining us to sing a traditional Chinese song, adding a touch of authenticity and joy to the festivities. Love was in the air as we celebrated Valentine's Day with a fun-filled photo booth and a costume party. Our children embraced friendship and affection as they posed for adorable photos in their favorite costumes with friends & families. During Black History Month, we learned about significant figures and celebrated the great innovations and contributions made by individuals of African descent, fostering understanding, respect, and appreciation for diversity. In anticipation of Family Day, our budding artists explored the beauty of watercolors as they painted vibrant bouquets to for gift their families.

During March break, we read the captivating story of "Hannah and the Ramadan Gift," learning about the beautiful traditions of this celebration and fostering understanding and helping others. Additionally, our children engaged in a hands-on activity, crafting phases of the moon using CD pieces and mirror stickers, creating a dazzling and illuminating effect. In our culinary adventures, we made a delicious hummus dip to enjoy with naan and discussed the benefits of grains and healthy eating habits. To further stimulate their minds, we had a fun visit to Goldhawk Library for an exciting scavenger hunt where children eagerly searched for hidden letters and collected sticker rewards.

We are looking forward to the many more adventures and learning opportunities that await us in the coming months.

# POP - SA

## By: Magda & Hamida

In our Room at Prince of Peace School Age Program, children and teachers welcomed Youqui to our program. In January, the children transformed the Drama Centre into a church. Kimani came up with the idea of being the priest, and Nyla-Marie said "I can be the singer." Both of them organized the chairs, put a big cross on the wall and brought 2 big books from their church to use during the 'Mass.' They named the church 'St. Joseph's Church.' They also assigned who is the 'Deacon' and who is the altar server. They all worked together to attend the 'Mass' very quietly during that time. We made 2 kinds of bread for communion. Most of the children cooperated to make the bread.

We organized a reading body with the kindergarten class. Later, it turned into a sports club in which older children helped younger children with a few active games. Our baking club made Baklava. The children worked together to cut fruits: bananas, pears and apples. We added a little lemon and cornstarch to the fruit mixture to prevent the filling from getting soggy. The children put a big spoon of the fruit filling in a few layers of 'phyllo' pastry and wrapped the 'Phyllo' after baking it. We enjoyed eating a very healthy dessert.

In February, we celebrated the Chinese New Year. One of our parents came to help us. The parent came one day and helped us to make the Chinese dumplings. All the children enjoyed eating and tasting different sauces. We also celebrated Family Day. We discussed about various family structures. For Valentines Day we made heart-shaped cookies. Black history month was recognized by researching about innovations and people around the world. We also had a puzzle week. The children spent a few days doing the 200-piece 'Glow in the Dark Puzzle'. They work as a team. They also encouraged each other to do all the puzzles we had that week.

Our March break was full of activities. The week before, we discussed what activities they liked to do. They all agreed to bake. They said, "Let's do tomato pizza, cinnamon buns and hot dog buns. In the March break, we made pizza dough. On the first day, let it rise. On the second day, the children cut tomatoes and cheese, and then they started shaping their pizza. They put the topping on it, let it rise again and after one hour we baked it and enjoyed eating a warm and very fresh pizza. On an outdoor day, we made cinnamon buns. One child said, "When we were baking it, "This is amazing and yummy." The children enjoyed eating it warm. The children said, "Oh, it's soft and delicious. While we were cutting tomatoes, one child said, "We can use these seeds to plant tomatoes, so we got soil, put the tomato seeds in it, and they started to water it every day. Every day we went to the gym, or outdoors to play different games. The children loved to play soccer, 4 square or basketball. Now we are learning about 'Ramadan.' It is one of the holy months for Muslims. Muslims fast all day. We learn that when we meet a Muslim person during this month, we tell him/her 'Ramadan Kareem.'" Easter was celebrated by discussing the Resurrection of Jesus and a egg hunt in the room.

Hopefully, the weather will get better soon, so we can go outdoors without layers clothes and enjoy the weather. Be safe and enjoy the weather.

# POP – KG

## By: Jolentha

We had a mild winter this year, but Spring is finally here and the children cannot wait to explore what the great outdoors has to offer. Please remember to always dress appropriately for the changing weather. It's newsletter time. Let us look back to January when we start another new year in 2024. I always like to share all the wonderful things we've done here at POP Kindergarten Group.

In January, we started a growth chart. We wanted to keep track of our heights each month. They were also curious to see if they were growing. Each month we charted down to see if there were any changes in their heights, some of us grew a little and some of us slowly but surely are hoping to grow taller in the coming months. We discussed ideas of how we can grow taller. Some said to jump, exercise more, and most importantly get a good night's sleep, so our bodies can stretch and grow. Building bridges was another interest of the children. We built bridges using several different types of tape. We tried duct tape, masking tape, clear scotch tape, and painter's tape. They built them by dragging the tape from one table to another and then placing popsicles along the tape line to create a bridge. Others tried using 2 sloped blocks and dragged the tape from one slope to the other and also placed popsicles along the tape. Then they would place cars along the bridge to see how many they could balance. They found that the duct tape was the strongest because it was hard to cut, and it also held the cars on the bridge the best. We started a collaboration with the POP School Age Group this month. Once a week, the children would meet up with their buddies to do reading or an activity.

Starting in February, we did projects on boxed art for the whole month. The children were so creative with building and using different tools to cut the cardboard. We made a 3D basketball hoop with a spoon and popsicle catapult to shoot the pom poms into the hoop. We made 3D trains and vehicles to sit and ride, and guitars to rock out to. We celebrated Black History Month in class, we displayed books about famous people who changed the world and also shared books about being kind to one another, being different, and loving ourselves. We also celebrated the Lunar New Year, welcoming the Year of the Dragon. We did crafts on dragons, read a book called Clever Sticks (chopsticks) and even got to try to use them to eat snacks. We invited parents to come celebrate with us on the Lunar New Year. Thank you to the parents who were able to come and celebrate with us that day.

Here comes March. We've had some interesting weather. For some part of March, we had signs of early spring. The children enjoyed the weather and spent more time outdoors. The children enjoyed going down the hill on the scooter boards. They missed sledding, however, tried to sled on grass as well. They found that it didn't work as well as it did in the snow. Still, they laid all the magic carpet sleds down the hill and found that they slid much faster on the scooter board because it was a smoother surface. Mud Pie was an interest they had when engaging outdoors. They mixed and gathered different materials from the surrounding nature. During the March Break, we visited our Community Library (Gold Hawk Library) where we joined in walk-in programs. We did Shrinky art. The children designed a masterpiece on special frosted paper. After colouring and cutting the design, it was headed into the oven where it was baked. The big frosted paper then shrunk down and became a hard plastic. The instructors put a keychain on their design. We then placed the keychains on our jacket zippers. The next day, we returned to the library to learn about making slime. The children have to mix the ingredients, add sparkles and choose the colour for their slime. When we finished, we took them home. They all enjoyed the walk to our local library; we learned about rules in the library to stay quiet and respectful to all the people around who are studying or reading. Continuing this month, the children have been interested in dramatic plays. They have been dressing up and pretending to host a concert in the class for the parents to watch.

Please feel free to stay and spend time with your children in their environment after school. You are always welcome!