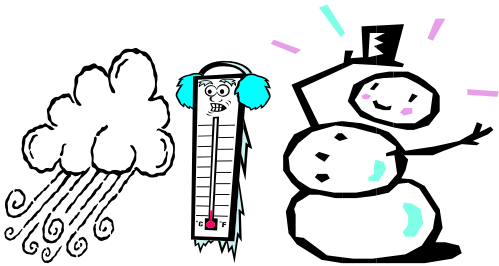


# A BRIGHT BEGINNING CHILD CARE SOCIETY

Feb-March  
2019 Newsletter



The snow is here with colder weather  
We like to take the children out, please  
bring them clothes that will keep them  
warm.  
The Centre has lots of extra mitts for  
little fingers and toques for ears but no  
Coats or winter Boots.  
Remember label your child's  
belongings.

Center will be **CLOSED**  
**Monday Feb 18<sup>th</sup>**  
*Have a great Family day*  
*Long week-end*



*Happy Valentine's Day*  
*From all the Staff*

## Fundraiser

We do **ongoing bottle collections**, taking them in about once every 2 week, you can drop off at the Centre or if you have the time, Centre's power plus # is 1336 attach it to your bags and drop off at any of the depots. No standing in line, no sorting, proceeds go to the Centre. Thank you for your bottles and milk jugs. Bag tags available at the front desk from Marietta.

## Annual General meeting March 19<sup>th</sup>

At The Centre, 6:30 pm  
Items up for Discussion

- **THE MOVE** to new location
- Elections: Would like a casino/raffle coordinator
- Future goals
- Fundraising ideas

*We always welcome interested parents who could bring their knowledge and ideas to the table. Our next monthly meeting is on Feb 20 at 5:30 at the Centre.*

## Come be a part of the Centre's future

**LOOKING FOR A SPECIAL PERSON** that could help with, some much needed, **snow removal** in our playground

### Scrounge list

- Paper good on one side
- Buttons
- Ribbon/yarn
- fabric
- bubble wrap
- spray bottles

## Five Ways to Build Compassion in Children

On the Mindshift website, author Shauna Tominey writes about five ways to nurture children's compassion:

- 1. Use words that you would like to hear your child use now and in the future.** As you choose the words you say to your child and to others, imagine how you would feel hearing those same words from your child...be intentional with your own word choices...choose to think and speak with compassion.
- 2. Live each conversation beyond your words.** Do more than have conversations about being compassionate...look for ways to act compassionately at home and in your community. Explain to your child what you are doing and why so that your child hears what you are thinking and brings a compassionate perspective to their own thought process.
- 3. Look for role models and examples of compassion in your own community.** Seek out examples of individuals and groups...that are working to make your community a better place. Point these activities out to your child...
- 4. Recognize that building compassion takes time.** Just like any set of skills, building compassion takes time and lots of practice. You may feel discouraged at times when you see your own child acting out or struggling to think about someone else's feelings, but this is normal. Developing compassion is a lifelong process that is easier for some people than others, and one that is challenging for everyone.
- 5. Learn from your child along the way.** As you and your child find your voices together, take time to listen to and learn from one another. You may be surprised by the insights your child offers. Your child might think about other people's feelings in ways that you may not consider. When you learn something new from your child, let them know that. With all the ways they learn from you, they will love hearing that you learn from them, too.

Source: "[Five Ways to Nurture Compassion in Kids](#)" by Shauna Tominey, [kqed.org/mindshift](http://kqed.org/mindshift), January 3, 2019

*Creative activity could be described as a type of learning process where teacher and pupil are located in the same individual.*

*-Arthur Koestler*

### CHILDREN IN SCHOOL PROGRAMS

#### March

Has some Scheduling challenges

1)-Teachers conference

*Will your child need extra days!*

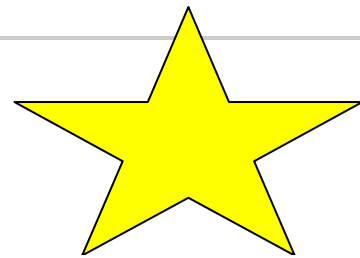
Also

2)- Spring Break

Do you have holidays planned?

or

*Will your child need extra days!*



### PART-TIME CHILDREN

Please remember,  
To hand in or email in your child's monthly **schedule** before the months end, they are **required**, this will insure that it will be reflected on your invoice. Take some extra time to prepare March's as there is a spring break and teacher's Conference