

March 2025

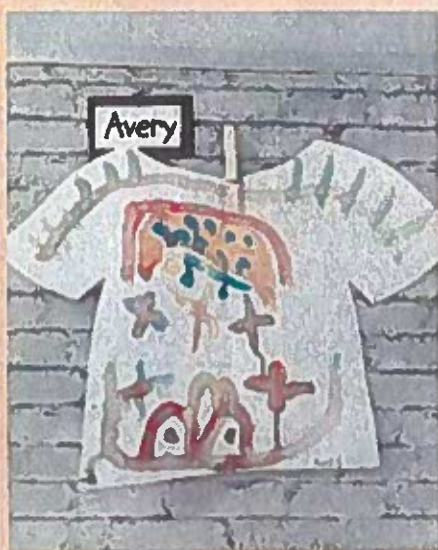
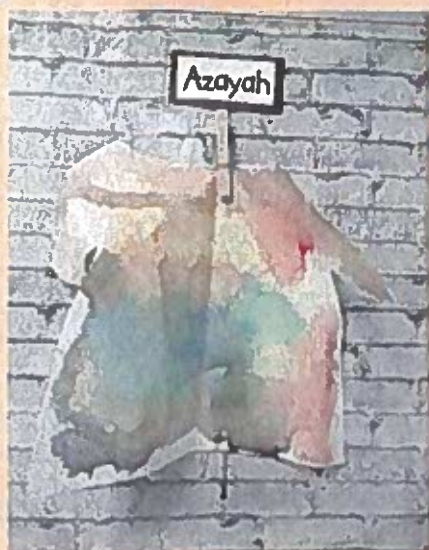
Canaan Elementary Preschool Newsletter



IMPORTANT DATES

**MARCH 14TH- TEACHER
WORKSHOP-NO SCHOOL**

**MARCH 28TH- FAMILY
YOGA 1PM-2PM.
FLYER ATTACHED**



WELCOME TO PRESCHOOL

Each month we will have a newsletter with local events, resources and parent education topics!

Scan this QR code to join our Preschool Facebook Page!



PARENT EDUCATION

6 TOP TIPS FOR PARENTS

SCREEN TIME



1. RULES

Agree on a clear set of rules in your home about screen time.



2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour.



3. PHONE-FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



4. CHARGING PHONES

Buy an alarm clock for your child's room and charge mobile phones in your room.



5. DIGITAL DETOX

One evening a week have a family digital detox and plan a family activity!



6. JOIN IN

Play your child's favourite computer game and discover the online world together.

POLICY COUNCIL UPDATES

- The Elevating Family Voices Summit is March 26th
- KVCAP is accepting applications for all programs and encourage everyone to spread the word about Head Start programming and experience



Chocolate Chip Oatmeal Muffins

Ingredients

- 1/2 cup butter, softened
- 3/4 cup packed brown sugar
- 1 large egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup applesauce
- 1 cup rolled oats
- 1 cup semisweet chocolate chips



Instructions

In a large bowl, cream butter and sugar. Beat in egg. Combine dry ingredients; add alternately with applesauce to the creamed mixture. Stir in oats and chips. Fill paper-lined muffin cups three-fourths full. Bake at 350° for 25 minutes.

Winter weather is here! Please send your child to school with appropriate gear for outside play. If you are in need of children's winter clothing, please reach out to your FSC!



Conscious Discipline Connection

Empathy

The moment is as it is.



Power of Acceptance

- D** = Describe: Your face is going like this.
- N** = Notice: You seem _____
- A** = Acknowledge: You wanted _____ or you were hoping _____



How do you feel?



Angry



Scared



Sad



Happy



Frustrated



Anxious



Disappointed



Calm

Haven't joined our
Conscious
Discipline Parent
Group? Use this QR
code!



Check out other
services KVCAP has
to offer:

Available programs:

- Head Start & Early Head Start ages 6 weeks to 5 yo
- Preschool ages 3-5 yo
- Whole Family Coaching for families in Kennebec and Somerset counties with at least one child under 16 yo

Benefits to joining our programs:

- Individualized programming to meet the needs of all children
- Highly qualified teachers and caregivers
- Learning through play and age appropriate activities
- Information and referrals to community resources and consultants
- Support in accessing subsidies to make child care more affordable
- Opportunities for parent involvement
- And so much more!



Scan this QR
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flipbook with
more info!