



# North Toronto Early Years Learning Centre

An Adlerian "4C Model" School

## April 2010

### Dear Parents,

I hope you all had a lovely March Break, Passover and Easter; we certainly had the weather for it!

Once spring has begun I always find that the last part of the school year seems to fly by. It's one of the busiest times for the school - preparing for parent/teacher reviews, Mother's Day and Father's Day Breakfast and end of year parties to name but a few. It's a time where we as teachers begin to reflect back on the school year and reminisce about the children's first day compared to now. Only just today I sat in the Busy Bee room at connection time watching the children. They were so connected, chatting away to each other while playing with their toys. There was not one person sitting at the table not making a connection with some one else. It was such a beautiful thing to see. It reminded me of us as grown ups, connecting with the person we are sitting next to before a class or workshop begins. I watch them at snack time organizing themselves, putting out the cups, snack etc, or at the end of the day getting themselves ready to go home. Compare this picture to the first month of school, watching the children come in, some teary eyed with a little separation anxiety, unsure of what to expect and figuring how to connect. How far they have come in such a short span of time!

You will see attached is a flyer for **Tandem Fitness studio**, (Yonge and Fairlawn). They are offering free trial classes, April 12 - 23, 2010 for all North Toronto Early Years Learning caregiver and parents. You can join them for a morning of fitness, fun and socializing, while your child is in school!

Mother Day Breakfast is on its way during the first week in May so look out for your invitation to join your child for a lovely breakfast and to get reacquainted with other moms you haven't seen for a while.

I will look forward to seeing you then!

Please keep your eye out for our final notices for parent/teacher reviews, end of year parties, Mother's/Father's Day Breakfasts, Kinder Q™ Graduations etc.

Warmest Regards,

**Catriona Smith**  
**Program Director**

### A little inspiration from Jodi...

*Encouragement* is something people need in order to move from their current state of being towards their *positive potential* and to have a *positive self-image*. Encouragement is therefore certainly something parents want to give their children, but it is a concept easily misunderstood.

The meaning of the word *encourage* is to *inspire with courage*. The opposite of encouraged is discouraged, so the cure for discouragement must be in the *courage*. In *Raising Kids Who Can* (Connections Press, MA 1996), Betty Lou Bettner, Ph.D., and Amy Lew, Ph.D. write, "(courage) Is not an ability that one either has or lacks. It can be developed and nourished."

However, most adults who are sincerely trying to encourage get tripped up when they encourage what is valuable to *them* rather than what is valuable to the *child*. In order to inspire courage, "We must look to see what the children value, and provide evidence for them that they are reaching their own goals." (*Raising Kids Who Can*, Connections Press, 1996).

The surest ways to inspire courage in a child are:

1. Invest in developing traits into strengths - is the child bossy, or is the child a leader?
2. Avoid correcting perceived mistakes - are the shoes on the wrong feet, or are the shoes simply on/the task complete?

If we fail to acknowledge the child's effort and positive potential an opportunity to *inspire courage* will have passed by. Try pointing out that your little leader might be the best at organizing the week's dinner menu/sorting the laundry/choosing to get dressed first or eat breakfast first, or that although you prefer to wear your shoes differently, you trust that your child knows when their body is comfortable.

Encouragement is not about eliminating traits or mistakes, but guiding the child toward their positive potential and a more comfortable or positive result. Children will develop that all-important positive self-image, will be encouraged, when adults demonstrate confidence in their ability to be successful.

Catch up with me next time for Bettner and Lew's 11 tips on the *Art of Encouragement*.

**Until next time...**  
**Jodi Davies**

## **Reminders**

### **Parent's Night Out**

Thursday April 22<sup>nd</sup>, 2010 &  
Friday May 28<sup>th</sup>, 2010  
5:30 – 8:30pm

Spaces are available. Please see your child's teacher for more info and to register

### **Parent/Teacher Interviews – Toddler & Preschool classes**

Bedford Park  
Dolphins May 26<sup>th</sup>  
Busy Bee T/Th May 27<sup>th</sup>  
Busy Bee M/W/F May 28<sup>th</sup>  
Curious Caterpillars June 4<sup>th</sup>

Castlefield  
All Classes June 3<sup>rd</sup> & 4<sup>th</sup>

Keep your eyes open for sign-up sheets posted in the lobby. Dates and times vary by class.

Final *Kinder Q™* interviews will be announced shortly

## **Victoria Day**

Monday May 24<sup>th</sup>, 2010 – NO SCHOOL for all classes

## **Lost and Found**

Please remember to check the lost and found bins in the lobby for any items of clothing or toys your child may be missing. Unclaimed items will be donated at the end of the month.

## **Community Board**

### **SickKids**

**It's easy to make a difference for SickKids!**

Create a customized, secure web page for yourself, a group, or an event, and collect donations online for SickKids.

For your child's next birthday set up a page to take donations in lieu of birthday presents and make them a real life superhero to kids in need! You can include all event details and even a picture of your little philanthropist. As an added bonus, your child will get invited to an annual celebration acknowledging all the children who raised funds for SickKids. How great is that?

For more information visit:  
[www.sickkidsfoundation.com/fundraise](http://www.sickkidsfoundation.com/fundraise)

Thanks to Sarah Currie for this terrific tip!

To have your news/item posted on the Community Board, please contact Jodi at [jodiatwork@gmail.com](mailto:jodiatwork@gmail.com)

## **Need to contact us?**

**Office - Administration Only**  
416-544-0133

Connie - [early.years@bellnet.ca](mailto:early.years@bellnet.ca)  
Jodi - [jodiatwork@gmail.com](mailto:jodiatwork@gmail.com)

### **Parents Only**

Bedford: 416-544-1039  
Castlefield: 416-484-9597

Catrina - [early4444@bellnet.ca](mailto:early4444@bellnet.ca)