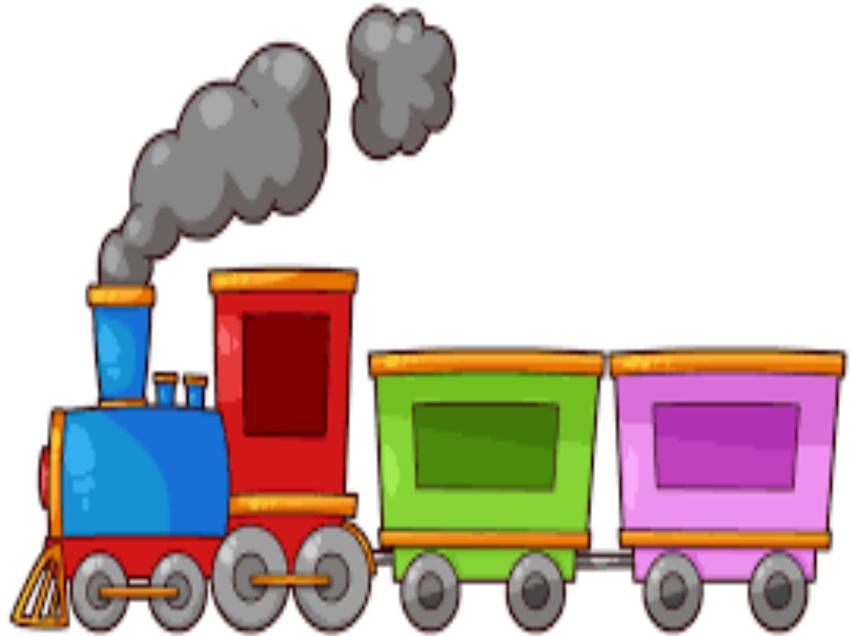




École Des Petits Amis
French Immersion Preschool

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Amis French
Immersion
Preschool



November 2020

Reminders

Please give the preschool a call or an email if you know your child will be absent. Call 403 512 3921 or email Jackie@ecoledespetitsamis.com

Thank you for **texting and signing your child's COVID symptom form** each day. This is an important safety concern for us.

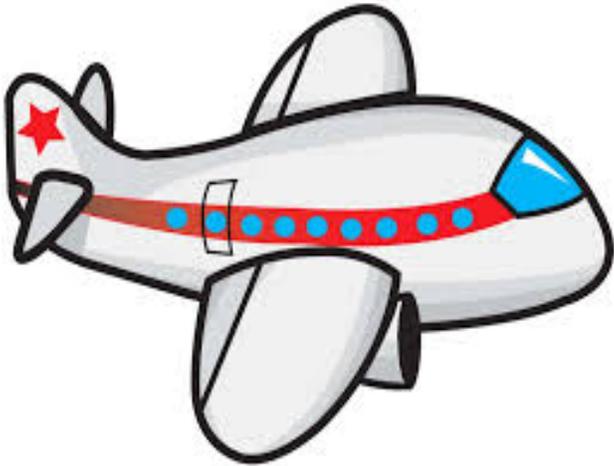
Preschool Activities & Themes

Hi parents!

During the month of November we are **going to explore the theme of Transportation!** We can't wait to learn about these fun themes through crafts, games and songs and stories!

By the end of the month, we also start to get ready for Christmas all in preparation for our **special Christmas concerts on December 14th and 15th**. Our concerts will begin at **10:30 for our AM classes and 2:30 for our PM class**. Those are also our last days of school before the Christmas break. We will be **sharing our concerts via a Facebook live video** rather than in-person this year.

We also have some PJ days this month on **November 9th and 10th** where students can **wear their pajamas!**



November Calendar & Show & Tell

Monday	Tuesday	Wednesday	Thursday	Friday
2 Arianna et Molly	3 Jaren et Josie <hr/> Benjamin	4 Isabelle et Zane	5 Soyer et Isla <hr/> Sophia	6 Eryn et Cassidy
9 Abi et Henry PJ DAY	10 Breyah et Riven <hr/> Noah PJ DAY	11 no school	12 Charlotte <hr/> Liam	13 Ade et Owen
16 Daniel et Diego	17 Vivienne <hr/> Eloise	18 Charlotte et Lindsey	19 Reece <hr/> Kenji	20 Hazel et Colton
23 no school PL DAY	24 Cooper <hr/> Finnegan	25 Wyatt et Roman	26 Laikyn et Ellie <hr/> Morwani	27 Arianna et Molly
30 Scarlet et Isabelle				



Announcements

Please take note of the days this month that the **school is closed, November 11th & November 23rd.**

Did you know that the preschool has a **Facebook page**? We love to post about activities from class, upcoming events and information about preschoolers & language learning. Come “like” us! We would love to have you **review us too on either Facebook or Google!**

Please let us know **if you have moved** or need to update any information on file!

Thank so much for your support of our **Epicure fundraiser!** We were able to surpass our goal of \$400 towards Mother’s Day and Father’s Day gifts!

November
 Vocabulary Words
 A car – une voiture
 An airplane – un avion
 A train – un train
 A bus – un autobus
 A truck – un camion
 To drive – conduire
 A boat – un bateau
 Stoplight – feu de circulation



Self-regulation & Executive Functioning skills

If you just read that title and said – WHAT???, I can tell you that’s how I felt about those terms not that long ago! They sound big and fancy but they are really some pretty basic stuff we help our kids with all the time.

Executive function is defined as “the brain’s ability to take in information, interpret this information and make decisions based on this information”. Some executive function skills include:

1. Impulse control (think before acting)
2. Emotional control (keeping feelings in check)
3. Flexible thinking (adjusting to the unexpected)
4. Working memory (keeping key info in mind)
5. Self-monitoring (evaluating how he/she is doing)
6. Planning and prioritizing (choosing a goal and how to meet it)
7. Task initiation (taking action & getting started)
8. Organization (keeping track of things physically & mentally)

Kids with great executive functioning and self-regulation skills are really good at going with the flow when plans change, stopping themselves before they lose their cool, remembering all the steps when given directions and keeping their things organized. Easier said than done!

However, the research shows that kids who have better executive functioning skills tend to have better academic success and life satisfaction. Check out this TED talk on the Marshmallow Experiment to see where this all started!

(https://www.ted.com/talks/joachim_de_posada_says_don_t_eat_the_marshmallow_yet?language=en)

We work on these skills at school in several ways. We teach the Social Thinking curriculum (www.socialthinking.com). These stories and concepts touch on most of these points on a basic level preschoolers can relate to. We also make a point of posting our daily schedule, keeping routines consistent and predictable and explaining expectations.

Things to do at home:

- Post a daily or morning schedule for your child (get dressed, eat breakfast, brush teeth, get backpack, put on shoes)
- Keep directions simple, 3 steps max
- All of us at preschool have read **The Whole Brain Child by Daniel Siegel and Tina Bryson**. This book explains brain development in a relatable way and even includes sections of comic strips for explaining the concepts to children. We highly recommend this book as a way to better understand your child. We are also reading *Rest, Play, Grow* by Deborah McNamara, which is another fantastic book on child brain development!