

# January 2026

## Office News

Happy New Year! We would like to welcome all our families back and wish everyone a healthy, happy, and successful start to the year. January is a wonderful time to settle back into routines, reconnect after the holidays, and set positive intentions for the months ahead.

As flu season continues, we kindly remind families to follow our illness policy. Children must remain at home for **48 hours** after the last occurrence of vomiting, diarrhea, or fever, in accordance with Alberta Health requirements. We also ask all parents, guardians, and visitors to **sanitize their hands upon entering the centre** to help reduce the spread of illness.

We appreciate your continued cooperation in keeping our centre a safe and healthy environment for everyone.

## Caterpillar Room (12-18 Months)

This month, our Caterpillar friends will focus on settling back into routines and building a sense of comfort and security after the holiday break. Activities will include:

- Sensory play using soft textures and safe materials
- Also we are going to talk about winter and snow this month.

Educators will continue to provide lots of warmth, reassurance, and one-on-one interactions to support emotional development.

Williams little brother, Casey, is finally here! We are welcoming Philip and Casey to the centre this January and hope they are going to have lots of fun and learn all kinds of great stuff.



## Butterfly Room (18-24 Months)

The Butterfly Room will explore activities that encourage independence and curiosity. January activities will include:

- Stacking, sorting, and matching games
- Walking, and playing in the snow and talk about snow and safety in winter.



We will continue supporting self-help skills such as handwashing and tidying up after play.

## Ladybug Room (2-3 Years)

Our Ladybugs will focus on social skills, communication, and imaginative play. Planned activities include:

- Simple puzzles and problem-solving games
- We are going to learn about new year, winter and snow as well as BEARS!



Educators will support children in practicing sharing, taking turns, and expressing their feelings.

## Bunny Room (3-4 Years)

In January, the Bunny Room will enjoy hands-on learning experiences that promote confidence and independence. Activities will include:

- Winter-themed art and crafts
- Early literacy activities such as letter recognition and storytelling
- This month we are going to talk about new years, teddy bears, hibernation and animals winter.



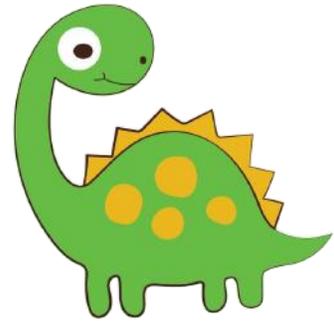
Children will also continue practicing routines and self-regulation skills.

We are really sad to see Melorin leave the centre. We wish her all the best and hope to see her around! Obinze is going to join us. Great to have you with us friend!

## Dinosaur Room (4+ Years)

Our Dinosaur Room will begin the year with activities that support school readiness and critical thinking. January activities include:

- Early math concepts such as counting and patterning
- Science explorations related to winter
- This month we will be talking about patience, politeness, and helping others.



Educators will encourage children to express ideas, ask questions, and work collaboratively.

## Important Dates & Reminders

- Please ensure children have weather-appropriate clothing for outdoor play
- Label all personal belongings
- Continue checking your child daily for signs of illness

Thank you for your continued support and partnership. We look forward to a wonderful January together!

Warm regards,

**Bridlewood Children's Centre**