

Program of the Month - Just B4 Preschool Early Learning Program

Is specifically designed for 3 and 4-year-olds to get ready to enter Kindergarten in the following September. The curriculum focuses on the 'First Peoples Principles of Learning' and the 'Early Learning Framework' while incorporating Outdoor Learning. The program is offered at 2 locations Godson Elementary and Dormick Elementary, with 2, 3 or 5 days per week (2.5 hours a day) options. Financial aid options are available. Visit our website for more information.

More info: <https://earlyyears.abbschools.ca/preschool>



Karen Hamhuis-Ashton - Early Childhood Educator at Just B4 Preschool - Dormick Park Elementary

Believes in the power of play and exploration to foster confident, capable, and curious children. With over 20 years of experience and a bachelor's degree in early childhood education, she creates nurturing environments that support each child's unique potential. As a passionate preschool teacher who loves the outdoors, Karen is dedicated to inspiring growth in young minds through creative and engaging activities. She is an enthusiast for health and fitness a proud wife and mom of 3 young adults, and 2 energetic dogs. Karen believes in the importance of balanced lifestyles, emphasizing healthy eating, exercise and rest.

Heather Esau - Early Childhood Educator at Just B4 Preschool - Godson Elementary

Is passionate about creating a safe, fun, and nurturing environment where children can explore, learn, and grow. Inspired by her mother's at-home childcare, Heather pursued a career in early childhood education, earning her credentials and gaining over 18 years of experience in various childcare centers, including Strong Start and preschool. She is a positive role model and mentor for children and their families. At home, Heather has two preteen children and a puppy, and she loves staying active outdoors, especially hiking on mountain trails with friends and family.

How the Early Learning Team can help you

The Early Learning team helps families with children from birth to 6 years old to access essential services and resources such as child care, parenting, child development, social support, special needs services, early intervention therapies, and public health services and connecting families with local programs that offer parenting classes, support groups, and early childhood education.

Télexw (to find something out, to learn) with the Sweeney Centre

In this section of our newsletter, we will journey together to learn about the wisdom and traditions of the First Nations. **Seasons of the Moon** - Peló:qes January 23 - February 20 Torch Season - The Stó:lō year follows the lunar year. The dates change from year to year. Before the coming of the white man, the Stó:lō people of the Fraser Valley had names for the months and the seasons. In Upper Stó:lō dialects of the Halq'emeylem Language the year, syilolem, began around the month of October. Fall was called temhilalxw, winter was temxeytl' - cold time, spring was temqw'iles - time for things to come up, and summer was temkw'okw'es - hot time. (Coqualeetza Cultural Education Centre and Brent Galloway, 1977). For more info - <https://indigenous.abbschools.ca/node/54612>

Craft

Heart Suncatchers

Materials: Coffee filters, Washable markers, Spray bottle with water, Scissors, String or ribbon

Instructions: Flatten the coffee filters and let the children colour them with washable markers. Lightly spray the coloured coffee filters with water to blend the colours. Let them dry completely. Once dry, fold the coffee filters in half and cut out heart shapes. Punch a hole at the top of each heart and thread a string or ribbon through it. Hang the heart sun catchers in a window to catch the light!



Snack

Frozen Yogurt Drops

by our StrongStart friends Myla and Sandeep



Ingredients: Yogurt, Fruits (strawberry, blackberry raspberry, blueberry ect.

Optional: nuts, dry fruit, chia seeds, chocolate chips, sprinkles

Instructions: Line a small tray with parchment paper that fits in your freezer.

Place a tea spoon of yogurt into the sheet. Top the yogurt with the diced fruits of your choice. Add more yogurt on top and decorate as you wish. Place the pan or tray in your freezer for 2-3 hours, or overnight.

Partner of the Month Fraser Valley Regional Library




Established in 1930, FVRL is North America's first of its kind and the largest public library system in British Columbia. It serves over 800,000 people through 25 community libraries. In Abbotsford, there are three locations: [Abbotsford Community Library](#) (33355 Bevan Avenue), [Clearbrook Library](#) (32320 George Ferguson Way), and [Mount Lehman Library](#) (5875 Mount Lehman Road). They offer free programs for parents with children aged birth to 6 years, such as Storytime, Babytime, and Toddler time, where literacy and play meet.

Parenting Tip of the Month

For families with children aged 0 to 6 years, playtime is essential for development. It fosters social skills, creativity, and cognitive growth. Engage in activities like interactive storytime, outdoor adventures, arts and crafts, music and movement. These activities not only make learning fun but also strengthen the bond between you and your child. Make playtime a regular and enjoyable part of your routine!

Abbotsford Early Years Centre at The Sweeney Neighbourhood Centre

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