

Program of the Month - Parent and Tot at ASIA North Poplar Elementary School



MONDAY & FRIDAY

9:00-11:00

DROP-IN FOR AGES 0-5

ASIA NORTH POPLAR ELEMENTARY

32041 MARSHALL RD, ABBOTSFORD

More info: earlyyears.abbschools.ca

Parent/Caregiver Power: The First and Most Important Early Childhood Educator

Did you know your words can turn exercise into an adventure? As parents/caregivers, we have the power to make movement magical! When you cheer, “Wow, you’re hopping like a kangaroo!” or “You’re running so fast!” you’re not just praising—you’re planting seeds of confidence and joy. Positive language helps kids see physical activity as fun, not a chore, and builds a lifelong love of movement.

The trick is simple: swap “Stop running!” for “Let’s find a safe space to run and have fun!” and watch the smiles appear. Specific, encouraging words like “I love how you’re climbing that jungle gym!” make kids feel proud and motivated. These little changes create big results—open communication, happy hearts, and active bodies. So sprinkle your day with positive phrases and turn every hop, skip, and jump into a celebration!

For more info visit: <https://appetitetoplay.com/physical-activity/tips-and-learning/using-positive-language>

Storytime and Craft at Open Space



Abby Community School Society

Abby Community School Society is committed to providing and promoting programs that support life-long learning in the Abbotsford Community. ACSS offer free and cost-effective classes and special events to ensure that every member of our community has the opportunity to participate in the programs. ACSS offeres programming and camps for children K to gr. 5 and after-school programs for middle school aged children.

Visit ACSS website for more information:

<https://www.abbycommunity.com/registration/>

Parenting Tip of the Month

Rethinking the Term “Picky Eater”

As children start eating solid foods, it's normal for their likes and dislikes to change, and they may be cautious about trying new foods. Instead of labeling them as “picky eaters,” which can influence how they see themselves, use language that builds confidence and trust. Research shows it can take more than 15 exposures for a child to accept a food, so keep offering a variety in positive ways—serve new foods alongside familiar ones, try different preparations, and let children decide what and how much to eat. Avoid pressure or negative phrases; instead, use encouraging, specific comments like “You’re running so fast!” or “I love how you’re climbing that jungle gym!” This approach creates a supportive environment, fosters healthy eating habits, and helps children develop a positive relationship with food over time.



<https://appetitetoplay.com/healthy-eating/tips-and-learning/rethinking-term-picky-eater>

Craft

X-mas Wreath



Supplies:

- paper plates
- coloured tissue paper
- glue
- ribbon
- scissors
- black/silver/gold construction paper

Instructions:

- Rip or cut the tissue paper into small squares or pieces.
- Glue tissue paper to a paper plate
- Cut the ribbon and glue it to the back of the paper plate in a loop.
- Cut a small square of construction paper (colour of your choice) and glue it to the top of the paper plate.
- Let dry and hang.

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

Seasons of the Moon



More Info: <https://indigenousabbyschools.ca/node/54612>

Xets'ō:westel November 25 - December 24 - Time to store away paddles for the winter

The second month is Xets'ō:westel which means "time to store away canoe paddles"; xets' means store away (for winter), ō:wes means canoe paddles and tel means a device for doing something, in this case, time. At this time, around November, the ice and snow is starting to make river travel by canoe hard or impossible, so the Stó:lō store away their canoes by turning them over or putting them in sheds; the paddles are usually stored under the canoe or inside. Another name for this month is Telxits which means leaves are falling.

Abbotsford Early Years Centre at The Sweeney Neighbourhood Centre

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<https://earlyyears.abbyschools.ca> **778.880.8554** **earlylearning@abbyschools.ca**

Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.