Dear Parents,

While many agree that the holiday season is a great time of year for spreading cheer and creating memories, it is also known to be a stressful time for busy parents. This can be a time where heightened anticipation and excitement is felt amongst children who tend to express their stress through a number of actions not observed prior to the beginning of this period of festivities. Because children do not always have the words or the capacity that many adults have to self-reflect and express needs appropriately, we work hard to keep steady routines and set a calm tone in our classrooms while supporting the children with their differing needs. We would like to share with you a few points to keep in mind while helping children navigate this season smoothly:

- **Nutrition** is known for the important role it plays in well-being. With the abundance of candies and sweet treats throughout this time of year, it can be hard to resist saying no. We encourage you to continue packing healthy lunches for your child as well as limiting sugar intake at home.

- Because **rest** is key for children’s mood regulation as well as their healthy development, it is important to maintain a regular sleep schedule by having them go to bed at their usual time even when it is tempting to stay up late together.

- **Routines** are known for providing a sense of security and predictability for children. Although some may not show it in obvious ways, subtle changes in the family habits such as receiving guests, a parent traveling for work or going out for a late dinner can affect the child’s ability to cope with stimulation. We ask that you please try to keep up with your child’s regular schedule and inform us of any changes in routine, as subtle as they may seem, so we can best support him or her at school.

- Teaching **calm** is an effective way to help children navigate stress. We have been teaching the children a number of ways to self-calm in our classrooms and we find that taking a little time every day to do a short mindfulness activity, a breathing exercise or a practice yoga pause affects the children positively. Implementing calming rituals at home can prove beneficial to children and adults alike anytime of the year, but especially when things get a little hectic.

We hope you all enjoy a wonderful holiday season and wish you all the best for the New Year!
We would like to thank Theo’s family for offering snack and flowers to our classroom this week.
Primary 2

Miguel, Lily, Skyler, Madison, Milan and Olive sitting together working on our paper chain.

Ethan using the pentagon from our insets for design, this develops his pincher grip, handwriting and hand eye coordination.

Troyphym is completing a worksheet on the 100 board after a presentation of this lesson. This lesson gives the child an understanding of numbers and their sequence and helps him to memorize his numbers.

Vihan working with the bolt and nut lesson, this supports his development of pincher grip, hand eye coordination and wrist strength. All of which are perquisites for writing.

Thank you to Milan for the nutritious snack and beautiful flowers.
Primary 3

Thank you to Peleas’s family for providing the community snack this week.

Lola is concentrating on counting the drops of soap to work with the bubble making activity.

Isabella is practicing her hand and eye coordination and refining her sensory skills by placing decoration on the felt pine tree and feeling the different textures.

Sophia is using the nobles cylinder, that are part of our sensorial materials, and is following the pattern in the card.

Lily is practicing her pencil grip by using stencils.

Christos is having and working on his balance skills by using the balance board.