

ST. JOHN'S NEWSLETTER



MARCH 2026

2026-2027 Registration

Registration for the upcoming 2026-2027 School Year opens to in-house families on Monday March 2nd.

Programs available:

Toddler program for children 18 months-30 months
9am-12pm No lunch: \$20.32 per day

Preschool programs for children 30months-5years

9am-12pm No Lunch - \$13.81 per day

9am-12:30pm with Lunch - \$18.74 per day

9am-3pm or 9:30am-3:30pm - \$22.00 per day

Fridays in 6hr program are 9am-12:30pm.

Child care fees will remain the same under the CWELCC program, our fees will continue as a daily rate in September as per CWELCC guidelines. Currently no further reduction is planned in 2026.

Please know that we do not have a sleep room or sleep time in our 6hr program. If your child still naps the 6hour program may not be suitable.

If your child was born in 2022, they are eligible to be off to school. Please contact your local school to enroll.

Please check your email on Monday March 2nd for the link to our online registration. We ask that you take a moment to complete the online form, even if your child is not returning to us in the fall. This is the best way for us to ensure that we know who is returning and who will be graduating from St. John's.

If you have a child currently enrolled who will be leaving and have a younger sibling who you wish to attend next school year, please use the same link to register your younger child with us.

Spaces are limited and fill up very quickly, so please register before March 13th. After that date we open spots to our outside waiting list and can't guarantee availability after that date.

Security Deposit

Families who are leaving at the end of June, your security deposit will be applied towards your June 2026 fees.

If your child is returning for the 2026-2027 school year, your security deposit will be moved to June 2027 to hold your spot for next year.

If your child is attending more days your security deposit might need to be topped up. This top up payment will be added once registration is completed.

Any cancellations after June 1st, 2026- your security deposit will be kept.

Weekly Menu

March 2-6 Week #2

March 9-13 Week #3

March 16-20 - School Closed

March 23-27 Week #1

March 30-April 3 Week #2

Upcoming Events

- Sunday March 8: Day Light Savings
- **March 16-20: the school is closed for March Break (no fees charged)**
- March 17: St. Patrick's Day
- March 19: Eid Begins at Sundown
- March 20: First Day of Spring
- March 21: World Down Syndrome Day
- March 23: Wear your mismatched Socks
- March 29: Palm Sunday



2026 Parent Survey

A Parent satisfaction survey will be coming out this month through email. Please take some time to complete it. We would love to hear from you.



World Down Syndrome Day

On Friday, March 21st it is World Down Syndrome Day. **Please join us on Monday, March 23 in wearing mismatched, colourful, or fancy socks for World Down Syndrome Day.** Wearing your socks will help to raise public awareness, promote inclusivity, encourage advocacy, and support the wellbeing of those living with Down Syndrome in our community.

Donations Needed

We are in need of extra child size socks. If you have any extra pairs that you are willing to donate, we would be grateful. Our socks often get very wet this time of year when we are playing outside.

Thank you.

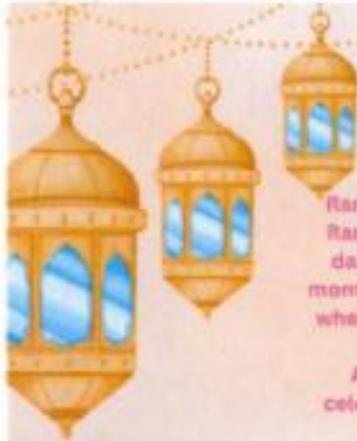


Day Light Saving

On the night of Saturday March 8th turn your clocks ahead by 1 hour before going to bed. Sunrise and sunset will be about 1 hour later March 9th than the day before.

March Break

St. John's will be CLOSED from March 16-20th for March Break. We hope you are able to enjoy a wonderful week with your family. We will reopen on Monday, March 23rd. No fees will be charged for this closure.



Happy Ramadan

Ramadan starts sundown on February 17th and Eid al Fitr is expected Sunday March 19th at sundown. Ramadan is the 9th month of the Islamic calendar in which Muslims abstain from eating and drinking daily for 30 days, from dawn to dusk. However, Ramadan is so much more than simply fasting. It is a month of good deeds, a month of charity, a new beginning for almost all Muslims. It is a month of mercy, where we are reminded to always be forgiving, loving, caring and generous. In Ramadan, we appreciate the importance of collaboration and family spirit.

At the end of the 30 days, there is the celebration of Eid-ul-Fitr, the feast after the fast. Muslims celebrate the end of fasting and thank God for all their blessings. Eid ul Fitr officially begins when the first sight of the new crescent moon is seen in the sky.

Wishing all those who celebrate a very Happy Ramadan and Eid!!

WHY PLAYING IN THE SNOW IS MORE THAN JUST FUN!



New Songs and Music

We are looking for new songs to add to our classroom playlists. Please email admin@stjohnsns.ca with some song titles or types of music your family listens to. Our goal is to add some diverse music to our classrooms that your children are familiar with from your family homes.



Food Resources

Attached to the newsletter are resources from Kidsability regarding Healthy Eating

Setting Up for Mealtime Success

- ***Provide comfortable seating with support.***
Have your child sit in a high chair, booster seat or child-sized chair. Add a stool or stacked books to make sure your child's feet are not dangling to promote physical stability and comfort.
- ***Provide a consistent space and tools.***
Use child-friendly cups, and smaller utensils and dishes. It may help to add a favourite character on a placemat to aid a secure, comfortable mealtime experience.
- ***Eating is a social activity.***
Have your child sit with you and/or others. Model rules such as "sit for mealtime" and model healthy eating habits.
- ***Eating is a sensory activity.***
Eating provides your child with lots of information about smell, taste, appearance (colour, shape), and touch. Allow your child to explore his food by smelling or touching it. Expect messiness.
- ***Limit snacking or "grazing".***
For most children, three meals and two small snacks/day are adequate. Offer water between times if your child makes a request (instead of juice or milk).
- ***Limit eating time to 30 minutes.***
Most children, even picky eaters, do most of the eating in the first 30 minutes.
- ***Limit distractions.***
It is best to turn off cellphones, computers and television during mealtime.
- ***Keep mealtimes enjoyable.***
If your child has finished eating, consider reading a book together or play with a toy to extend the time he/she spends in his/her seat. Provide positive memories of the mealtime to prepare for the next meal.



Healthy Choices

Start Now



When Your Child Does Not Eat Vegetables

Why it is important to eat vegetables

- They help keep the body healthy by providing vitamins and minerals such as vitamin A, vitamin C and folate.
- Vegetables are a good source of fibre.
- Vegetables are rich in phytochemicals, which help lower risk of cancer.



Why children may not like vegetables

- Children generally prefer crisp and crunchy foods and dislike foods with a soft or mushy texture. Cook vegetables until tender-crisp.*
- Children are more sensitive to the stronger flavours in some vegetables.

Children may be more accepting of fruit and mild-tasting vegetables such as corn, carrots, green and yellow beans and potatoes.

Food Safety Tip:

Before eating vegetables and fruit, always wash them under cool running water, even if you plan to peel them.

**Cook vegetables to a texture your child can chew and swallow safely.*

Canada's food guide recommends making half of our food choices each day from the vegetables and fruits food grouping.



Offer a vegetable or fruit at every meal and snack.

- Offer vegetables more often than fruits.
- Offer a variety of different coloured vegetables each day.
- Fresh, frozen or canned vegetables can be healthy choices.
- Buy fresh vegetables in season and freeze some to eat at another time.
- Choose canned vegetables with little or no sodium and drain and rinse before serving.
- Offer a variety of raw* and cooked vegetables each day.

Prevent Choking

Hard, round raw vegetables such as carrot coins can be a choking risk for children under four years of age.

- Hard vegetables and fruit should be cooked and cut into small pieces.
- Peel fruit and remove pits and seeds.
- Grapes should be cut in half or quarters and seeds removed.

For more information, see the **Choking Prevention Tips** fact sheet.



Healthy Choices

Start Now



When Your Child Does Not Eat Meat

Many young children have a hard time eating meat. Some children may not like the taste and some may find meat too dry and hard to chew.

Why meat and meat alternatives are important

Meat, eggs and plant-based protein foods such as legumes, and tofu are a source of protein, iron and other nutrients. The iron from meat sources is better absorbed by the body than iron from plant-based protein sources. Eating foods rich in vitamin C (such as tomatoes and bell peppers) with plant-based protein sources will help increase the absorption of iron from these foods.

- Protein helps build and repair body tissues
- Iron helps make healthy blood

If your child is a vegetarian or does not like to eat meat such as beef, pork, lamb, goat, chicken, turkey, or fish; offer alternatives such as:

- Eggs
- Peanut or nut butter
- Tofu
- Legumes (beans, lentils, chickpeas, edamame*)
- Nuts and seeds*
- Soy-based meat substitutes



These foods have similar nutrients and will help your child meet their nutritional needs.

**Whole nuts, seeds and edamame may be a choking risk for children under four years old.*

Meat, eggs and plant-based protein foods are in the protein food grouping of Canada's food guide.

Canada's food guide recommends that a quarter of the foods we eat each day should be from the protein food grouping.



- Choose protein foods that come from plants more often.
- Offer a protein food at every meal and some snacks.

Tips to help make meat easier to chew

- Serve tender, juicy meats.
- Cut meat into small ($\frac{1}{2}$ - 1 cm or $\frac{1}{4}$ inch) bite-sized pieces.
- Simmer meats in low-sodium broth for added flavour and moisture.
- Chop, grind or purée meat and add to soups, chili and sauces.

Ideas for serving meat

- Make mini meat patties out of lean ground meat and serve in a small whole grain bun.
- Make tacos using ground or shredded meat and let your child add their own toppings.
- Roll up small pieces of meat in a soft whole grain tortilla or stuff into a whole grain pita.



Healthy Choices

Start Now



Help Your Child Become a Healthy Eater

The amount of food your child eats will vary from day to day and meal to meal, according to how hungry they are, how active they are and whether they are going through a growth spurt. Their appetite may also change when they are excited or tired. Letting your child decide whether to eat and how much to eat at meal and snack times will help them to become a healthy eater.

Tips to help make meal and snack times easier:

Provide the food and let your child do the rest!

Prepare one meal for the whole family and let your child choose what and how much to eat from what you have prepared. Let your child eat as much or as little as they want.

As a parent or caregiver you decide:

- **What** foods to offer
- **When** to offer meals and snacks
- **Where** your child will eat

Your child decides:

- **Which** foods to eat (if any)
- **How much** to eat

Your child's body will tell them how much to eat. This means some days your child might not eat very much at all, but on other days, they will eat more than usual. Over time, the amount your child eats tends to average out to provide the calories and nutrients they need.

If your child does not like a food, that's okay. If you allow your child to say "no" to a food, it helps them to feel comfortable to say "yes" more often. Allow your child to politely spit out food they don't like.



Provide healthy meals and snacks every two to three hours

Young children need three small meals and two to three snacks each day. Offer meals and snacks at around the same time each day (children like routine).

- Between meal and snack times offer water for thirst and encourage your child to be active so they will be hungry for the next meal or snack.
- Meals should include foods from the three food groupings in Canada's food guide. Include food from at least two food groupings for snacks.
- Always have a food from Canada's food guide on the table that your child likes so that there is something nutritious that they will eat.
- Snack time is an important time for your child to get good nutrition – offer healthy choices at most snacks.

