



Bible Stories: Nativity of Jesus, Christmas Story
Themes: Advent, Christmas Symbols, Generosity

Dear Preschool Parents/Guardians,

The holiday lights and ornaments begin to glisten around and hymns of Christmas fill our hearts with love and hope. This December, eventually, we will discuss the Nativity of Jesus and the story of Christmas. We will also learn about Advent, its symbolism and the meanings of four candles in the wreath. In time with the season of giving, we will appreciate the value of generosity and the joy it brings to one's heart. Moreover, we will gain understanding on the meaning of different Christmas symbols and its significance to the spirit of the celebration.

May Jesus be the light that shines in our hearts this Christmas, happy holidays to one and all!

Parents-Teachers Conference

Our sincere gratitude to all parents and guardians who shared their time to take part in our recently concluded Parents-Teachers Conference held last NOVEMBER 29 and 30.

Christmas Brunch

Let's celebrate with our parish community in a Christmas Brunch this Sunday, DECEMBER 4. The lunch for this event will be catered by Nando's, there will be a Cash Raffle Draw and tickets are available at the Parish Office for \$10 each. *Please note that tickets will NOT be sold at the door on the day of the event.*

Purdy's Chocolate Orders

Our special thanks for supporting us in our Purdy's Fund Raising. Your chocolate orders will be available for pick up on DECEMBER 14 from the preschool classroom.

General Rehearsal for Christmas Concert

There will be a general rehearsal for the Christmas Concert on DECEMBER 9 at the church, from 12:15 to 2:30 p.m. Please drop off your children to the preschool classroom and pick them up from the church promptly. *Please note that preschool is not in session on this day.*

Christmas Concert



The Christmas Concert will be held on DECEMBER 10 at 7:00 p.m. Kindly dress your children in their *Sunday's Best* for their performance, red and/or green colors are preferred.

Christmas Pancake Breakfast

Come and enjoy with family and friends in a Christmas Pancake Breakfast hosted by St. Matthew's Elementary School and Knights of Columbus. The said event will be held on DECEMBER 11, after the morning masses. Tickets are being pre-sold to the school/preschool families with the amount of \$20 per family of five, or \$5 per person. Submission of completed order forms and payment will be due on DECEMBER 7, Wednesday. Beat the line up, get your tickets today!



Preschool Christmas Party

The Preschool Christmas Party is on DECEMBER 16. There will be a mass at 9:00 a.m., kindly drop off your children in the classroom at 8:30 in the morning. It will be followed by preschool party at the Jubilee Hall from 10:00 a.m. to 12:00 p.m. There will be a potluck, everyone is encouraged to bring nut-free dishes good for at least 10 people. Parents are invited to attend in this very special celebration. We encourage everyone to dress up in Christmas attire. *Please also note that preschool will not be in session on this day.*

Preschool Registration and Re-registration

Registration in St. Matthew's Preschool for September 2017 will start on JANUARY 4, 2017. Interested families may pick up the application forms from the preschool classroom. Completed re-registration forms for children currently registered in Social Recreation program will be due on JANUARY 20, 2017.

Registration in Elementary School

St. Matthew's Elementary School's registration forms for September 2017 will be available starting JANUARY 4, 2017. Completed registration forms will be accepted until JANUARY 20, 2017. Interested families can pick up the forms from the school office (the said registration forms will not be available @ the parish office or online.



Healthy Snacks

We continuously encourage everyone to bring healthy snacks in school (i.e. fruits, vegetables, and water). Fraser Health strongly promotes healthy eating habits and active lifestyle at an early age, please see the attached copies on pages 4 and 5.

Winter Break

The Winter Break starts on DECEMBER 19, with school re-opening on JANUARY 4, 2017. May you have a blessed winter holidays!



Scholastic Book Orders

Scholastic book orders for this month will be due on DECEMBER 2. Kindly hand-in your orders on or before the due date. Thank you for your support.

Dress-Down Days

Dress-Down Days will be on DECEMBER 14 for Pre-kindergarten classes and DECEMBER 15 for Social Recreation classes, everyone is encouraged to wear Christmas Colors/Tacky Sweater.

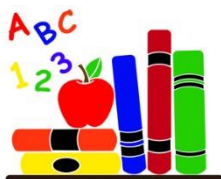
Uniform

To ensure the safety of your children, kindly make sure that they come to school in their preschool uniform. Please label the preschool hoodies with their names. Thank you!

Congratulations

Our warmest congratulations to Mr. and Mrs. William and big sister Marian of PK-PM class for the birth of their baby boy, Matthew!

Letters and Numbers Focus for Pre-Kindergarten Program



Letters Xx and Vv
Counting and Writing Numbers 7-10



- December 2 - Due Date for Scholastic Book Orders
- December 4 - Christmas Brunch
- December 9 - General Rehearsal for Christmas Concert
- December 10 - Christmas Concert
- December 11 - Christmas Pancake Breakfast
- December 14 - Dress Down Day for Pre-kindergarten Classes
- December 15 - Dress Down Day for Social Recreation Classes
- December 16 - Preschool Christmas Party
- December 19 - Start of Winter Break
- January 4 - School Re-opens/Registration for St. Matthew's Preschool and St. Matthew's Elementary School Starts

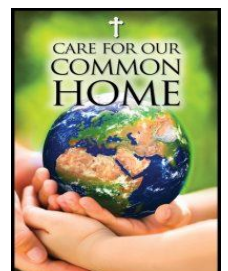


- | | |
|-------------|-----------------|
| Evelyn - 1 | Jordan - 17 |
| Ezekiel - 4 | Saige - 21 |
| Angie - 8 | Onyinyechi - 23 |
| Jayden - 9 | |

DECEMBER

Sincerely,

St. Matthew's Preschool
(604) 589-1222



Live 5-2-1-0

Four simple guidelines for raising healthy children



Advice on proper nutrition and physical activity can be confusing and at times overwhelming. 5-2-1-0 simplifies this information into four simple guidelines. Here are some tips to help you and your kids adopt the 5-2-1-0 guidelines:

Enjoy - FIVE or more vegetables and fruits every day

- Choose vegetables and fruit for snacks most of the time. Avoid snacks high in sugar, fat and salt.
- Try beginning dinner with a salad or raw vegetables.
- Keep a bowl of fruit out for the kids to grab as an easy snack.
- Children are healthier when they eat with their family - eat dinner together.
- Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food.



Power down - no more than TWO hours of screen time a day

- Power down TVs, video games, computers and other electronics and power up family games, outings and activities.
- Enjoy quality family time during mealtimes; turn off the TV, and focus on each other.
- Keep board games, books and puzzles on hand as an alternative to TV.
- Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference.
- Schedule "outdoor" time each day. Keep a bag of play and sport equipment handy to bring outside.



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SCOPE
www.scope.bc.ca

Play actively – at least ONE hour each day



- Children need to move and play as much as possible; provide the space and time for active play.
- Choose fun, active family outings such as ice skating or playing games at the park.
- Teach children basic sports skills like throwing, running and jumping.
- Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.
- Involve children in household chores such as washing the car, walking the dog or vacuuming.
- Walk or roll to school, to the store, or to the park whenever possible.

Choose healthy – ZERO sugar- sweetened drinks



- Get your calories from healthy foods and your liquids from water.
- Avoid sugar sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories.
- Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavour to water.
- Plain milk is a healthy alternative to sugary drinks. Refer to Canada's food guide to learn how much milk and milk alternatives your child needs each day.
- Real, unsweetened fruit juice can be offered as an occasional treat. Be sure to limit juice to one small glass (125 mL).
- Pack a reusable water bottle in your child's lunch or sports bag.
- Caffeine, energy and sports drinks are not recommended for children.

Additional Resources

- For more resources for healthy kids visit: www.scopecbc.ca/resources
- Visit the Healthy Families BC website for health information for pregnancy, infants, toddlers and preschoolers: www.healthyfamiliesbc.ca/parenting

A healthy community for children is one where the healthy choice is the easy choice. SCOPE, together with BC communities, is working to create a future where children eat healthy and are physically active, supported by a healthy community environment.



is proud to be the
Live 5-2-1-0
movement. **SCOPE**
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