



### Favorable pictures of the Month



We hope everyone had a wonderful Remembrance Day. We look forward to what the month of December brings!

It's hard to believe the year is almost over. We just want to take a moment to thank everyone for being a part of Klorious Kids daycare program. We hope to have many successful years to come.

December is a time for family, friends and community. We hope that you take time with your families to reflect and cherish the reason for the season.

#### Christmas Party

Our Christmas party and visit from Santa will be **Thursday December 13<sup>th</sup> at 4pm.**

This will also be a time for parents to interact and mingle. Dinner will be served. Please plan to have children dress in their fancy clothes as we will have family and group pictures taken.

We invite you to let us know if your family has a special tradition around the holidays.

If your family does not celebrate Christmas, please let us know so that we can be respectful of your choices.

**Secret Santa:** This year we will be having secret Santa gift exchange. Children will pick a name and buy a gift of \$10 for the child selected. Gifts will be exchange during the Christmas Party on the 13<sup>th</sup>. Please let us know if you will not be around on that day

**Weather:** Please bring a jacket, snow pants, hat and mitts for your children as we do go outside to play.

**If your child is away:** If your child will be away from daycare for any reason, please call 780-715-2228 and let the staff know. Thank you.

## Announcements

Congratulations to Walker's family on the new addition to their family. Declan & Melanie are so proud of Daniel Louis! Born Dec. 4. Wt. 5.5lbs



## Christmas Break Closure

Dec 24<sup>th</sup> –January 1<sup>st</sup>

**REOPENS** January 2<sup>nd</sup>

## Upcoming Events

**Christmas party, Dec 13<sup>th</sup>**

@4pm.

Thank you to Alex and Brenda for offering to coordinate the event

## Happy Birthday

Nov. 6 – Brody Faulkner  
Dec 10- Melanie Walker  
Dec. 11- Amen Dawit  
Dec.19 - Ethan Oger  
Dec.24 Mariam Cruz

## Coming Soon!!!

### Our new Website ☺

Please send in your testimonial/review

### Contact us:

780-715-2228 (L)/780-607-3187 (D)

**Address: No 1 Alberta Drive, Fort McMurray, AB . T9H 1P3.**

<https://www.kloriouskids.com>

<https://www.facebook.com/kloriouskids/>



## Bundle Up and Get Outside:



### How Snowy, Cold Weather Benefits Children's Development and Health

When the weather drops into the single digits, it is common for parents to want their children to stay indoors to play. Let's consider all of the benefits that cold weather has when it comes to children's health, development, and well-being.

#### 1. Children get to see the outdoors through a new lens

During the summer months, children become used to the warm, green climate that the season has to offer. After the change in season or the first snowfall, children view their environment through a different lens: fallen leaves, brown grass, snow, ice. This new lens enables them to imagine the outdoors differently and to be creative and play in different ways.

#### 2. Increases in Exercise and Using Different Muscles

The winter months provide us with different ways of moving our bodies, such as sledding, walking up a snow hill, or building a snowman. This large-muscle use and increase in physical activity support children's gross motor development and overall health.

#### 3. Getting Fresh Air and Avoiding Bacteria

Most adults associate the winter months with getting colds and illnesses such as the flu. However, it is not the cold weather that necessarily causes colds and flus – it is increased exposure to indoor environments where bacteria and viruses live. Adults and children who spend long periods of time in a heated and poorly ventilated home, without exposure to fresh air, can easily pass germs to each other.

#### 4. New Challenges and Problem-Solving

Weather that we consider "messy" provides environments and materials that are inspiring and fun for children; for example, patches of ice, large snow hills, and trees covered in snow. These environments provide children with opportunities for new challenges, such as sliding down the ice patch and climbing a snow hill. Engagement with outdoor environments in the winter provokes new problem-solving

#### 5. Vitamin D Exposure

When we stay indoors during the winter, we are not only missing out on play, but also on necessary vitamins that the outdoor environment gives us. Children get vitamin D through sun exposure, and absorb it even though the sun is not as warm in the winter. It is recommended that you get at least half an hour of playtime outdoors in the winter.

Reference:

Cailleigh Flannigan, <https://www.fix.com/blog/keep-kids-playing-outdoors-in-winter/>

