

Holly Elementary StrongStart Newsletter

Safety Tip! *Reminder for Parent Drivers*

**When backing up from a parking stall - always watch for pedestrians. On dull and dreary winter days, make a habit of walking around your vehicle to ensure no small children are behind it.  Be alert and respond safely.**

Things to Remember

The **GYM will be closed** from **December 2-10** for the Christmas Concert; set up, practice, presentation, and take down.

Weather permitting; we will spend time at the playground.

Mrs. Mac

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***Happy Teeth!***

What a busy November! We welcomed Colleen from BCAA, and Yesenia from the Guildford Library. On **Monday,** **December 14 at 9:00am**, we have a **dental hygienist** coming to StrongStart for a presentation on oral health care for kids. By making dental care enjoyable, we can help instill healthy habits that will last a lifetime!

***Happy Holidays!***

One of the blessings of this year is having the opportunity to connect with you and your children. We have had so much fun laughing, learning and playing together, I thank you all for the experience!

As we draw near the holiday season, please be aware of the importance of young children getting sufficient hours of sleep. Here is the recommended number of hours sleep per night for **children ages 0-5**:

o   **Infants:  12- 15 hrs + naps**

**o  Toddlers (1 – 3 yrs): 12 hrs +naps**

**o   Preschoolers (3 – 5 yrs): 11 hrs**

Helpful tips to get your little one tucked in:

* Turn off electronics at least one hour prior to bedtime.
* Have no electronics in the bedroom.
* Keep before bedtime activities calm, the lights dim, and the environment quiet.

DECEMBER 2015 Volume 3, Issue 4

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| **Holly Elementary** |
| **10719 - 150 Street****Surrey, BC V3R 4C8**Phone: 604-585-2566Fax: 604-581-1783  |  |

**StrongStart Hours:**

**(M-F) 8:30 - 11:30 am**

Principal: Andrew Shook

Vice-Principal: Brad Issel

StrongStart Facilitator: Michelle McKenzie

**Surrey Schools on the Web!**

www.surreyschools.ca

Holly Elementary on the web!

www.surreyschools.ca/schools/holly

Upcoming Events

**Dec. 14 Dental Hygienist at 9:00am**

**Dec. 16 and**

**Dec. 17 Christmas Party**

 **(Sign-up sheet)**

**Dec. 18, 2015 StrongStart Programs**

**- Jan 1, 2016 Closed for Winter Break**

**Jan. 4, 2016 All StrongStart Programs Reopen**



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| DECEMBER 2015 |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14  | 15 | 16 | 17 | 18 **StrongStart Program Closed for Winter Break** | 19 |
| 20 | 21 | 22**WINTER BREAK – StrongStart Program closed.** | 23 | 24 | **stocking.png25** **Christmas****Day** | 26 Boxing Day |
| 27 | 28 | 29 | 30**WINTER BREAK – StrongStart Program closed.****REOPENING Jan. 4, 2016** | 31 |  |  |

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| DECEMBER 2015 |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1**Gym****10:10-10:25am** | 2Gym closed | 3Gym closed | 4Gym closed | 5 |
| 6 | 7Gym closed | 8Gym closed | 9Gym closed | 10Gym closed | 11 | 12 |
| 13 | 14 Dental Hygienist to StrongStart (9:00am)**Gym** **10:10-10:25am** | 15**Gym****10:10-10:25am** | 16ChristmasParty(sign-up sheet) | 17ChristmasParty(sign-up sheet) | 18 **StrongStart Program Closed for Winter Break** | 19 |
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