



# DECEMBER 2025 NEWSLETTER

## THIS MONTH AT PRESCHOOL/THEME

December has now arrived, and here at preschool, so has the holiday spirit! Our students have begun exploring the shapes, colours, and images of Christmas in their art projects, as well as through various other toys and games throughout the classroom. Green or red playdough may make an appearance, while stories and songs celebrating the season infuse carpet time with festive cheer.

## IMPORTANT DATES

Winter Break-  
Last Day School

3's- Dec 16th

4's- Dec 17th

First Day Back- Jan 5th

## WEATHER IS CHANGING

Winter has arrived!

Please be prepared to send winter clothing with your child **every school day**. Snow boots, snowpants, warm coats, hats, and mittens, are needed for the children to be able to participate comfortably in the winter weather.



**PLEASE REMEMBER: DO NOT USE THE LARGE PLAYGROUND BEFORE OR AFTER PRESCHOOL.**

It is solely for the use of the elementary during their class time. No public use permitted between 8:30 AM to 4:00 PM.



## **Illness Reminder**



**If your child is ill, you must keep him/ her home (both for your child's sake and to ensure that the other children do not become ill). If your child becomes ill while at**

**school, you will be called to come and pick him/her up. Your child must be medication- free (including cold medication, Tylenol, Advil, etc.) for 24 hours prior to the start of class time.**



## REMINDERS

- Check out the preschool's website ([glenbrookpreschool.org](http://glenbrookpreschool.org))
- To maintain consistency in the classroom, we kindly ask that you encourage your children to address their teachers using their surnames. They are Mrs. Miller and Ms. H. Thanks for your assistance with this!
- NO parking, dropping off or pick up allowed in the staff parking lot. Please park your vehicle where permitted.



**PAC INFO:** As a non-profit, we rely on parent volunteers to join our PAC! As always, we are happy to have several parents volunteer their time year after year. We are a parent-run organization with several roles to help operate at our optimal, if you are a parent/guardian of a student with GPS and are interested, please email our program coordinator at [coordinator@glenbrookschool.org](mailto:coordinator@glenbrookschool.org)

## WINTER FUNDRAISER

Thank you to all those who bought a 50/50 ticket and/or Coffee Beans!

Get ready for our next

**Bottle Drive!**

***January 5th-9th***

Save your bottles over the holidays!

## PAC MEETING

**No PAC meeting in December, next meeting is**

**Jan 6 and Jan 26th @7:30pm**

If you would like to attend (virtually), please email [coordinator@glenbrookschool.org](mailto:coordinator@glenbrookschool.org)

## Find us on social media!



Like us, follow us... get the latest news, classroom updates and monthly reminders.

**@GlenbrookPreschoolSociety**

Continue reading to page 3 for an amazing article !...



## Mental Health Moment: Raising Non-Anxious Kids -By Nancy Bergeron

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

**A New Approach: Obstacle Parenting** - Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

### 1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

### 2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

### 3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

### 4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

### Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.
- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

*Obstacle parenting isn't about making life hard for children. It's about giving them space to:*

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.