

March Newsletter

Bragg Creek Education Services Association

What's Happening

Dear Parents,

We are really starting to see each child's progress in the classroom with the specialized supports, and we hope you are seeing the same wonderful developments at home.

It continues to be a joy to work with such bright, capable, and uniquely talented children. They amaze us every day with their curiosity, resilience, and the special ways they see the world. We hope you are so proud of everything they are achieving.

Thank you, as always, for your ongoing support—we are excited about all that lies ahead this spring!

—BCESA



Calendar Events

- March 8: Daylight Savings
- March 9: Parent Workshop
- March 17: St. Patrick's
- March 20: BCESA PD Day



Parent Workshop

We are excited to host our second online Parent Workshop and we cannot wait to see you then! You will have already received the details in an email. If you are unable to join us, we will share a link to the workshop on our [website](#).



SIMPLE WAYS TO BOOST COGNITIVE DEVELOPMENT & LANGUAGE SKILLS

CATEGORIZING

Building a child's ability to categorize **develops essential cognitive, language, and logic skills** by helping them organize, understand, and make sense of the world.

MATCHING/SORTING

Matching activities build a child's **visual memory and focus**, creating a **strong foundation for early reading and math**. By identifying similarities and differences, children develop the **logical thinking** and **problem-solving skills** needed for **future academic success**.

WHAT CAN YOU DO?

Thinking Games in the car or dinner table:

1. **Name items in a group:** Can you think of 3 animals? 3 things you like to eat? 3 things that are white?
2. **Name the group name:** What group am I thinking of? A banana, an apple and an orange? A t-shirt, socks and a jacket.

Natural opportunities for matching and sorting at home:

1. Putting cutlery away in the correct compartment
2. Matching socks
3. Putting laundry into groups for family members
4. Use different bins for different toy groups (e.g. lego, cars, animals) and encourage child to clean up accordingly



COGNITIVE AND LANGUAGE BENEFITS

- **Organizes the World:** Categorizing acts like a "mental filing cabinet," helping children turn a busy world into a predictable system where they can guess that a new "dog" will likely bark.
- **Strengthens Memory:** Grouping items together (known as clustering) makes it significantly easier for the brain to store and recall large amounts of information.
- **Prepares for Math and Logic:** Sorting by color, shape, or function is a direct first step toward mathematical reasoning and logical problem-solving.
- **Boosts Language Skills:** It helps children learn new words faster and encourages them to use comparative language like "bigger," "smoother," or "darker".
- **Development of Executive Function:** Sorting and classifying are "brain gym" for cognitive flexibility and inhibitory control. To sort by color while ignoring shape, a child's brain must actively inhibit distracting information, which builds the "air traffic control" system needed for planning and self-regulation later in life.

Something simple that makes a big difference