



December Newsletter

Bragg Creek Education Services Association

Dear Parents,

With the holiday season upon us, we know it is a time filled with festive dinners, school parties, and special moments.

As we embrace this season of celebration, we also want to take a moment to recognize the hard work your children have put in these past few months. All IPP goals have been set and now the work begins. Each learner brings their unique wonder and approach to everything they do, and we are so excited to see how far they will continue to GO and GROW. Thank you for your ongoing support of these services.

Some of you may already be in the process of applying for next year's kindergarten classes. Please let us know if you need any documents or information. Our team is always here to assist your family in any way, or help point you in the right direction.

Wishing you a joyful holiday season!

Warm regards,
The BCESA Team



Upcoming Events

DEC
19

BCESA Professional Development Day

DEC
23

Winter Break Begins

Jan

Registration for most kindergartens begins.

Resources

How to take care of yourself during the holidays. ([link](#))

- Don't over schedule yourself
- Manage gift giving
- Enjoy family on your terms
- Respect Differences
- Take time for yourself
- Honour the losses of the year
- Eat. Sleep. Exercise.

Speech-Language, Occupational Therapy, & Emotional/Behavioural information and activities on the next page...





Speech-Language Pathology

Speech/Language Therapy focuses on communication problems and speech disorders. Delays in speech and language can have a negative impact on school learning. If a delay exists, the longer the problem persists, the harder it is to treat. Early Intervention is key to correcting most speech/language delays in these formative years.

[Speech and Language Activities for kids under 5](#)



Emotions, Behaviours & Social Skills

As your child grows and develops, they begin to learn about managing their behaviours and emotions. At the same time, they are learning how to understand and react to sensations. All of this helps them learn the social skills they need to interact and become independent.

Learning to understand and put a name to emotions and feelings is important for your child's development. This is the first step in being able to manage their feelings and their response to those feelings.

Social skills include how children learn to play and interact with others. These skills can affect how children take part in games and activities and help them become more independent as they grow.

For more on supporting your child's emotions, behaviours, social skills, sensory processing and executive functioning please click [this link](#).

Occupational Therapy

Occupational Therapy helps kids improve their performance in daily occupations such as fine motor skills, self-help skills (e.g. eating and dressing), problem solving, attention, and sensory processing skills, using play-based activities and strategies.



Happy Holidays

