

# November 2023 Newsletter



## Epilepsy Awareness Month

Over 65 million people worldwide live with epilepsy. People with epilepsy have seizures which are unexpected electrical “storms” in the brain. Seizures impact their lives in many ways including creating barriers to employment and education and facing a sense of discrimination and



**\*All center birthdays will be celebrated on \***

**Jennifer B – 3<sup>rd</sup>**  
**Amanda – 5<sup>th</sup>**  
**Stevie – 5<sup>th</sup>**  
**Vanessa – 6<sup>th</sup>**  
**Mason – 10<sup>th</sup>**  
**Mithiya – 13<sup>th</sup>**  
**Harlee – 13<sup>th</sup>**  
**Marie – 30<sup>th</sup>**

## CONGRATULATIONS

Congratulations to our staff of the month – Jennifer M!

Thanks to Jennifer for all her hard work in the Toddler A Classroom and taking the extra time in running our music class. Check out the Star Staff Board to add all the things you love about Jennifer!

## UPCOMING EVENTS

As always, Dance every other Monday, French every Wednesday, and Music every other Thursday! On top of that we also have:

**November 1<sup>st</sup>** – Wear Purple for Epilepsy Awareness Month

**November 3<sup>rd</sup>** – Pajama Day

**November 5<sup>th</sup>** – Daylight Saving Time

**November 7<sup>th</sup>** – Wear Moustache for Movember

**November 11<sup>th</sup>** – Remembrance Day

**November 12<sup>th</sup>** – Diwali

**November 13<sup>th</sup>** – World Kindness Day

**November 16<sup>th</sup>** – National Buttons Day

**November 20<sup>th</sup>** – Universal Children’s Day (Wear Blue)

**November 21<sup>st</sup>** – Crazy Socks Day

**November 24<sup>th</sup>** – Jersey Day

**November 27<sup>th</sup>** – Crazy Hat Day

**November 27-December 1<sup>st</sup>** – Winter Door Decorating Contest

**November 30<sup>th</sup>** – Celebrating All Birthdays

## Social Media

Make sure to follow us on Instagram and Facebook! Also, be sure to check out your child’s private class group for daily updates on the class. The private groups are a great way for us to keep you updated with pictures and statuses, so make sure to keep an eye out!



### Daylight Saving Time

Enjoy an extra hour of sleep November 5<sup>th</sup> because of Daylight Saving. So don't forget to set your clocks backwards at 2am.

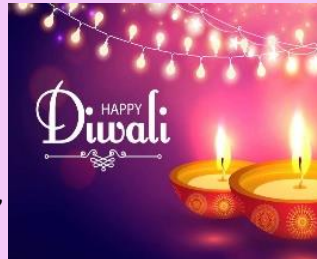
### Winter Door Decorating Contest!



We are excited to announce that we will be having a winter Door Decorating Contest! Each room will be able to work as a group to decorate their door. This will begin November 27<sup>th</sup> and end on December 1<sup>st</sup>.

Keep an eye out on Facebook to vote for your favourite door!

Diwali, also known as the Festival of Light, is one of the most significant festivals celebrated by the Hindu, Sikh, and Jain faiths. Diwali celebrates the triumph of light over dark, good over evil, and the blessings of victory, freedom, and enlightenment. It's a five-day celebration that includes good food, fireworks, colored sand, and special candles and lamps. For those of us that celebrate this holiday, we wish you a Happy Diwali!



Generations of Canadians have served our country and the world during times of war, military conflict and peace. Through their

courage and sacrifice, these men and women have helped to ensure that we live in freedom and peace, while also fostering freedom and peace around the world.

Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served and continue to serve our country during times of war, conflict, and peace. Don't forget to participate in the 2 minutes of silence to honor those who have died fighting for our freedom and our beliefs.

### Universal Children's Day

Universal Children's Day is UNICEF's annual day of action for children, by children, marking the adoption of the Convention on the Rights of the Child.

From climate change, to ending racism, children are raising their voices on the issues that matter to their generation and calling for adults to create a better future. To support Universal children's day, **we encourage everyone to wear blue November 20<sup>th</sup>.**

### World Kindness Day

World Kindness Day is an international holiday to promote kindness throughout the world and in our community. Random acts of kindness such as giving compliments, holding the door, or giving hugs could make a difference in someone's life so don't forget to do your part to spread kindness on November 15<sup>th</sup>.



To support men who suffer from mental health, suicide, and cancer, we encourage everyone to 'grow a mo' November 7<sup>th</sup>!