

# November 2024 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

isolation from their peers who don't understand what happens when they see a seizure occur. The goal of Epilepsy Awareness Month is to help everyone understand what a seizure looks like and what to do if they see someone having a seizure. To help spread awareness, we encourage everyone to wear purple November 28<sup>th</sup>.



**\*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>**

**Montgomery – 14<sup>th</sup>**

**Marie – 30<sup>th</sup>**

## CONGRATULATIONS

Congratulations to our staff of  
the month – Aida!

Thanks to Aida for all her hard  
work in the Preschool  
Classroom! Your hard work and  
dedication to the children and  
their families is greatly  
appreciated! Check out the  
Star Staff Board to add all the  
things you love about Aida!

## 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>** – Pajama Day

**November 3<sup>rd</sup>** – Daylight Saving Time

**November 4<sup>th</sup>** – Crazy Socks Day

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

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

**November 12<sup>th</sup>** – National Young Readers Day (Bring a  
Book!)

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

**November 14<sup>th</sup>** – Dr. Seuss Day

**November 18<sup>th</sup>** – Elements of Dance – Preschool 2:30-3:30

**November 19<sup>th</sup>** – Tie Dye Day

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

**November 22<sup>nd</sup>** – Jersey Day

**November 25-29<sup>th</sup>** – Winter Door Decorating Contest

**November 26<sup>th</sup>** – Pirates Day

**November 28<sup>th</sup>** – Wear Purple for Epilepsy Awareness  
Month

**November 29<sup>th</sup>** – Celebrating All Birthdays



## Elements of Dance

On November 18<sup>th</sup> from 2:30-3:30 our Preschool classes will  
learn how space, action, energy, time and their body come  
together as they dance and move their bodies!!!



### Daylight Saving Time

Enjoy an extra hour of sleep November 3<sup>rd</sup> because of Daylight Saving. So don't forget to set your clocks backwards at 2am.

### Winter Door Decorating Contest!

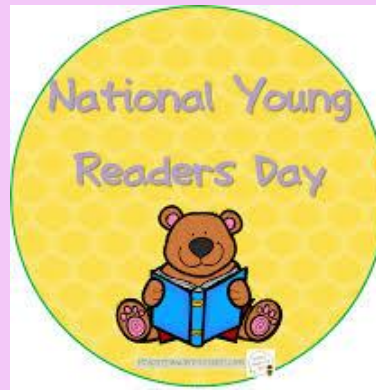


We are excited to announce that we will be having a winter Door Decorating Contest! Each room will be able to work as a group to decorate their door. This will begin November 25th and end on November 29th.

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

National Young Readers Day is on November 12th!

We encourage everyone to bring in their favourite book to share with the class!



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 13<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>!