



Due to the vulnerable population we serve, we are taking a cautious approach to the changes to our VCDA protocols. VCDA is building in a buffer of time between the provincial lifting of restrictions and our lifting of restrictions to allow for time to monitor the impact of the provincial changes on the population we serve (who are under 5 years and largely unvaccinated). We are masking until April. 30th and we ask that on visits you do as well. If you have any questions or concerns you can contact your BI.

Important dates to remember over Spring....

March

14th to 18th – March Break

20th- International Day of Happiness

31st- National Crayon Day

April

1st- April Fool's Day

18th- National Animal Cracker Day

22nd- Earth Day

May

8th- Mother's Day

13th- Apple Pie Day

26th- National Paper Airplane Day



How did the bee brush his hair?

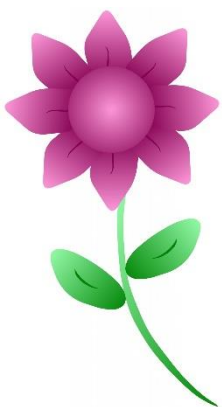


With a honeycomb!

Rhythms
of Play

Spring Bucket List

- Take a hike
- Make mud pies
- Plant sunflowers
- Dance barefoot in the rain
- Celebrate the vernal equinox
- Create a spring nature table
- Be on the lookout for four leaf clovers
- Read books about the spring
- Make Easter ornaments
- Decorate an Easter Tree
- Make upcycled Easter baskets
- Decorate Eggs
- Go on an egg hunt
- Start a garden
- Paint with spring colors
- Plant a tree for Arbor Day
- Make a pledge to the Earth
- Take pictures of wild flowers
- Start a nature journal
- Build a bird feeder
- Collect and paint rocks
- Explore a wild space
- Pick berries
- Wish for bees
- Make spring crafts
- Skip Stones



Ravioli Casserole

Ingredients:

- 1 package (20 ounces) refrigerated cheese ravioli
- 3-1/2 cups pasta sauce
- 2 cups small-curd 4% cottage cheese
- 4 cups shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Minced fresh parsley, optional

Directions:

1. Preheat the oven to 350°.
2. Prepare ravioli according to package directions; drain.
3. Spread 1 cup spaghetti sauce in an ungreased 13x9-in. baking dish.
4. Layer with half of the ravioli, 1-1/4 cups sauce, 1 cup cottage cheese and 2 cups mozzarella cheese.
5. Repeat layers. Sprinkle with Parmesan cheese.
6. Bake, uncovered, until bubbly, 30-40 minutes.
7. Let stand 5-10 minutes before serving. If desired, sprinkle with parsley.



DIY Paper Kite

Supplies:

- Paper (8.5 by 11)
- Scissors
- Bamboo skewer (or a straw)

- String
- Hole Punch
- Tape

Directions:

1. Place the piece of paper in front of you and fold in half (so the fold is halfway along the longest edge)



2. Mark a point with a pen along the top edge, about 3cm to the right of the folded edge (the top left corner). Then make a point along the bottom edge, about 3cm from the bottom right corner. Join up the lines. This is your first fold line.



3. Fold the top right corner down along the fold line you just marked.



4. Turn over your piece of paper over (flip it) and fold the other side to match the first (along the same fold line). The two corners should meet once you have folded this side.



5. Unfold one of the flaps and lay your kite in front of you, flat, with one flap folded downwards. Tape all along the fold.



6. Lay a wooden skewer across the kite, from corner to corner, and tape in place.



7. Flip your kite upside down and mark a hole – a quarter of the way down the fold – from the top of the kite. Cover the hole with tape to reinforce it.



8. Use a hole punch or scissors to punch a hole where you have marked. Tie the hole with string – knot the string several times to make sure it won't come loose in the wind.

