

February 2026 Newsletter

Making a difference in the lives of children and families since 1983!

February 1, 2026

SPARK Part One

In January we came together to discuss:

A culturally responsive practice takes the awareness that, although many of us may have differences in food, clothing, languages, and the holidays we celebrate, all of our bodies are wired to automatically respond when we do not feel safe or connected.

Our brain creates patterns, without our awareness, that influence our decisions and actions, which can lead us to unconsciously exclude others or act in ways that don't make everyone feel seen, understood, or connected.

Culturally responsive practice brings awareness to these tendencies, allowing us to reflect and make intentional shifts that create spaces where everyone can feel seen and feel as though they belong as who they are.

Celebrating Family Day Together

Monday, February 16, 2026, marks Alberta's Family Day—a perfect opportunity to reconnect with your loved ones. From skating rinks to ski slopes, our neighboring towns of Innisfail, Springbrook and Three Hills have a fantastic lineup of events to keep everyone entertained.

Innisfail: The Town of Innisfail and local service clubs have organized a jam-packed schedule of free and low-cost activities for all ages including:

- **Family Day Fun** at the Innisfail Twin Arenas from Noon to 3:00 PM for public skating, outdoor skating (behind arena) and the popular Helping Hand Fund 3-on-3 Family Day Tournament, which kicks off at 10:00 AM.
- **Family Day Skiing:** at the Innisfail Ski Hill from 1:00 PM to 4:00

PM. It's a great way to enjoy the fresh air and local slopes.

Three Hills: The Town of Three Hills embraces the "Winter Celebration" spirit this year on Saturday, February 14th.

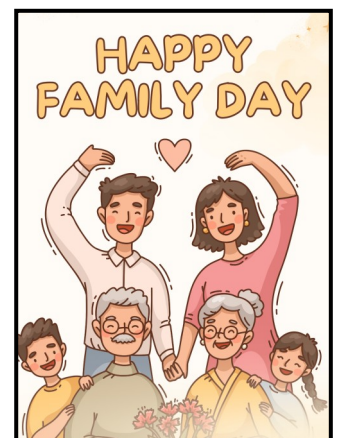
- **Winter Celebration at the Three Hills Campground:** The annual celebration includes; hot dogs, fireworks and of course, lots of outdoor family fun!

Springbrook: Annual Family Day event information will be available soon! Visit the Springbrook Community Association for more information by visiting their Facebook page or visiting: springbrookassociation.ca/events/

Spending time together outdoors does more than just fill a weekend; it nurtures what the FLIGHT: Alberta's Early Learning and Care

Framework calls the "mighty learner." When children explore the natural world with their families, they engage in "lived curriculum"—where a simple walk in the snow or a trip to the local rink becomes a rich environment for play, participation, and possibilities.

Outdoors, children test their physical limits and develop "dispositions to learn" like curiosity and persistence, while the shared family experience builds a strong sense of well-being and belonging.





INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes

Society News

Our office will be
closed February
16th for Family Day

Community of Practice with ARCQE

This month we will
take a collective
look at our mission,
vision, and values
and how they may or
may not support
culturally responsive
practices.

**Online Educator
Training Series:**
SPARK for Inclusion

Part Two February 9:
We will be looking at:

- ◆ Reflective practice as a tool, to support an awareness of and exploration of experiences, actions, decisions, and underlying assumptions
- ◆ Unconscious bias
- ◆ Engaging with families and their cultural identities

Happy Anniversary:

Jennifer Klein
4 years

&

Michelle Peters
14 years

*Thank you for
making a difference
in the lives of the
children and families
you work with!*

Random Acts of Kindness

Random Acts of Kindness Week® is almost here, February 15-20, 2026! When we choose kindness, our brains light up with oxytocin, dopamine, and connection; reminding us that kindness is not just good for the world, it is good for us. Join us and help turn one week into a year-round habit.

EMPOWER

Take Kindness into your own hands. Kindness fosters trust, empathy, and connection. When kindness becomes a daily habit, it creates a ripple effect that strengthens relationships.

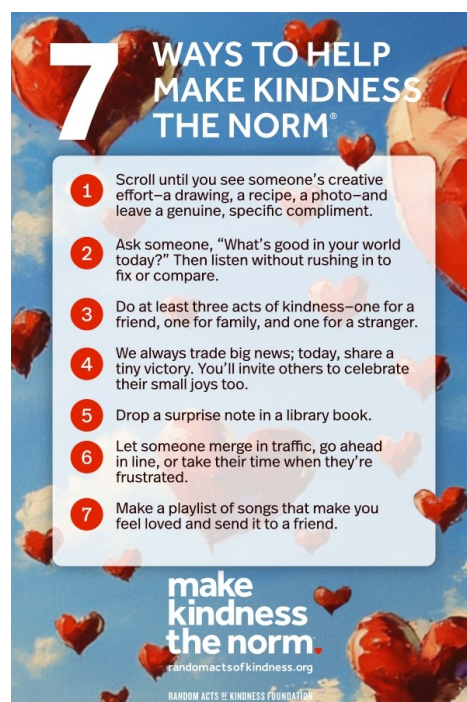
ACT

Turn kindness into action. Kindness isn't just a thought it's something we do. Get involved with fun meaningful activities that make a real impact. Be an example for others, especially children, by showing kindness in your words and actions.

SHARE

Spread the kindness movement. Whether you've experienced kindness, witnessed it, or made it happen yourself, your story can inspire others to do the same. It's not about waiting for the extraordinary; it's about recognizing that everyday acts have extraordinary potential.

www.randomactsofkindness.org





February 2026

Innisfail & Area Family Day Home Society
5713—51 Avenue
Innisfail, AB T4G 1R4
403-227-2767
innisfaifdh@shaw.ca



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 HAPPY Groundhog DAY 	3	4	5	6	7
8	9 SPARK Session 2 with Ella, Educator Training 7pm Online	10	11	12	13	14 
15	16 Family Day Office Closed	17 Lunar New Year Ramadan begins at Sunset	18	19	20	21
22	23	24 Month End Paperwork Due by 8:30 am	25	26	27	28

March 2026



Sun

Mon



Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
8  Day Light Savings Time	9 SPARK Session 3 with Ella, Educator Training 7pm Online	10	11	12	13	14
15	16	17  St. Patrick's Day	18	19	20	21 First Day of Spring
22	23	24	25	26 Month End Paperwork Due by 8:30 am	27	28
29	30	31			<div> Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shaw.ca </div> 