

# Eatonville Newsletter



January 2025

Celebrating 54 years providing childcare in Etobicoke

## *From the Desk of Admin*

Happy New Year!! Wishing you a joyous 2025, may the New Year bring happiness, peace, and prosperity to you and your families.



As we welcome a New Year, we look forward to continuing to work with parents and caregivers to build positive relationships that will inspire academic achievement, social competencies, and emotional well-being. January marks the beginning of a New Year, New Hope, New Goals, and New Intentions and of course a fresh start.

## **Importance of outdoor play for children**

In the present time, media and digital means are becoming very popular with children. They are spending more time sitting indoors and spending time with their devices.

Children should be encouraged to be active outside as it plays a vital role in their physical development. Running, climbing, jumping help in developing coordination, dexterity and balance. These activities are helpful for muscle strength and motor skills.

Playing outdoors is helpful in making social connections, making friends, playing peer games, turn taking and sharing.

Being around Nature provides calmness to the mind and develops sensitivity towards plants and animals. Fresh air is important for oxygen intake and mood elevation. Sunlight is a source of Vitamin D which develops the immune system and is helpful in bone and muscle growth.

Outdoor play develops creativity in children as they can use loose parts from Nature and create their own games.

Outdoor experiences provide a wide range of opportunities for sensory engagement.

The list of benefits of outdoor play could go on....

Parents and care takers therefore need to create a balance of screen time and outdoor time.

**Take them out, play with them and have fun together!**

## **Board and Staff News**

Next Board meeting will be hold on February 7th via ZOOM. Please notify Michelle if you would like to attend.



Terry Tan Child Centres close at 6 pm. Please notify us as soon as possible if you anticipate that you will be late picking up your child. Also note the late fee will be imposed.

## **Special Dates**

**1st** - New Year's Day  
**29<sup>th</sup>** - Lunar New Year



It is important that we are able to connect with you, especially in the event of an emergency! Please notify the centre if any of your contact information (email or phone) has changed.