

From the Desk of Admin

Children love to run! And running in the hallway using loud voices is even more appealing. Your children’s Educators work hard each day to teach the children how to walk through the hallways with respect for the classes that are occurring as well as ensuring that they are safe as they travel the many routines throughout the day.

It is amazing how quickly the children seem to forget the rules when their family member arrives at the door! Please help us to maintain the expectations set out during the day by asking your child how they walk when they are with their Educator. In addition, please also remember that the children must always be with an adult – especially when dropping off or picking up your children.



Interesting to Note: “Gardening with Children”

Gardening can help children grow life skills as well as fruit and flowers. “Children who get involved in gardening gain confidence,” says urban farmer Natasha Nicholes. “They gain an appreciation for slowing down and enjoying life as it comes, instead of rushing the process.” Nicholes started the We Sow We Grow Project in 2016 with her husband, to teach gardening skills to neighbourhood families. The children she works with are focused on fun – so much so that they don’t realize they’re taking on life skills, too.

Studies have shown that early exposure to nature can lead to better mental health as adults. And ‘nature’ can include a garden.

“Whether it’s on the windowsill, at home, around your building or at school, the garden is an opportunity to nurture good mental health in our children,” says Cam Collyer, senior advisor at Evergreen, an organization facilitating sustainable change across Canada. But besides improving mental health, gardening can teach children social and executive function skills – everything from patience to perseverance to understanding different perspectives. To read more on this article: National Geographic Kids “Why Gardening with Kids is Worth the Mess”
Written by Heather Greenwood Davis

Board and Staff News

Board Meeting on April 9th via zoom @ 7:00pm. Please let Christine know if you would like to attend.



“Inside every child is a rainbow waiting to shine.”
~ Unknown

Special Dates

- April - World Autism month
- April 1st – April Fool’s Day
- April 7th – World Health Day
- April 18th – Good Friday
(Centre Closed)
- April 20th – Easter Sunday
- April 21st – Easter Monday
(Centre Closed)



April 22nd – Earth Day

