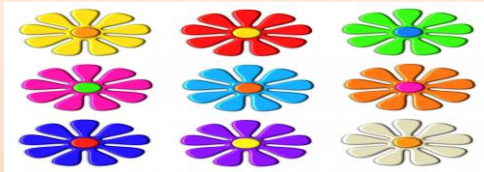


### *From the Desk of Admin*

Summer vacation charts will soon be handed out to the individual rooms for parents to fill out vacation time for your child. We are doing this to account for mealtimes and staffing over the summer months. Just a gentle reminder that if you are planning to withdraw your child, especially if your child is attending kindergarten, we do require a 1 month notice of withdrawal and will need to know that date as soon as possible.

Thank you for your attention in this.



Another reminder that we have another long weekend approaching on May 19th. Please note that the centre will be closed on this day!

Thank you everyone.

### Board and Staff News

There will be a board meeting happening on May 14th @ 7:00pm on zoom. Please let Christine know if you would like to attend.



“Children Learn What They Live and Live What They Learn”  
~ *Unknown*

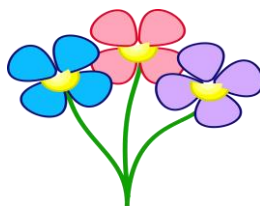


### Special Dates

May 5<sup>th</sup> – Cinco de Mayo

May 11<sup>th</sup> – Mother’s Day

May 19<sup>th</sup> – Victoria Day  
**(Centre Closed)**



### Importance of Outdoor Play

Playing outside is one of the greatest joys of childhood, but it serves a larger purpose than just being a way to have a good time. Spending time outdoors is a crucial part of healthy growth and development.

#### **Physical Benefits**

Playing outside is a good way for your child to get some exercise. With one out of three children overweight or obese, being active is critically important for the health of children. Children who don't get enough exercise are at an increased risk for heart disease and diabetes. Outside play helps your child gain motor skills as well. Running, jumping and collecting rocks improve your child's physical development so that they gain muscle strength and build strong bones.

#### **Mental and Emotional Benefits**

When your child plays outside, they are most likely running, leaping, skipping, yelling and laughing. Playing outside gives your child free time to pursue activities he enjoys, which makes him happy and less stressed. Taking a break to play outside gives your child an increased focus in the classroom and can reduce behavior problems as well. Regularly spending time outside can lower your child's risk of anxiety and depression too.

#### **Cognitive Benefits**

Playing improves your child's memory, thinking skills and ability to learn. The National Center for Physical Development and Outdoor Play reports that playing improves your child's gross motor skills, which increases their ability to process and remember new information. Spending time outside allows your child to discover new things and make sense of the world around him as well.

#### **Social Benefits**

While playing outside alone is certainly beneficial, when your child plays outside with other children, they are learning about relationships and how to be a member of a group. They will have opportunities to learn to express their feelings, learn to make friends, and learn how to resolve conflicts as they happen.

by **Sara Ipatenco**