

From the Desk of Admin

As our weather is getting warmer, we will be applying sunscreen to your child prior to outdoor play. The centre will be providing sunscreen for ALL children or you may opt to provide your own. Sunscreen forms have been given to each of the classrooms for families to sign if you haven't signed already.

As we begin preparing for the upcoming school year, this is a friendly reminder to please inform us of when are planning to withdraw your child who will be attending kindergarten in September. We require a minimum of two weeks' notice, however we would greatly appreciate as much advance notice as possible to support a smooth transition for all families and staff.



Board and Staff News

There will be a board meeting happening on May 13th @ 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 5th – Cinco de Mayo

May 10th – Mother's Day

May 18th – 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