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# Early Education & Family Wellness Centre's Newsflash



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## Principal's Message...

June already: the last month of the school year! It always seems to catch me by surprise! For some of you, it is transition time as your children move on to other schools. Thank you for taking time to meet with us in May. We want to make these transitions as comfortable as possible for the children AND families, so please let us know if there are ways we can support you as we move into summer vacation. One strategy that we know is helpful is to begin driving past "your new school" or playing in that school's playground over the summer. We also send home a summer activity calendar that gives you some ideas for continuing to practice skills in a playful way. This will be included with the report cards.

Year-end meetings have also been scheduled for those families who have children returning to the Early Education & Family Wellness Centre in September.

Thank you so much for taking the time to meet with us and review your child's progress. It is always exciting to reflect on how your child is growing and developing!

You will be receiving report cards and final IPP's before the end of June. If your child will be leaving school earlier than **the last day (Tuesday, June 28)** please let us know so that we can be sure to have everything ready in time.

A parent survey will also be sent home early in June. Please take a few minutes to provide us with feedback about your experiences here at the Early Education & Family Wellness Centre. Your comments are valued and will be used to further develop the program to be sure that we are doing the very best we can to help your children become successful learners! You can return the survey with your child in the envelope provided, or drop them off at the front desk. You do not need to sign your name.

In the meantime, there are still lots of days left for learning and fun in the classroom, outside and within the community!

Thank you for the privilege of allowing us to be a part of your child's life. I hope that all of you have a wonderful, relaxing, safe and healthy summer!

*Lynn Hestbak, Principal*



## March Pose of the Month – Breathing Buddies

### What is it?

A relaxing, refocusing pose.

### How is it done?

Have child lay flat on his or her back. This can be done on the floor or a softer surface. Place a small stuffed animal, a “breathing buddy” on their tummy. Tell them to place their hands at their sides. Coach them to breathe in and out slowly, watching the animal ride up as they breathe in, and down as they breathe out.

### Why do it?

Watching the animal ride up and down helps children slow down and focus on their breath. By coaching them, we are teaching them to be in tune with the in and out movement of their breath. Children will be more relaxed and focused by doing this exercise. Children also love the comforting feeling of the stuffed animal on their bellies.

### When to use it?

Whenever your child needs to slow down and refocus. Use this as a way to begin or end story time, or as something to calm your child before bedtime. It is something your child can do anytime, anywhere. They can do it in their bedroom, alone when they just need some quiet time to themselves. The more they practice, the less coaching they will need. Soon they will be able to use this tool on their own.



## Hats, Caps, Sunscreen & Bug Spray



Now that the warmer weather is here and the sun is stronger, please send a hat/cap with your child, some sunscreen and bug spray. We will be spending time outside and we would hate for a child to end up with sunburn! We are asking that you do not send your child in flip flops as it is not safe for running on the playground and we want all the children to be safe!!



### Dates To Remember...

*June 20- First day of summer!*

**June 28-** Last day for students



## Scholastic Book Orders

You will notice that the return date for the Scholastics order is June 3<sup>rd</sup>. This is the last order of this year and we want to make sure that it is back in time for the summer break. Books are always great for rainy days, for reading at the beach, or reading while sitting at the park.

Enjoy!





## Great outdoor learning activities for children



Summer is a great time to take part in outdoor learning activities with your children. Here are some examples. Look for similar opportunities and organizations in your community.

### Hikes

Taking a hike is a great way to get outdoors and get some exercise. Provincial and local parks offer trails to hike and many acres to explore. Activities such as scavenger hunts can add a little more structure to the hike. Talk with your children about what you see around you. If you are hiking in a new area, discuss the different plants and animals that you see.

<http://www.albertatrailnet.com/>

### Berry picking

This is a great seasonal outdoor activity with immediate payoffs. Children get to see how fruit grows and everyone gets to enjoy the fruits of their labour. Take your berries home and teach your children how to bake a Saskatoon berry pie.

<http://albertafarmfresh.com/>

### Astronomy

View the stars from your own backyard. Start with something easily identifiable, such as the Big Dipper., or the moon.

<http://www.lethbridgeastronomysociety.ca/>

### Visit a nature center

Many Alberta communities have nature centers that offer family activities. Naturalists may be on hand to answer kids' questions so parents don't need to worry about teaching the subject matter themselves.

<http://www.tofieldalberta.ca/nature.htm>

### Clean ups and trail maintenance

Participating in nature clean-ups or volunteering to do trail maintenance with your kids will model responsible environmental behaviour that will help instill those values in your children.

### Gardening

Get the whole family involved. What will be in your garden? Try to include flowers, vegetables, and herbs. How big should it be? Who weeds? Who waters? What's the daily or weekly schedule? The garden can be a cooperative effort through which parents can emphasize teamwork and accountability.

This website is chock-a-block with kid friendly gardening ideas, projects, plans, games and inducements to get any kid happily gardening. However, to learn what grows best in your area, and when to plant it, be sure to consult your local garden centre. <http://www.kidsgardening.org/>

### Study the flora and fauna in your area

Can you identify the species of trees that grow in your area? Do you know the names of the wild flowers and when they bloom? What kind of owl is that?

<http://www.wagnerfen.ca/resources>

