

School
Number:
780-352-0224

Bus Number:
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Early Education & Family Wellness Centre's Newsflash

Issue Number: 2

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Learning Through Play

Children are born to play. Early childhood researchers and educators agree that play is key to early childhood development. Play is open ended, joyful, self-directed and focused on process, not end results. This is true play.

Through play, children use what they already know to help master new skills and solve problems. They develop confidence and a sense of "I can do it!" When children are involved in play, they learn essential life skills including sharing, cooperating and problem solving. Through play, children acquire literacy, numeracy, motor skills and creative thinking skills. Participating in rich pretend play can encourage language development and greater engagement, which is a predictor of better learning outcomes. This is especially important for children with delays in their development. Make believe play is linked to the development of self-regulation skills. Children who are better able to manage their emotions, ideas and behaviors are more likely to experience future academic success and will manage stress more successfully as an adult. Play creates happiness and balance in life; it provides children a chance to practice adult roles and take risks.

For young children, play is essential for their optimal development and learning. It is as essential as their need to eat, sleep and breathe. It is learning at its best - authentic, natural and genuinely rewarding. What could be better?

Resources:

Stuart Brown & Christopher Vaughan, 2009. *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*

David Elkind, 2007. *The Power of Play: Learning What Comes Naturally*



Importance Of Outdoor Play

Outdoor play provides children with opportunities that develop their muscles while also introducing them to the world around them and interactions with others. The children at school have been playing on the playground and in the outdoor classroom to practice their jumping, climbing, and running skills. Outdoor play allows for safe risk-taking that cannot happen indoors. They have been using their imagination to invent lots of chasing games and hide and seek. Our collection of loose parts provides many opportunities for the children to work on problem-solving, social skills, creativity and spatial awareness as they build many things. The outdoor play that the children have been participating in is extremely important as the connection to nature enhances a child's physical and emotional well-being.



Dates To Remember:

November 7 & 9 – Parent-Teacher Interviews
3:45-6:45 P.M. (more info to be sent home soon)

November 11 - *No School*- Remembrance Day Holiday

November 14 – *No School* in Lieu of Parent-Teacher Interviews

November 25 - *No School* - Staff Planning Day



Dress Warmly:

With the end of October, winter is not that far around the corner. Remember to send snow pants, mittens etc with your child each day to school. We like to enjoy the snow and go outside to play whenever possible. Also, please remember to **label** your child's clothing as so much of the clothing at this age is similar.





November Posture of the Month – Polar Bear

What is it?

A quiet, resting pose intended to calm and relax.

How is it done?

Have child start by kneeling on the floor. Ask him to hide his nose (cup hands over nose). Bend forward at the hips, so that hands are touching floor. Take at least three deep breaths.

Why do it?

This adaptation of child's pose allows the body and brain to relax and reset. With our eyes to the floor we can't be distracted by the things around us and we have time to focus on the in and out movement of our breath. By cupping our hands around our nose and mouth we get to feel our breath heat up the space. This heat further relaxes our body and brain.

When to use it?

Encourage your child to spend some time in this pose when you need them to lower their energy or to focus on a task. It is a great way to transition from a high energy activity, such as running, to a lower energy task such as meal time or story time.

Illness:

Several of our students have compromised immune systems and can become quite ill if exposed to viruses. Please remember, if your child becomes sick with a fever, diarrhea, or vomiting, please keep him/her home for at least 24 hours after the last symptom has resolved. If your child (or anyone your child is in regular contact with) comes down with chicken pox, measles, mumps or any other childhood illness, please contact the school before bringing your child to school. Thank you very much.



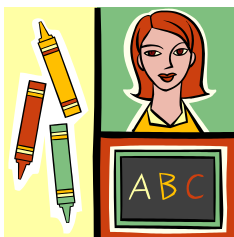
Absences:

If your child is ill or not going to be able to come to school on a day that he/she is scheduled, or if there is going to be a change in who will pick up your child, please call the school at **352-0224** and either talk to a staff member or leave a message on the answering machine. If your child takes the bus, it is the **parent's responsibility** to contact the bus contractor and inform them of any changes. Thank you.



Parent/Teacher Interviews:

Parent/Teacher interviews will be scheduled in November. Further information will be sent home in agendas in early November concerning these interviews.



School Web Site

We have a web site for our school; information is available for our school, the school calendar, monthly newsletter, upcoming events, forms, workshops, our philosophy and lots, lots more...

Why don't you check it out?
www.eefwc.ca

