

### From the Desk of Admin

Hi everyone! Welcome everyone as we enter the month of May and the warmer weather arrives. Please ensure your child has the appropriate clothing such as layers in case of cold weather, splash pants, rubber boots etc. along with their names.

There are Family Events being held by different classrooms. We will be sure to keep you posted as these occur.



As we continue to move into our normal way of life, please continue to monitor your child for symptoms of Covid and do your daily self screening on each child before sending them to childcare. If your child tests positive or has symptoms, please ensure your child remains at home and you contact the childcare. Upon return as symptoms have improved, please ensure your child wears a mask for the next five to ten days.

Thank you for your attention in this.  
Please continue to stay healthy and safe.

### Board and Staff News

There will be a board meeting happening on May 11th @ 7:00pm on zoom. Please let Shannon know if you would like to attend.



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



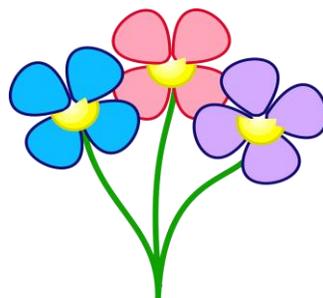
### Special Dates

May 3<sup>rd</sup> – Eid al Fitr

May 5<sup>th</sup> – Cinco de Mayo

May 8<sup>th</sup> – Mother’s Day

May 23<sup>rd</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