

MAY 2020

Building the Foundation for Growth.



Caring for Mental Health During Self Isolation

Many of us are currently practicing self-isolation and social distancing in order to slow the spread of the COVID-19 pandemic. Although we are proud of our communities for committing to these measures during this time, we are aware of how hard this can be on individuals and families, and the strain that a lack of social contact with our friends and loved ones can put on our mental wellbeing. Therefore, this post is about some ideas to help maintain mental health while still taking care to follow the recommendations of local, provincial, and federal health authorities.

Some Tips to maintain mental health:

- Stay informed but don't get overwhelmed: during times like these, it is important to stay informed and up to date

on recommendations and steps that the government is taking, as well as advice from health authorities. However, it is essential to not get overwhelmed or bogged down in this kind of information. Be sure to take breaks from social media, watching, reading, or listening to the news.

- Stay connected: social distancing requires physical distancing, but this does not mean that you cannot reach out to people you care about. Talk to friends and family on the phone, through email, video calls, and other appropriate and safe social media platforms.

[Continue reading on Blog](#)

Important Dates

SUN MAY 10:

Mother's Day: Happy Mother's Day to all the wonderful mothers and grandmothers in our Parkland Players Community!

MON MAY 18:

Victoria Day, stat holiday

WEEKLY REMOTE CLASSES:

Please keep an eye on your email for an invitation to virtual class meetings. These will take place on Zoom. We will meet with small groupings of families in order to provide an opportunity for children and teachers to see each other, as well as to share some Bitaa activities, book read alouds, songs, and more. *If you are not currently registered with us but are interested in joining our weekly classes, please click [here](#) to subscribe.*

Reminders

- Check email regularly for updates on centre operations and invitations to weekly online classes.
- Resources for At-Home Learning:
 - [Fostering Debate Academy](#)
 - [Build a Biz Kids](#)
 - [IXL Personalized Learning](#)
 - [WSJ Podcast](#)
 - [Bitaa App](#)
 - [Bitaa Video Collection](#)

Looking Forward: June

At this point in time, we are unable to predict whether or not we will be able to resume full operations for the month of June. Please continue to refer to our website and emails for important updates on the status of the centre.

In the meantime, we will continue to keep in touch with our families through virtual meetings, social media, and HiMama.

We can also always be reached by email or phone.

Activities for Home and at School



Giant Shape Match (IT)

A math activity for exploring geometry, shape, and size using wooden blocks, large sheets of paper, and markers. This activity is good for the Infant and Toddler age group.

[Watch the video](#)



Flower Printing (Preschool)

This activity uses flowers instead of paintbrushes while painting to explore the effects of different textures on the process of painting. This activity is good for the Preschool age group.

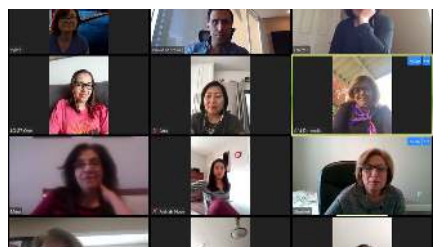
[Watch the video](#)



Our families showing love and support for the community.



Staff preparing for partial operation for essential workers.



Virtual staff meetings!



Dying and painting eggs to celebrate Easter.

FOR ANY ENQUIRIES, PLEASE DO NOT HESITATE TO REACH OUT BY EMAIL OR PHONE.

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