

# JUNE 2021

Building the Foundation for Growth.



## Rain or shine outdoor play and its benefits

Children learn best when it is through play. Children learn about self-regulation; they are learning when to take a break and when their body is ready to go back to play. Outdoor play is a beneficial and essential part of childhood. In the article by McCarthy (2018), there are 6 important reasons why outdoor play is essential for children.

### 1. Sunshine

The author explains that sunshine is crucial for everyone as our body needs exposure to the sun during the day. It is needed to make Vitamin D, “a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role in our immune system.” Also, children can learn about the

concepts such as shadows and temperature.

### 2. Exercise

It is always to have a good movement to release energy and self-regulate the energy in their bodies. The outdoor play stimulates larger movements that have been limited indoors and it always brings joy. Fresh air and open space allow children to take risks and know about their abilities.

### 3. Executive Function

The article explains the time of unstructured and solo play and adds “these skills that must be learned and practiced.”..

[Continue reading on our Blog.](#)

## Important Dates

### FRI JUN 4

Pro-D Day for Parkland School only, OSC Available.

### MON JUN 7

Pro-D Day for Meadowbrook School only, OSC Available.

### FRI JUN 18

Virtual Graduation Ceremony.

### MON JUN 21

Father’s Day.

### FRI JUN 25

Last day of Preschool Program.

### TUES JUN 29

Last day of school .

### WEDN JUN 30

District Admin Day, OSC Available.

## Reminders

- **Important Dates:**
  - Tues June 22: Crazy Hair Day
  - Wed June 23: 50s Sock Hop
  - Thurs June 24: Funny Hat Day
  - Wed June 30: District Admin Day, OSC is available (\$20 charge for Parkland and Meadowbrook children as its 2nd Pro-D Day of the month).
  - Fri July 2: OSC is available with \$20 charge for all
- **Summer Camp:** Monday July 5th is the start of Summer Camp 2021
- **Graduation 2021 - June 18th:** We will be sharing a virtual graduation video to celebrate the preschool, daycare, and OSC graduates this year. All groups will be performing and congratulating the graduates in the video. Please keep an eye on your email for more information.
- As the weather is getting warmer and sunnier, please remember to send sunscreen, hats, and anything else necessary to protect the little ones from the sun. Please label these belongings as well.
- **Reminder:** if children are not attending daycare on any given day, please notify staff so that we know not to expect them.

## Program Highlights

Under the Sea, Pirates, Father's Day, and Colours and Shapes!

## Activities for Home and at School



### Our top 5 lovely activities to do with mom

We have great activities that can be incorporated into daily routines to explore the love and care of our loved ones..

[Read More.](#)



### Handprint Monkey Art (IT)

This is a great activity to do with children. You can also do other animals with their hand prints.

[Read More.](#)



Building blocks time in our Extended Preschool.



Circle time at Parkland Players: learning about the calendar.



Using Valentine's Day to learn how to count the numbers.



Daycare children made a car wash lane!

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

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