

# JULY 2021

Building the Foundation for Growth.



## Hiking with Children? YES!

Like children and adults, all needs to spend quality time outdoor at least occasionally. Spending time outdoor greatly effects one’s mood, health, and self-awareness. Breathing in the fresh air really opens wholeness of oneself. Disconnecting from the technology will refreshen and relax our bodies and minds. Spending quality time with our young ones is needed, and hiking with children can bring challenges but after few attempts and tries, it will be worth it in the end. Here are 5 benefits of hiking with children and Trekology (2021) will explain further below:

### 1. Provides Quality Family Time

The page articulates spending time with family and their children during the hike as quality and meaningful. As

many trails may not offer good connection to the phones or tablets, it can offer real conversation and learning about each other. And this will escalate and create a bond. The “stillness of the nature” will provide the safe ground of conversation with the children.

### 2. Opportunity to Connect with Nature

As mentioned above, the nature can be the third space or a person. It is there as they walk along the trail. And it is meaning and relationship making opportunity for children and family with the nature. Children has to experience the nature to understand and gratitude the nature.

[Continue reading on our Blog.](#)

## Important Dates

### THURS JUL 1

Canada Day: Stat Holiday, Center closed.

### MON JUL 5

First day of Summer Camp.

### MON AUG 2

BC Day: Stat Holiday. Center Closed.

### FRI SEPT 3

Last Day of Summer Camp.

## Program Highlights

The monthly themes are Canada Day, Textiles, Olympics/sports, Science, and Children of the world.



## Reminders

- **Emergency Comfort Kit:** If you are new to our program for the summer, please assemble an emergency kit for the first day of your child's attendance.
- Please note, summer camp schedule may change due to weather conditions.
- For Summer Camp, please send the following items every day:
  - towel
  - bathing suit
  - lunch with sandwich, fruit, etc. (no warm-up lunches)
  - water bottle
  - sunscreen (labelled with name and to remain at daycare)
  - comfortable, closed toe outdoor shoes (no flip flops)
  - For bike days, please send a bike and helmet for these days
- 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.
- Scholastic flyers have been sent through Himama. Our class code is RC149292

## Activities for Home and at School



### Soapy Sea Foam Sensory Play (IT)

This is an activity that is fun to do during summer and kids can practice sensory skills especially those associated with touch.

[Watch the video.](#)



Group Daycare children discussing how to catch the rain in the bucket.



Parkland Players kids learning about health and self-care.



### Handprint Crab (IT)

Get those hands dirty with paint while creating handprint crabs. This activity is great to practice creative art and sensory skills.

[Watch the video.](#)



Group Daycare animal play.



Kids in Out of School Care making a house for Stikbot toys.

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

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