

JULY 2022

Building the Foundation for Growth.



Importance of spending quality time outdoors as a family

Spending time outdoors greatly affects one's mood, health, and self-awareness. Breathing in the fresh air really opens wholeness to oneself. Disconnecting the technology will refreshen and relax our bodies and minds. Spending quality time with our young ones is needed. There are 5 benefits of spending outdoor time with children and the article by Greens Steel will explain them further below:

1. Provides Quality Family Time

The page articulates spending time with family and their children during the outdoor time as a quality time and is 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.

3. Amps Up Vitamin D and Exercise

Of course, the best reason we should go out with our children is to exercise. Children need to exercise. And having the loved ones beside will encourage and give energy to move forward or to rest at the right time. It will provide learning about their body by exercising...

[Continue reading on our Blog.](#)

Important Dates

FRI JULY 1

Canada Day: Stat Holiday, Center closed

MON JULY 4

First day of Summer Camps Program

MON AUG 1

BC Day: Stat Holiday. Center Closed

FRI SEPT 2

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. We need children's immunization record and photo before the start date.
- Monday July 4th is the start of Summer Camp 2022
- For Summer Camps, 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)
 - Note: 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



5 Celebrative Activities for Father's Day

Here are some activities for Father's Day and for our loved ones, can be incorporated into daily routines to explore the love and care.

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Craft Stick and Watercolour Sculpture

This is a fun art activity to practice creative art skills and use of fine motor and sensory modalities.

[Read Instructions](#)



Children at Summer Camp designing their own games.



Building with blocks at Parkland Players.

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

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