

# JULY 2023

## Building the Foundation for Growth



### FOSTERING OLYMPIC SPIRIT AND SPORTSMANSHIP IN YOUNG LEARNERS

As the world gathers to celebrate the spirit of athleticism and global unity at the Olympics, it is crucial to recognize the impact of incorporating Olympic-inspired activities and sports into early childhood education. In this blog post, we will explore the significance of fostering the Olympic spirit and sportsmanship in young learners, enabling them to develop physical fitness, teamwork, and essential life skills.

#### **PROMOTING PHYSICAL FITNESS:**

In an era dominated by sedentary lifestyles, introducing children to the joys of physical activity is more important than ever. Incorporating Olympic-themed games and sports activities helps children develop gross motor skills, promote a healthy lifestyle, and establish a strong

foundation for physical fitness. By engaging in age-appropriate challenges, children can discover the pleasure of staying active and reap the associated health benefits.

#### **CULTIVATING TEAMWORK AND COLLABORATION:**

Teamwork is a vital skill that children can learn through sports participation. The Olympics provide an excellent platform to introduce the concept of collaboration and healthy competition. Organizing team-based activities and friendly competitions teaches children the value of working together towards a common goal. They learn that supporting and encouraging their peers is just as important as individual achievements, fostering a sense of unity and camaraderie...

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### IMPORTANT DATES

- MONDAY, JULY 3<sup>RD</sup>  
CANADA DAY: Stat Holiday - Centre Closed
- TUESDAY, JULY 4<sup>TH</sup>  
First day of Summer Camp Program
- MONDAY, AUGUST 7<sup>TH</sup>  
BC Day: Stat Holiday - Center Closed
- FRIDAY, SEPTEMBER 1<sup>ST</sup>  
Last Day of Summer Camp Program
- MONDAY, SEPTEMBER 4<sup>TH</sup>  
Labour Day: Stat Holiday - Centre closed
- TUESDAY, SEPTEMBER 5<sup>TH</sup>  
First day of School

## 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.
- Tuesday, July 4th is the start of Summer Camp 2023. Please note, summer camp schedule may change due to weather condition.
- 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)
- 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.

## PROGRAM HIGHLIGHTS

Canada Day  
Children of the World  
Textiles/ Jewellery Making  
Olympics/ Sports  
Science Experiments

## ACTIVITIES FOR HOME AND AT SCHOOL



### CELEBRATING CHILDREN OF THE WORLD

In a world that grows increasingly interconnected, it is essential to foster an environment that embraces and celebrates the diversity of our global community. Children, as the future generation, hold the key to...

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### MARVELOUS MAGNETISM

Children will explore the fascinating world of magnets, discovering their powerful attractions and learning how they can magically make objects move without touching them.

[Read the instructions](#)



**HAPPY CANADA DAY!**

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

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