

School  
Number:  
780-352-0224

Bus Number:  
780-352-2239



# Early Education & Family Wellness Centre's Newsflash

Issue Number: 2

November 2018

## Learning Through Play

Children are born to play. Early childhood researchers and educators agree that play is key to early childhood development. Play is open ended, joyful, self-directed and focused on process, not end results. This is true play.

Through play, children use what they already know to help master new skills and solve problems. They develop confidence and a sense of "I can do it!" When children are involved in play, they learn essential life skills including sharing, cooperating and problem solving. Through play, children acquire literacy, numeracy, motor skills and creative thinking skills. Participating in rich pretend play can encourage language development and greater engagement, which is a predictor of better learning outcomes. This is especially important for children with delays in their development.

Make believe play is linked to the development of self-regulation skills. Children who are better able to manage their emotions, ideas and behaviors are more likely to experience future academic success and will manage stress more successfully as an adult. Play creates happiness and balance in life; it provides children a chance to practice adult roles and take risks.

For young children, play is essential for their optimal development and learning. It is as essential as their need to eat, sleep and breathe. It is learning at its best - authentic, natural and genuinely rewarding. What could be better?

### Resources:

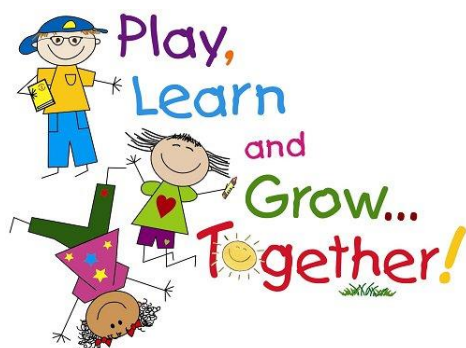
Stuart Brown & Christopher Vaughan, 2009. *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*

David Elkind, 2007. *The Power of Play: Learning What Comes Naturally*



## Importance Of Outdoor Play

Outdoor play provides children with opportunities that develop their muscles while also introducing them to the world around them and interactions with others. The children at school have been playing on the playground and in the outdoor classroom to practice their jumping, climbing, and running skills. Outdoor play allows for safe risk-taking that cannot happen indoors. They have been using their imagination to invent lots of chasing games and hide and seek. Our collection of loose parts provides many opportunities for the children to work on problem-solving, social skills, creativity and spatial awareness as they build many things. The outdoor play that the children have been participating in is extremely important as the connection to nature enhances a child's physical and emotional well-being.



### Dates To Remember:

**November 7-** Parent workshop- Family Traditions Gifts from the Heart-6:00-7:30 P.M.

**November 9-** *No School* Non Attendance Day for Students

**November 12 -** *No School-* Remembrance Day Holiday

**November 13 –** *No School* in Lieu of Parent-Teacher Interviews

**November 21 & 22 –** Parent-Teacher Interviews (more info to be sent home soon)

### Dress Warmly:

With the beginning of November, winter is not that far around the corner. We would like to remind parents to send your child to school each day with the appropriate clothing for outside time...snow pants, mittens, boots etc. We like to enjoy outside play whenever possible, even when the snow is here. Also, please remember to **label** your child's clothing.





## Illness:

**If your child becomes sick with a fever, diarrhea, or vomiting, please keep him/her home for at least 24 hours after the last symptom has resolved.**

Several of our students have compromised immune systems and can become quite ill if exposed to viruses.

For example colds are caused by many different viruses and are common in children.

Children with a cold will usually have:

- *Stuffy, runny nose*
- *Sneezing*
- *Cough*
- *Fever*
- *Sore throat*
- *Decreased appetite*

Colds are very contagious. They are spread through close contact with someone who is sick and coughing or sneezing around you. Touching toys or sharing food with someone who is sick can spread the virus. Children do not get colds from cold air or drafts.

**Children with colds are contagious for up to five days** after they first get sick. You should keep your child at home if they have a fever or are coughing continually.

If any of these symptoms appear during school hours, we will be calling you to come and pick him/her up. If your child, or anyone your child is in regular contact with, comes down with chicken pox, measles, mumps or any other communicable illness, please contact the centre before bringing your child to school.

Thank you very much.



## School Web Site



We have a web site for our school; information is available for our school, the school calendar, monthly newsletter, upcoming events, forms, workshops that may be coming up, our philosophy and lots, lots more...

Why don't you check it out?

[www.eefwc.ca](http://www.eefwc.ca)



## Parent/Teacher Interviews:

Parent/Teacher interviews will be scheduled in November. Further information will be sent home in agendas in early November concerning these interviews.



## Thank-you, Thank-you, Thank-you!!!

We just want to say a huge thank-you to everyone for their support with our bake sale! The children had a lot of fun helping bake the cookies for the sale (and tasting them too, of course 😊)! It was a huge success and we are now \$631.00 closer to our goal for our outdoor classroom!!







### Healthy Snacks

As we know this time of year is exciting with Halloween and all the treats that come with it! However we ask that these treats stay at home and healthy snacks continue to come to school. We find that the children are already excited without the added treats. Thank you for helping us with this.

### Absences:

If your child is ill or not going to be able to come to school on a day that he/she is scheduled, or if there is going to be a change in who will pick up your child, please call the school at **352-0224** and either talk to a staff member or leave a message on the answering machine. If your child takes the bus, it is the **parent's responsibility** to contact the bus contractor and inform them of any changes. Thank you.



## Family Wellness News:

### Check It Out!

# *Family Traditions, Gifts from the Heart*

*November 7th, 2018*

*6:00-7:30 PM*

*Early Education & Family Wellness Centre*

*5606-47 St., Wetaskiwin*

**Free Coffee Talk, Child Care Included!**

The holidays can be hectic. Put aside some time for your family to be introduced to some new traditions! Join us for a fun filled evening full of ideas that are budget friendly to make your Christmas family time special. Includes make-and-take activities to try with your family!

Please RSVP By November 2, 2018 by calling: 780-352-0224 Jane ext. 223 or Katie ext. 224