



# StrongStart Explore Outdoors!

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**WHERE:**

Hume Park, 660 E  
Columbia St.,  
New Westminster

**Meeting Spot:**

Children's play area

**WHEN:** Every Monday  
from April 4 - June 20

**10:00-12:00**

*No program on  
April 18 or May 23.  
(no need to sign up for a spot, just  
show up!)*

Contact

Ms. Nicole

[Nmarshall@sd40.bc.ca](mailto:Nmarshall@sd40.bc.ca)

with questions!

*Head outdoors with us to play, learn and have fun!*

The "Explore Outdoors" StrongStart program aims to provide opportunities for children to:

- Engage with others
- Connect with nature
- Build physical literacy skills
- Build self esteem and confidence
- Take measured risks
- Problem-solve



There are many benefits to getting outdoors to play. Children have opportunities to develop physical literacy skills and participate in "heart pumping" physical activity. Outdoor spaces allow children greater freedom and a chance to face different challenges which builds their resilience, independence and self-confidence. We look forward to seeing you!

We will meet rain or shine! Dress for the weather!

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**NEWESTSCHOOLS.CA**

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