

# STRONGSTART BC Early Learning Centers

## StrongStart Closures

**Dec 22** Administrative Day  
**Winter break** Dec 25, 2023, to January 5, 2024

StrongStart reopens January 8, 2024.

## Let's talk about OUTDOOR PLAY!

"Kids are more physically active outside than inside," says Dr. Brussoni, director of [the Human Early Learning Partnership](#), professor in the Department of Pediatrics, School of Population and Public Health and [Play Outside UBC Lab](#), and investigator with the [BC Children's Hospital Research Institute](#). "This has implications for immediate and lifelong health." The researchers say outdoor play and learning at school has been shown to increase children's engagement in learning, enjoyment of school, physical activity during the school day, and ability to effectively manage their emotions, improve mental health in young children and helps cognitive and social development by inspiring them to interact with their peers and their environment. Common fear – especially in the winter – is that children will get sick when they go outside. However, children are actually more likely to be exposed to illness in indoor environments. The outdoors benefit children by exposing them to Vitamin D and fresh air, which can ward off potential viruses. During the current global pandemic, the outdoors has been shown to reduce virus transmission. We invite you to join us outdoors every Thursday, at Queen's Park.

Today, we are sharing the story of the squirrel who was collecting leaves for her den. Being outdoors every week, is a wonderful opportunity for observing all living things around us. One day we noticed a squirrel carrying yellow leaves up, to a den. Then the squirrel popped out and went back and forts with new set of yellow leaves. One time, the squirrel went to a second-floor den and quickly came out with the leaves and popped them back to the first floor.

### Uplifting quote + song that illuminates:

*"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."* — Nelson Mandela, [Long Walk to Freedom](#)



Inspiring song: "Four Seasons" by Vivaldi

*Oleana Neilson*

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

## Happening this month:

### Connaught Heights StrongStart

**Dec 7** Infant Development Consultant

**Dec 12** SFU Infant language learning information

### Queensborough StrongStart

**Dec 6** Librarian Visit

**Dec 8** Kinsight consultant visit

**Dec 13** Dental Hygiene Practitioner

**Dec 19** SFU Infant language learning information

### Skwo:wech StrongStart

**Dec 5** SFU Infant language learning information

**Dec 11** YMCA/ CCRR consultant visit

**Dec 12** MOSAIC

**Dec 18** Kinsight consultant visit



Two weeks later, the squirrel was still collecting the leaves and taking them up into the den.



A different time, we observed a squirrel eating something on a log. After the squirrel left, we walked to the area and discovered peanut shells. Most days, we sit and observe the squirrels and we noticed that it is easier to spot the grey ones over the black squirrels. While they run when we approach, today, a squirrel walked on our canvas.

