

## March Newsletter

*Thank you for inviting us into your inbox*

# STRONGSTART BC

Early Learning Centers

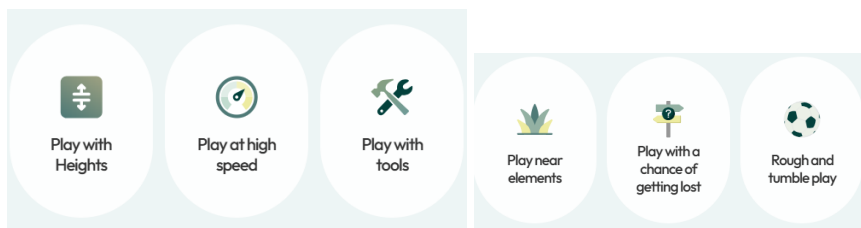
## StrongStart Closures

Spring Break  
March 14- 28

## Playing OUTDOORS

Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or running in a park, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. Our worries and desire to protect our kids can result in setting too many limits on them, which can interfere with healthy development. Risky play can have many different shapes but always involves the thrill and excitement of testing yourself and finding out what happens. These are some of the ways that children engage in risky play.

[Link to Outside Play tool for parents and caregivers](#)



Children 4-5 years of age should be moving at least 180 minutes throughout the day, with at least 60 minutes of energetic play as recommended in the [Canadian 24-Hour Movement Guidelines](#). This can be easy to do if you limit screen time, play outdoors every day, walk to school or other early years programs, encourage your child to dress in comfortable clothing and shoes that let them run, jump and play. When children feel better, they do better. And when they see you engaged with them in physical activities, you are setting your child up for success.

## Happening

### THIS MONTH

#### Connaught Heights StrongStart

March 4 FH dental visit

March 6 Kinsight consultant

March 10 NWPL Librarian visit

March 12 SFU Child language lab

Every Friday Storytime with Ms. Triue

#### Queensborough StrongStart

March 6 Kinsight consultant

March 3 SFU Child language lab

March 5 Librarian visit

March 12 CCRR consultant

#### Skwo: wech StrongStart

March 3 NWPL Librarian visit

March 4 Kinsight consultant

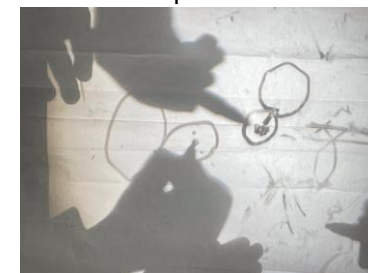
March 31 CCRR consultant

Every Wednesday Story time with Ms. Su

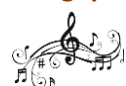
*Play is the foundation of learning, creativity, self-expression, and constructive problem-solving. It's how children wrestle with life to make it meaningful (Susan Linn).*



In all programs, children are engaging with light and the overhead projector. It is not a surprise that we are noticing similar ways they interact with questions across the three locations. Here is a simple example of two children, in two different locations, exploring the same concepts.



**Uplifting quote + song that illuminates:**



*"In spring, the whole world is a wonder"* William Browne