



STRAWBERRY VALE PRESCHOOL

newsletter

Gail's Gab

DECEMBER 2016

As the calendar year draws to the end I'd like to draw your attention to the little things... that are truly big things in our preschool world.

MORNING GOOD BYE

Success! 95% (there are always a few relapses and bumps throughout the year) I know for some, this was a breeze, in fact maybe too easy...hardly a glance and a wave over the shoulder as they ran off to play...harder on the parent than the child.

For others of you this was the hardest thing you have ever done, putting on the brave face, walking away while your child cried for you, having to trust and believe that they would be fine. (likely crying yourself once you got to the car...I know I have done it myself).

Thank you to all of you for hanging in there and believing in the process and trusting that we would all get through the Good Bye's together. The waving window has become a fun adventure as we also have a "peek" at what is set up for indoor play time! * I am getting my morning work out! What do you feed those kids?!

DAILY ROUTINE: SUCCESS!

Knowing what to expect next and following a routine outside of the home is huge! With the helping hands of you at home, duty parents, staff, visuals, and repetition, the children are comfortable and settled into the daily preschool routine. Even with our recent change to the Bear class routine, the children are happy and adjusting with ease.

SELF HELP: YIPPEE...LOOK AT THEM GO!

I LOVE watching how proud the children are of themselves as they navigate shoes, boots, mud pants, coats etc. with little more than an encouraging words and minimal guidance... they are so amazing! Thank you Duty Parents for believing in the kids and giving them the opportunity to learn and grow into their own independence. Oh and lets not forget unpacking lunch bags, opening containers, pouring water... cleaning up spills:).



ACTIVE PLAY

For your information: There is a new Licensing Standard of Practice in place now for Active Play in all licensed childcare programs. This is in response to the increased inactivity and prevalence of obesity found in Canadian children over the past 25 years. "many children and youth are not active enough for optimal growth and development" -Canadian Pediatric Society

What does this regulation mean for our preschool? Actually it doesn't change our programs at all as we already exceed the required standard. The new Standard of Practice states that a licensed preschool program 3 hours in length, provide 30 minutes of outdoor active play/physical movement and a 4 hour program provide 40 minutes. Strawberry Vale preschool programs provide a minimum of 1 - 2 hours of outdoor active play every day as well as opportunities during the indoor portion of our program to move about, play games, dance etc.

Why is Active Play so important?

Active play helps to promote healthy growth and development and supports body control and movement. Active play can help build strong bones and muscles, improve balance, coordination and assists with the development of gross motor and fine motor skills. Active play also helps to promote children's confidence, improves concentration and thinking and learning skills and provides opportunities to develop social skills and make friends.

As much as we adults would like to slow things down and take a break over the holidays... keep those kids active and outdoors over the winter break...it is so important!

*Be prepared for a few children to have transitional hiccups when we return in January, so please allow a few extra minutes to get back into the morning good bye routines.

I wish you all a safe and wonderful holiday!

Playfully, Teacher Gail