



# Discovery Playhouse

Children's Society

Mar/Apr 2017

## ADMINISTRATOR'S COLUMN

In February, Sonja, Christina C and I had the privilege of attending a wonderful seminar presented by the Dalai Lama Centre for Heart-Mind Well-Being. What is Heart-Mind Well-Being? Heart-Mind Well-Being refers to the balance between educating the mind and educating the heart. This seminar talked about positive social and emotional development in children. This website has over 90 resources for families at [www.heartmindonline.org](http://www.heartmindonline.org). It is a great resource for families. *How to stop negative thoughts; Tips to stay involved with youth online; Daydream for better brains* are just a few topics that they cover. One of their most popular links is *How to talk to your kids regarding grief*. This is always a difficult topic that parents struggle with.

**Importance of sleep.** Please see the link <http://www.heartmindonline.org/resources/a-better-nights-sleep-for-all>. In this article, backed by research, it talks about how sleep deprivation has been reported to mimic ADHD. How much is enough sleep? There is a chart recommending the appropriate amount of sleep based on age. I think we can all relate to how wonderful we feel after a good night's sleep ☺



**Daycare update.** I'm pleased to announce that Christina Carpanelli has accepted the position of Team Lead in our Daycare. She has been with our Centre for over 10 years and is fluent with all of our Policies and Procedures. Going forward, please contact Christina C or Rachel Hess if you have any Daycare questions or concerns.

**Board of Directors.** In September we will be electing a new Board of Directors. This takes about 2 hours per month of your time but it's a way of being involved with all aspects of the society. We will be posting the nomination forms March 1<sup>st</sup> for the May 1<sup>st</sup> meeting. We are seeking a Vice President; Secretary; Treasurer; Fundraiser; and a Floater. If you're interested please speak with Rachel, Lori Imai or Joy Logie.

**Is your child sick?** Our policy is **DIARRHEA, NAUSEA OR VOMITING (must not return to the Centre for 48 hours clear of last bout)**. We must be firm on this policy to eliminate the spread of all of us getting sick. If your child is sick in the Centre, your child must be picked up within 30 mins of our phone call. It's important to make sure that your secondary contacts are up to date for this reason. Help us STOP the spread of those nasty germs!!!!



**Spring Break is fast approaching.** Do you have plans for your kids? Please let us know ASAP if you need childminding over the break. For the school age kids the Spring Break program is listed on our website under News. <https://discoveryplayhouse.ca/>

Please make sure to like us on **Facebook** to see daily photos of our kids involved in creative play. So much is happening that it's hard to keep up but photos help us show the daily activities.

Rachel Hess

## DAYCARE COLUMN

Hey there Daycare/ Buzzing Bees Families. What a crazy weather month it has been! As much as the staff would be happy to see no more snow, the children loved it! We spent our time outside digging in the snow, trekking our way to the school field to build snow forts, laying in the snow, rolling in the snow and, of course, some children snacked on snow.



Some of the emerging interests we have seen this month have been building and creating cool ramps for cars and trucks to go up and down; the children also became Nascar drivers, and teachers! Most recently, there has been an interest in magnets, and flashlights, and fishing. We discovered that one of our walls in the daycare has a lot of metal in which we can create super cool structures off the wall! We continue to go to the library for storytime, and we decorated cookies with the seniors at the Wesbrooke, and the grandmas participated in singing "icky sticky bubblegum" with the children! We can't wait to go back in April!

As we continue to roll with the interests of the children it remains a surprise as to what March will bring us, however, we have some fun days ahead of us that you can mark on your calendars:

- March 1<sup>st</sup> - Senior's center (Buzzing Bees)
- March 7<sup>th</sup> - Library storytime (Buzzing Bees)
- March 13<sup>th</sup> - March 23<sup>rd</sup> Spring Break (no Buzzing Bees)
- March 13<sup>th</sup> - Crazy Hair Day
- March 17<sup>th</sup> - St. Patrick's Day - Green Day
- March 20<sup>th</sup> - Pajama Day
- March 24<sup>th</sup> - Dress up Day
- March 30<sup>th</sup> - Nursing students are visiting after nap time.
- April 12<sup>th</sup> - Buzzing Bees are going to the Firehall
- April 19<sup>th</sup> - Grad Photos for children going to Kindergarten in September

Christina C, Christina H, Sheryl, Emily

## PRESCHOOL COLUMN

Preschool has been busy the last months and we are sure we will continue to be busy in the last 4 months of Preschool.

We have made some new changes to the classroom; we have added some natural elements. We are always looking for "loose parts" ie, nuts & bolts, flat rocks, driftwood, corks, old picture frames. Please keep in mind we do have limited space for storage. We ask if you can speak with us first if you have these items, then we will be able to say yes or we might unfortunately have to decline for we have already received an abundance of that item.



In February we have been following the children's interests and they have been interested in sea life which has also gone into animals/pets. The Tue/Thu classes enjoyed yoga with Dorothy. We did mountain poses as well as breathing like a lion. Mon/Wed/Fri classes walked to the Firehall. In the morning, we witnessed the trucks leaving to a call but were till able to learn fire safety from Fire Fighter Brent. When the trucks came back we got a tour. The afternoon class's tour went off without a hitch.

We have also started to implement more outside time. We do live on the West Coast and it does rain a lot. We will go outside in the rain. Please have your child prepared to go outside. We could be out there for 30 minutes. You can send boots, rain pants, etc. But please remember that boots are not allowed in the gym or classroom. Your child will need shoes as socks are not safe.

When the weather gets a bit warmer (probably after Spring Break) we may take walks over to Hoffman Park where it is more of a forested area, and we can do some exploring and playing.

### Dates to Remember:

**March 13 to 24** - Spring Break. No Preschool

**April 19** - Grad Photos for 4 year olds. If your child is in the Tu/Th Afternoon class but will be going to Kindergarten in September, please bring them by the Centre at either 9:00am or 12:30pm to have their photo taken.

**April 20 & 21** - Tentative dates for fieldtrip to a past preschool family's hobby chicken farm. We're also hoping to hatch eggs in the class.

**Mar 30** - Nursing students are visiting the afternoon class.

**May 1** - No Preschool

Wow! Lots of information but it is getting busy. Keep an eye on Facebook to see photos of us.

Lori W & Sonja

## ADVENTURER'S COLUMN

What a busy winter it has been. We have been spending a lot of time outside and the favorite active of all during this outside time has been soccer. They will play it in snow, rain and any type of weather you can think, which we have seen. Despite this crazy weather the children still can't get enough time outside. As Spring is coming and hopefully nicer weather with it, please remember to bring a water bottle for your child. They get super thirsty playing soccer and running around.

When the sun starts going down and we have to go in, game like Stratego and Chess have been very popular. Most days one or both are being played. These games are great as they offer children not only the chance to develop strategic thinking, but learning to plan ahead a few steps ahead and learning about losing. Due to weather and a few Pro D Days we have had extra time off school. We have been busy cooking a variety of things. One Friday we made sushi. The children got to pick crab and/or cucumber and roll they own rolls. This was very popular and tasted great (see Facebook for pictures). On Valentines Day we had friendship fruit salad where the children cut up fruit like apples, strawberries and much more. The fruit was brought by the child for everyone to share.



Spring Break is right around the corner. Although I will be away for the first two weeks in March, Jane is now back and will be working with Kaelyn on a ton of activities. We will be bowling, cooking, going to a few different parks and working on some great art projects. Spring is always a fun time. If you have not yet signed up for Spring break do so soon.

As always, if you need to talk to me about anything feel free to do so in person or by phone or email. We look forward to a great Spring!

Rob & Jane