

June
2017

Waterloo Co-operative Preschool Newsletter



June Letter from Teacher Tracey

Well, this is the last newsletter of the year!

The teachers engage in professional development every year and foster a value in ongoing learning. After reading the updated Healthy Childrens Manual published online at the region of waterloo public health, I wanted to share some links and information.

http://chd.region.waterloo.on.ca/en/partnersProfessionals/resources/Physical_Activity.pdf

The above link outlines the best practices regarding physical activity.

Highlights include:

Fundamental movement skills: These are basic movement skills that a child needs to learn and build on; they are like the ABC's of reading. Examples include running, throwing and catching. When a child masters these skills, they develop the confidence and competence to participate in games, sports and activities that use these skills, and are more likely to be active through life.

Children should be physically active using their whole body for most of the day. One hour of Sedentary play is healthy for one sitting and only up to one hour of tv per day.

Children should sleep:

Infants 4 to 12 months - 12 to 16 hours of **sleep** every 24 hours (including naps).

Children 1 to 2 years - 11 to 14 hours of **sleep** every 24 hours (including naps).

Children 3 to 5 years - 10 to 13 hours of **sleep** every 24 hours (including naps)

<http://www.nutristep.ca/> is a helpful link in regards to nutrition.

Toddlers and preschoolers (1-2 years and 3-4 years) Toddlers and preschoolers should have a total of at least 180 minutes (3 hours) of physical activity at any level spread throughout the day, including:

- Different activities in different settings.
- Activities that build movement skills.
- Build up to at least 60 minutes of energetic play by five years of age.

For toddlers and preschoolers, this includes any activity that gets a child moving, such as crawling, walking, running, climbing stairs and dancing.

Active outdoor play: Children are given the opportunity outside to move, using their large muscles and whole body to be active. It allows children to have fun, be creative, experience nature and learn about their environment. It lets children challenge themselves, problem solve, become more aware of their abilities and helps them to be confident, bounce back when they struggle and self-regulate.

Physical activity: Is any activity that gets a child moving or using their muscles. It has been defined as any movement that requires energy, increases heart rate and increases breathing.

Physical literacy: Is about the development of movement skills and confidence to be physically active. Children develop physical literacy through daily active play when they run, jump, throw, catch, kick, swim, and more. By exploring a variety of physical activities and play in structured and unstructured settings, children develop the foundation to participate in activities, games and sports and are more likely to be active throughout their life. In the Physical Literacy Consensus Statement, it is defined as: “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

Sedentary behaviour: Sedentary behaviour is any activity that requires very little movement and is often done sitting or lying down, such as watching television, sitting in a motor vehicle or stroller, and playing on a computer or other type of screen.

Self-regulate: Self-regulation is when children are able to calm themselves down and to control themselves when they feel upset. It is a set of skills that children learn beginning at birth. Parents and caregivers have an important role in helping children learn ways to calm themselves. When a child is able to self-regulate they will be better able to: follow directions; communicate their needs; finish an activity; solve problems; and get along with others.

This month the children will be using their whole bodies, going over obstacle courses and other challenges and games like what time is it Mr Wolf, red light green light, and dancing.

We will have pajama days on Mon and Tuesday June 12, 13. Graduation days are June 14, 15 during the last half hour of class. Please come early (before 3pm) and take part in this fun preschool tradition.

Kinderprep class will be going to Greenaway Butterfly garden centre. Please meet there at 1pm and pick up by 3pm.

Teacher Julia is collecting \$10 each for the trip.

We also plan to walk over to Waterloo Park with the KP children after snack on June 6th. You will pick up at the park playground by the splash pad by 3:30pm please.

The last day of class is June 16.

The teachers are in the classroom during June 19-21 and available by email otherwise over the summer. For those returning in the fall please remember to attend our Mandatory AGM on wed September 6th from 6-8pm. Mandatory orientation sessions are held either on Friday Sept 8th am 9-1130 or during staggered starts the week of Sept 11th and Toddler classes start off the year with only 1.5 hour classes the week of Sept 18th. KP starts up full on Sept 12.

I hope you have found the newsletter and resources helpful. Thank you for all your feedback, input, suggestions and for giving me the opportunity to work with your family.

It has been such a wonderful year and an enormous pleasure teaching your children and partnering with all of you!

Julia and I say a sad goodbye to so many great children and families as they evolve into their next phases in life.

While we are excited to invite many families back in the fall alongside meeting some great new faces.

I hope June brings you sunshine and good times and that everyone has a safe and happy summer holiday!

Go on! Get out there and get active and be healthy with your family this summer!

Love Teacher Tracey

Grand Porch Party

It's that time of year again - the Grand Porch Party is gearing up for another fabulous day of local music drifting through the Uptown West neighbourhood. This treasured community event is powered by wonderful volunteers, so we need your help! The time commitment is about an hour for each role.

In particular, we need help with:

Street Monitors/Ambassadors – Stroll through the neighbourhood and act as a reference for those enjoying the day.

Set up crew – Help set up signs and tents on the day of

Merch Tent - Provide direction for patrons and sell t-shirts supporting the event.

Even if you are not able to volunteer, we hope to see you there **June 11, 2-5pm!**

If interested please email Larissa and Susan at gppvvolunteers@gmail.com

Greenway Blooming Centre

We have a trip booked to Greenway blooming centre on June 1st for those in Kinderprep. This trip ties in nicely with our learning about growing, butterflies and season changes. We will be exploring a butterfly tent, spending time in a classroom with hundreds of species of butterflies on display, learning about the farm animals and planting our own flower to bring home.

Details:

Cost- \$10 to be paid in cash to Teacher Julia before the trip

Time- drop off for 1pm start and collect at 3:00pm

Location- 2000 Shantz Station Rd, Breslau, ON N0B 1M0. We will meet in the carpark.

Please dress appropriately for the weather and bring a backpack with a change of clothes and a drink of water. We will provide a snack for the children.

Family Contact List

If you are interested in connecting with other families over the summer or connect with those who are planning to go to the same school in the fall ; please feel free to sign up in the hallway near the cup bins on the school lists provided. If your school is not listed please add it and any contact information you wish to provide.

Please be kindly reminded to come wearing sunscreen to preschool and have a hat to wear while outside as the weather and sun u v rays get hotter. Indoor shoes become less important as the year unfolds except on rainy and wet days.

Friendly Reminder to Dress for Sunshine

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Front Door Mental Health Resource

<http://www.frontdoormentalhealth.ca/>

We know how painful and difficult it can be to cope with mental health issues. We understand that your needs are unique and require unique attention. Our team is ready to serve young people 0-18 years of age, and their families/caregivers. Every year we work with hundreds of families as together we build mental wellness in our Waterloo Region communities.

When should you call us?

If you have a concern or a question – this is the place to start. No problem is too big or too small when:

- Your child or youth is or may be experiencing mental health, emotional, or behavioural problems
- You would like more information about Waterloo Region mental health resources
- When you do not know where else to turn

When you call us you can expect us to:

- Listen to your situation, concerns and needs
- Ask questions to help make sure we understand
- Explore information and community resources that might be helpful to you
- Schedule an appointment with a clinician if this is needed

You can reach us by calling 519-749-2932

Walk-In

We offer walk-in counselling services four days a week at three locations in Cambridge and Kitchener and single counselling and consultation sessions by appointment three days a week at four township locations.

Is Walk-In for me?

If you are:

- a teen
- a parent of a child under 18 years old
- a young person under the age of 12 with your parents' consent

- a young person 12 or older (you can attend with an adult if you wish)

Then our walk-in counselling is for you. You are always welcome to bring any other significant/supportive person with you to a walk-in session. Content discussed in walk-in sessions are held in strict confidence as with any other counseling relationship.

Walk-in Services

Tuesday: 12pm – 6:30pm at Lutherwood, 35 Dickson St, Cambridge

Wednesday: 12pm – 6:30pm at Front Door, 1770 King Street E., Kitchener

Thursday: 9am – 3:30pm at Langs, 1145 Concession Rd., Cambridge

Saturday*: 9am-3:30pm at Front Door, 1770 King Street E., Kitchener

*Saturday walk-in is not open on weekends around major holidays (Family Day, Easter, Victoria Day, Canada Day, August Civic Holiday, Labour Day, Thanksgiving, Christmas and New Years).

Please Note: the main entrance at 1770 King St E. is not accessible for wheelchairs or mobility scooters, and the main entrance at 35 Dickson St. is not accessible past 7 pm. Should you have these or any other needs which require accommodation, please call us prior to your visit so that we can make appropriate arrangements to welcome you.

Help for Parents

Who can attend a Front Door walk-in session?

Parents of children between the ages of 0 and 18, parents and children together, children under the age of 12 with their parents' consent (please note, we require the consent of both parents for children under the age of 12 when parents hold joint custody). Youth who are 12 or older can attend without an adult. You are always welcome to bring any other significant/supportive person with you to a walk-in session.

Can I come to walk-in more than once?"

The answer is Yes, you are welcome to return to walk-in more than once. You may wish to return on your own, or with other family members.

What will happen when I arrive?

You will be given a brief questionnaire and consent to complete and sign. You will be given a comfortable place to wait for your counsellor. You will be given a good idea of when the next counsellor will be available to meet with you.

What will happen during my session?

You will meet with an experienced counsellor who will talk to you about the concerns or questions that brought you to Walk-in. You will establish a goal for the session and the focus of the session will be on what is most important to you. You will leave with a written summary of the session, which may include one or several of the following: your plan for next steps, coping strategies, referral information, or relevant/helpful written information.

How long will I have to wait?

Wait times vary depending on how many other people come to walk-in that day. We will do our best to provide you with a good estimate of your wait time, or alternatives if the wait time for that day does not suit you.

How long will my session be?

Most sessions are about 1 to 1 ½ hours each.

What if I live in a township and walk-in city-based locations are not convenient?

We also offer single counselling and consultation sessions by appointment three days a week at four township locations. Just call Front Door at 519-749-2932 to arrange an appointment.