

# FAMILY CENTRE NEWS

Seven Oaks School Division

April 2013

## Tag, You're It!

**Jacky Molyneux**

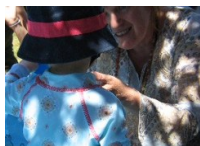


### Have you played today?

From behind the window, I watched a group of teen boys playing outside on a brisk and windy day. Time stopped as they played. I asked an onlooker what the

boys were doing. He indicated that they were playing a game, with a name sounding far more sophisticated than tag. But, believe me when I tell you, what I observed was a game of tag...children having fun at play outside. Later, that evening I saw some adults, at a restaurant, eagerly sharing some iPhone pics, they had taken during their first go at archery. They were animated and excited, having had fun at play. More recently, I observed some toddlers smiling as they ran up and down the hall from the Family Centre. These escapades bring to mind the documentary entitled...Seriously! A movie about play. "Seriously! Is a creative documentary about the power of play to generate and restore health and sanity to our world. "In the words of Brian Sutton Smith, "The opposite of play is not work, it's depression. Hence, I say, as Spring springs upon us..."Tag...You're It! Let's play!"

## Positive Discipline



We all know that parenting is a most rewarding, but challenging experience. Often we are presented

with situations or behaviors that leave us feeling frustrated and unsure of how to respond. Positive Discipline is an approach to parenting that teaches children and guides

their behavior, using tools of warmth, structure and problem solving. Advancing Community Schools offers free 8 week sessions for parents to learn more about this approach.

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### Children Are Our Greatest Teachers:

**A young child was explaining the word "humility" to me. She said, "It means... I'm not the boss." Children have a great capacity to understand "big ideas." They never cease to be amazing!**



## Advancing Community Schools

There are 14 Family Centres in Seven Oaks School Division offering free programming.

Learn more about us on the Seven Oaks School Division website. We promote early learning.



## Seven Oaks Early Learning Coalition

We are a group of caring community partners who collaborate together in support of early years children and their families.

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Catch us on Twitter  
[@FamilyCentres](https://twitter.com/FamilyCentres)

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Take a peek at our webpage found at [www.7oaks.org](http://www.7oaks.org), under programs.

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## Mothers and Daughters In Touch



Designed for mothers & daughters in grades 6-8.

Advancing Community Schools is offering its second series of an 8 week program called "Mothers and Daughters in Touch." The program uses different activities focused on promoting healthy communication between mothers and daughters in areas of making healthy choices, developing positive

self esteem, handling peer pressure and learning effective communication skills. It's a time for mothers and daughters to have some fun, uninterrupted time together...time to enhance mother and daughter relationships. Keep posted for further offerings of this program.