

Family Centre News

Seven Oaks School Division

Advancing Community Schools

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Special points of interest:

- Early learning is everybody's business.
- Take a winter walk in the woods with your children!
- Being present in nature, is good for you!

In this issue:

A Daily Dose of Nature |

We are Open! |

Follow Us On Twitter 2

Physical Activity 2

A Daily Dose Of Nature....Jacky Molyneux

I have always been amazed at the power of a hill...a hill of dirt, a snow hill. Being thick in the deep freeze of winter always compels me to remember that...children aren't typically intimidated by cold weather. They see snow and they want to immerse their whole being in it. They see a hill and they want to slide down it. A hill is one of nature's child magnets, is how I think about it. I was recently reading David Suzuki's blog, whereby he offers a prescription for health and happiness...a daily dose of nature. A wealth of research exists articulating what many of us intuitively know...nature is good for us. I came upon another article regarding Forest Bathing in Japan. Forest Bathing refers to a walk in the forest, being present with all of your senses for a walk in the woods. Apparently, trees emit things that are good for us and after a walk in the woods...we feel better. Not having easy access to the woods, I decided to try my own version of forest bathing. One evening, I layered up and sat down in a grove of pine trees, near my house. I could see the moon as it was a clear winter's night. I felt giddy and childlike, that is, until my neighbors came to ask me if I was injured. Next time, I

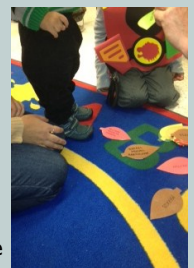


Have you ever seen a child resist a hill?

will be sure to bring along a child or a dog...when forest bathing.

We Are Open Even In Winter!

Did you know that there are 14 Child & Family Centres in Seven Oaks School Division that offer Free programming for children and their families. Winnipeg recently persevered through another Winter Blizzard which was supposedly nine minutes short of being considered an actual blizzard. I received an email from one of the Community Coordinators who offers a Saturday program for families. She emailed me to say that she made it to the Family Centre. She was determined to get there as a new family was attending that day. As it turns out, the family, newcomers to our world of Family Centres, made it through the "near" blizzard as well. They had a great time playing with the Community Coordinator's daughters and they indicated that they will be coming back. This is yet another example of dedication to early learning and the Family Centres. So...in case you had any doubts...we are open...even in near blizzards. We welcome you to join us!



@FamilyCentres

Follow us on Twitter ! Quotes from children should make you smile!

Better yet...Come and join us at the Child & Family Centres! Grandparents Welcome!

ADVANCING COMMUNITY SCHOOLS



Interesting!

From Canadian Society For Exercise Physiology

<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-early-years-ENG.pdf>

Suggestions for keeping our young children active! 0-4

Get moving!



Dancing to the music!

Canadian Physical Activity Guidelines

The Canadian Society for Exercise Physiology has guidelines available for physical activity. A relatively new set of guidelines were established for the 0-4 crowd. The guidelines state that being active for a baby means:

tummy time, reaching for or grasping balls or other toys, playing or rolling on the floor, and crawling. Being active as a toddler or preschooler includes any activity that gets kids moving playing both inside and outdoors. The older

children get, the more energetic play they need. The guidelines and suggestions for activity can be viewed at www.csep.ca/guidelines

Get moving! Come to the Family Centres and move with us!