

Brighter Beginnings Newsletter

June 2018



Where has the time gone? Seems like just yesterday we were welcoming your children into our class. It has been a wonderful year!

We have had a lot of fun learning about animals and only have a few weeks left to talk about Summertime Fun! Weather permitting, we hope to go outside to play in the playground a little more so please send your child to school in playground friendly shoes (no flip flops please).

Also, Father's Day activities will be happening here on June 13th at 10:00am-11:30am for the morning classes and 1:00pm-2:30pm for the afternoon students. Uncles or grandpas are welcome too, if Dads are unavailable.

Wednesday, June 20th is our end of the year party at Broadmoor Spray Park. Families are invited to come join us for some spray park fun. Please bring a snack to share. Hope to see everyone there!!

The last day of classes is June 22nd. We will be having an indoor pool party. Yes, you heard right! Please send a labeled towel and swim trunks so we can end the year off with a splash :)



Contact Information

To let us know of your child's illness/absence or to discuss your child's program, please contact both Lise Pardell and Tracey Pineau:

Office Phone: (780) 467-7137

Email: lisep@eics.ab.ca
traceyp@eics.ab.ca

Birthdays

June	-Maddy (am)	-Ryan (pm)
	-William (pm)	
July	-Ryder (am)	-Cristian (am)
	-Ethan (am)	-Coleman (am)
	-Max (pm)	
August	-Nicholas (am)	
	-Wyatt (pm)	-Sam (pm)
	-Evelyn (pm)	



Important Dates:

June 13th Father's Day Activities

- Morning class 10:00am-11:30am
- Afternoon class 1:00pm-2:30pm

June 20th Broadmoor Spray Park 10:00 am - 2:00 am

June 22nd Indoor Pool Party -Last day of classes



Occupational Therapy Corner

Jen Szydowski: Jennifer.szydowski@eics.ab.ca



Hello Brighter Beginnings Families and welcome to summer! I wanted to leave you with some simple and fun activities that you can do this summer to playfully work on the many skills that are developing.

- Play outside - at the park or the playground - pushing, pulling, hanging, swinging on the equipment all help to strengthen the muscles in the hands
- Use buckets, shovels, scoops, measuring cups to scoop and pour sand or water; filling a bucket or watering can and carrying it helps to work on hand strength and is 'heavy muscle work' which can be calming; pouring from a watering can also works on hand-eye coordination
- Sand - bury objects in the sand to be dug out and found; bury body parts in the sand - a great way to learn the names of body parts and the sand can increase awareness of these body parts; draw roads, simple pictures or shapes in the sand
- Take a pail on a walk and collect treasures - sticks, rocks, leaves, flowers; sort them into piles and look for what is the same and what is different - visual perceptual skills; try to pick up several small rocks in one hand and move them around in the hand - small muscles in the hands; make a pattern (stick, rock, stick, rock) or a pile with several items and then remove one item while your child's eyes are closed and see if they can tell what is missing or changed or, play 'I spy' games - these activities work on visual scanning, finding objects in the midst of a cluttered or busy view and learning to keep one's attention focused for short periods of time
- Play games with dice and pegs - cupping and rolling the dice in the hand is a great way to develop the muscles in the palm of the hand and pinching pegs and small games pieces helps to work on the refined 'pincer' grasp
- Blowing bubbles is a great activity - it is 'heavy muscle work', encourages taking deep breaths and can be calming; it works on eye-hand-mouth coordination (holding the wand and targeting the hole in the wand) and eye-hand coordination for popping the bubbles. Play with whistles, horns, harmonicas, party favours for the same benefits as well as work on breath control - 'how many blows can you do in a row?'

- Squeezing spray bottles and water toys using one hand or squeezing out sponges are great ways to strengthen the muscles in the hand. Have fun washing the car!
- Use sidewalk chalk to make large pictures using lines, circles and crosses or big rainbows crossing over the middle of the body; have your child 'paint' over the chalk with water and a brush or a squirt bottle.
- Make mazes with chalk on the driveway for your child to walk through or to trace through with chalk or a wet brush.
- Use a skipping rope or hose to make shapes on the grass. Have your child follow the path of the shape by walking or crawling over the rope/hose. Use the skipping rope on the driveway and have your child 'trace' the shape with a wet brush.
- Put an assortment of two matching summer objects into a large bucket or tub (filled with water and maybe even bubbles to increase the fun). Take turns pulling out two objects that match and put them together on the ground.
- Puzzles are great for many areas of development and you can even make your own. Draw a simple picture, cut it into shapes and then paste it back together onto a blank piece of paper.

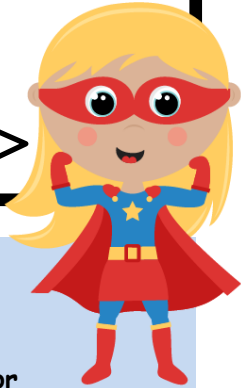
It has been wonderful working with all of you this year. Have a playful, adventurous and fun-filled summer!



Let's Talk About Speech and Language

Kelly Cassan: kelly.cassan@eics.ab.ca

i can
TALK
you into
ANYTHING.



The school year is winding down and everybody is excited for summer vacation! This month I will be finishing reports, meeting with families, and preparing children for transitions if they are moving to other schools or other grades. **Please find summer vacation and kindergarten social stories attached to this email. With your child, read the stories and take or draw pictures to prepare them for these changes.** I have also attached ideas for fun, easy speech and language practice.

Speech and Language Tip of the Month:

Greenberg, J. & Koochi, A.L. (2016). How to Build Language and Literacy Through Powerful Conversations. The Hanen Centre.

Summer is a great time to take a break and enjoy time as a family. Take advantage of your time together by engaging in quality conversations. Follow your child's lead by talking about what interests him/her. Take back and forth turns, keeping the conversation going for as long as possible. Here are some ideas to help you engage in quality conversations with your child.

Make storytelling a part of your day:

While visiting a place your child has been to before, encourage him to tell you what happened the last time he was there. Ask questions and make comments that help him clarify what he means and include all the important details. For example, "Oh, you played Frisbee the last time you were at this park! Who did you play with?" Have your child keep a journal of summer events. If your child cannot yet write, have him/her draw pictures to tell stories. You can have him/her tell you the story and you write it in the journal. This will help your child learn:

- How to tell and understand stories, which is critical for both effective conversations and story comprehension
- Advanced grammar, sentence structure, and vocabulary

Make explanations part of your day: Talk about how and why things work. Ask your child to think of an explanation for the actions or emotions of a character in a book or TV show. For example, "Scaredy Squirrel seems really frightened to leave his nut tree. Why do you think he is so afraid?" Your child will learn:

- An understanding of cause and effect
- How to think critically
- Comprehension
- New vocabulary

Get your child involved in solving problems: Draw your child's attention to small problems that arise throughout the day, and encourage him to think of solutions. For example, "Oh no, we've run out of glue to finish our art. What can we do?" When possible, give your child a chance to try out his solution, even if you think there's a better one. Your child will learn:

- How to think critically
- New vocabulary
- Social skills for negotiating and solving problems

Please feel free to contact me with any questions or concerns!

Thought for the month...



If parents have ideas they would like to share for our "Thought of the Month," please email lisep@eics.ab.ca and traceyp@eics.ab.ca by the 25th of the month.

