PRC CRP
parentresource.ca

Growing Together
Early Literacy Specialists

Spring Literacy

Play

Let's Get Moving!

Did you know?

According to the ParticipAction Report Card on Physical Activity for Children and Youth, only 9% of Canadian children aged 5-17 meet the guidelines for the 24-Hour Movement for Children and Youth of 60 minutes per day of the physical activity they need. Here are 10 Reasons that children should be physically active:

1. Increases and develops movement coordination
2. Increases and develops balance and posture
3. Increases and develops core competencies to be able to plays sports
4. Encourages and increases self-esteem
5. Encourages socialisation
6. Helps children sleep better
7. Decreases anxiety and stress
8. Helps children manage their emotions
9. Increases concentration and attention
10. Can help children achieve better grades at school

Read

Here is what you need:
Clothes pins and a permanent black marker

Alphabet Treasure Hunt

Write letters of the alphabet on the clothes pins and then take them outside. The child must choose a clothes pin and then try to find items that start with the letter they have selected. This activity can easily be done indoors or outdoors.

Talk

Here is what you need:
Recycled cans, items found in nature and paint

Outdoor Sound Concert

Recycle some cans and paint them with the children and then hang them in a tree. Now create some musical sounds by tapping the cans with recycled materials or items you find in nature.

Sing

Spring Poem

Some days seem like winter,
Some are nice and warm.
Rainy days and windy days,
Maybe it will storm.
Warm or cold or wet or dry,
What will the weather be?
I think spring is trying to play
Peek-a-boo with me

By Sharon Siegelman

Write

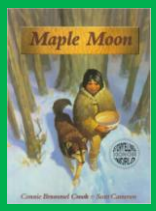
Here is what you need:
Paint cardboard paper, sticks, flower stems, rocks and other items found in nature

Painting with items found in nature

Take a walk in nature and ask the children to collect different items such as sticks, flowers stems, and rocks. Then ask the children to paint with the items that they found during their nature walk.

Spring Reading

"Books are uniquely portable magic."
Stephen King

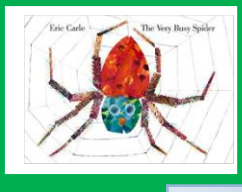


By: Connie Brummel Crook

By: David Shannon

By: Julie Fogliano

By: Don Freeman



By: Eric Carle

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Other News…

Let's Get Moving!

As the nice weather approaches, it's time to get moving outside.

Did you know that when children play outside:

- They are more active and play time lasts longer
- There are some positive health benefits like improving cholesterol levels and blood pressure
- There are positive impacts on mental, social and environmental health
- It helps develop cooperation skills
- It promotes memory, problem solving and creativity

"If we want our children to protect the Earth, we need to give them an appreciation for it and a sense that they are connected to it." David Suzuki

Here are some links to help you get moving with your children:
https://activeforlife.com/activities/
Actif For Life – physical activities for children
http://kidactive.activeforlife.com/login
Login for an activity ap
https://www.participaction.com/en-ca/programs/participaction-150-play-list
ParticipAction 150 play list
http://www.davidsuzuki.org/what-you-can-do/
David Susuki Nature As A classroom
https://www.facebook.com/parentresourcecentre
Parent Resource Centre

SCHOLASTIC

A great way to increase your child's own home library while supporting the Parent Resource Centre. For every purchase you make, the PRC earns points that allow us to purchase books for our early literacy program. The Early Literacy Specialists use the books to support early literacy initiatives throughout the year. Your support is greatly appreciated!

When making your online purchase through *Parent Pay*, please indicate the following information:
Name of school: OYE Parent Resource Centre
Name of teacher: Sonal Mistry

Follow the link below for more step by step details
http://www.scholastic.ca/clubs/parentpay/

Upcoming Event

Please join us for a parent child workshop Let's Get Moving , offered on April 26, 2017 at the OEYC Vanier. If you wish to get moving with us or require more information, please call: 613-744-2892 x1432
Spots are limited so register today.