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Dear Parents/Caregivers,

Spring has now seriously landed on our doorstep, so we decided that for this month's newsletter, we will focus on ways to celebrate this special season of renewed growth, energy, and life. Of course, as usual, we included items that pay attention to:

Learning/Education

Physical Activity

Public Health

Parenting Help

Enjoy!

Happy Sun!

Crafting doesn't need to be complicated...
It can be simple and fun.

Let your child paint or colour the face of a happy sunshine, and then use their own little hand cutouts to add the rays!



Simple Snack

Give your children a sneak preview of summer...make some popsicles!
You can use yoghurt, instant pudding, or real fruit juice.

Get Them Out There!

This generation's childhood is different from the last generation(s) in many ways. One of the biggest differences is that families spend much more time inside. Why? Many reasons, including more electronic device time and more structured activity.

The next page talks about why we might want to change that pattern, and gives a few ideas of where to start...



6 Good Reasons for Getting Outside

Sunshine

Sunshine helps our bodies make vitamin D, which promotes bone development, healthy sleep, improved mood, etc.



Exercise

Getting outside to play is one way to make sure we are active...especially with something like a ball or a bike.



*** sunshine and exercise are great for grown-ups too, for all the same reasons!**

Making Choices, Problem-Solving, Being Creative

(Executive Functioning)

For children to learn and practice these important life skills, they need unstructured time. Alone-time, time with other children, making up games, figuring things out, entertaining themselves...will all help children with getting ready for the rest of their life!

Taking Risks

We want our children to be safe. But if we keep them in bubbles and never let them take any risks, they won't know what they can do — and they may not have the confidence and bravery to face life's risks. The lessons we learn from failure are just as important as those we learn from success.



*** encourage your children to climb that big old tree, or build a fort with branches**
***let them try to ride their bike without the training wheels (if they're asking)**

Learning to Socialize

Children need to learn how to make friends, work together, share, cooperate, how to treat other people. If they only interact in very structured settings such as school or sports teams, they can't learn everything they need to know about being part of a community.



Appreciating Nature

Much of our world is changing. If a child grows up walking in the woods, digging in soil, seeing animals in their habitat, playing in a stream, or watching a sunset, chances are they will have a good understanding of how amazing nature is, and will want to take better care of our planet.



***let your children plan a picnic together**
***encourage them to draw each other a picture of something they've seen outside**
***look for new plants & bugs, listen for birds, splash in the ditch/puddle/creek**