

THE EARLY CHILDHOOD WEEK

Making early childhood concerns a priority in Québec society. For more than 60 years, November 20 has been designated as Universal Children's Day. The Early Childhood Week from November 20 to 26 offers an opportunity for communication and dialogue on the topic of young children's development. A wide range of activities and events will take place throughout Québec all week. Please visit www.gstp.ca. From November 20 to 26, let's all stand tall for our little ones and **PETES** is proudly supporting this initiative by offering activities at the school on November 21st. ***Come celebrate with us!***

Making Sense of Kindergarten Children

Presentation by David McFall – principal - 6:00-7:00, CLC room

This workshop will give parents further insight into our educational philosophy and share our knowledge and understanding of the developmental stage of kindergarten children. Dr. Gordon Neufeld's attachment-based approach gives a language and framework to our intuition. It reminds us of the irreducible needs for healthy child development: **true play, true rest and true tears**. This presentation will unlock some of the reasons to explain why some children are reaching their full potential, while others are not. For the past seven years, we have been weaving the Neufeld philosophy into the teaching and organizational aspects of the school and it has been instrumental in helping our children thrive at Pierre Elliott Trudeau.

Reconnecting our Children to the Natural World

Presentation by Isabelle Diaz - www.lesarterres.com, 5:15-6:00, CLC room

Our children's relationship to the natural world has changed dramatically over the last forty years. Kids' experience more "screen time" than outdoor play in nature, leading to child obesity, behavior and mood disorders and poor physical coordination and health. Learn more about the physical, mental and emotional benefits of reconnecting our children to the natural world, beginning in their early years, when their brains and bodies are developing at a rapid pace. We will also discuss the long term vision of creating a nature connected culture, the roles mentors, parents & schools can play.

Come Play, Create, Cooperate! Moving with Meaning through Yoga for wellness and happiness!

Family yoga by Catherine Lesage -www.littlefeetyoga.com , Ms Stronach's room, 4:30-5:15

Come awaken your inner child in this family yoga class! A unique approach to yoga through play and creativity where families experience quality family time resulting in positive ripple effects within the family and community. A time to bond with your child in an environment filled with laughter and love. Parents and early childcare providers play critical roles in influencing the youngest of children to engage in physical activity and active lifestyle that can last a lifetime. Modeling positive movement activities and emphasizing the importance of healthy habits provide an environment rich in opportunities for children and parents to feel good and grow strong roots together.

Please check one or all activities below if you plan on attending. Healthy light meal will be served.

Please return to your child's teacher **NO LATER THAN November 17, 2016**

On November 21st, I will be participating in:

- _____ Making Sense of our Kindergarten Children workshop
_____ Reconnecting our Children to the Natural World workshop
_____ Come Play, Create, Cooperate! Interactive family yoga class (parent and/or grandparents welcome)

Child's name

Child's teacher's name