



July Newsletter

July Insight

Summer is here and we've got lots of fun planned!

Just a reminder that the Centre will be **CLOSED** on **Tuesday, July 1st** for Canada Day—we hope you enjoy the long weekend with your families. We'll be celebrating the season with a few exciting Spirit Days, including Cow Appreciation Day, a sunny Beach Day, and a creative Tye-Dye Tuesday! More info will be shared as the dates get closer.

To help keep everyone cool, we'll be doing lots of water play outdoors, including fun ice and water sensory activities.

We'll also be having a Popsicle Party later in the month—just a fun and tasty way to enjoy the summer heat with friends.

And don't forget—our Preschool Graduation is happening on Wednesday, July 10 at 3:00 PM. We can't wait to celebrate our amazing grads and all they've accomplished!

Looking forward to a joyful and sunny July!

Process Art Month

This month we're embracing process art—a creative experience that focuses on the doing rather than the final product. You might notice your child's artwork looks abstract or messy—and that's the goal! Through finger painting, glue and collage, stamping, or painting with unusual tools (like feathers or sponges), children develop fine motor skills, decision-making, and confidence in their ideas. We encourage open-ended creativity where every creation is unique, and every child is proud of what they've made. You can support this at home by offering simple materials and celebrating the effort, not the outcome!

Dates to Note

July 1 - Canada Day! (Centre Closed)

July 4 - Beach Day, dress in fun beach wear!

July 10 - Preschool Grad 3pm

July 15 - Cow Appreciation Day, wear black and white!

July 25 - Beaver Creek Popsicle Party!

July 29 - Tye-Dye Tuesday, wear your best tye-dye outfit!



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The Importance of Music and Movement

Music and movement are much more than just fun activities—they play a key role in supporting early development. For toddlers and preschoolers, moving their bodies to music helps build gross motor skills, coordination, and balance, while clapping, tapping, or using simple instruments also promotes fine motor control. Singing songs and dancing to rhythms support language development by introducing new vocabulary, rhyme, and repetition, which lay the foundation for early literacy. These activities also encourage focus, memory, and listening skills, helping children develop important cognitive abilities. Just as importantly, music and movement offer opportunities for creative expression, emotional regulation, and social interaction, as children sing together, take turns, and express themselves freely.

We intentionally incorporate music and movement throughout the day to nurture these skills. We begin our mornings with group songs that encourage participation and listening. Children are invited to use instruments like shakers, rhythm sticks, and tambourines during music circles, helping them explore sound and develop coordination. We often engage in action songs like Head and Shoulders or If You're Happy and You Know It, which support body awareness and language skills. Dance parties, yoga sessions, and movement games like freeze dance or musical chairs are also regular parts of our routine, promoting physical development and joyful expression. Even during transitions—like lining up or cleaning up—we use songs to help guide children smoothly from one part of their day to another. Through these simple but meaningful practices, we create a rich environment where music and movement are woven into learning and play every day.



Move & Freeze Dance Game

Get your bodies moving with this easy and fun activity the whole family can enjoy!

What to Do:

1. Play your child's favourite upbeat music.
2. Dance, jump, twirl, or move however you like!
3. Pause the music at random moments and yell "FREEZE!"
4. Everyone must stop moving and hold their pose until the music starts again.

Make it Extra Fun:

- Call out silly instructions like "Dance like a robot!" or "Jump like a frog!"
- Try using scarves or ribbons to wave in the air as you move.





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Sun Safety Tips!

As the warmer weather arrives, we're spending more time enjoying the great outdoors! To keep our children safe under the sun, here are a few helpful tips:

- **Apply Sunscreen Daily:** Use a child-safe, broad-spectrum sunscreen with SPF 30 or higher. Apply at least 20 minutes before going outside and reapply every 2 hours, especially after water play or sweating.
- **Dress for Protection:** Choose lightweight, long-sleeved shirts, wide-brimmed hats, and sunglasses with UV protection to shield sensitive skin and eyes.
- **Seek Shade:** The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, play in shaded areas or use umbrellas and canopies to provide cover.
- **Stay Hydrated:** Offer water regularly, even before children feel thirsty, to keep their bodies cool and hydrated.
- **Model Sun Safety:** Children learn by watching—if they see you applying sunscreen and wearing a hat, they're more likely to do the same!

We take sun safety seriously by applying sunscreen, encouraging protective clothing, and enjoying outdoor play during safer sun hours. Let's work together to keep those little smiles safe in the sunshine!



Water Play

With the warm weather here, we're making the most of our outdoor space with plenty of water and sensory play! The children love splashing and exploring using our hose, sprinkler, water tables, and a variety of fun water toys that keep them cool and engaged.

These activities can get a little messy—and that's part of the fun! We kindly ask that parents send their child in childcare-safe clothing each day (outfits that can get wet or dirty), along with a labeled spare set of clothes in case a change is needed.

Outdoor play is an important part of our day, and we appreciate your support in helping us make it safe, fun, and comfortable for everyone!

