

Seed to Sprout

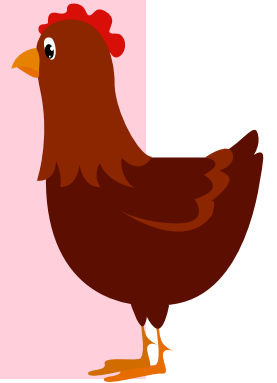
P R E S C H O O L

MARCH 2024 NEWSLETTER

THIS MONTH

March is for garden prep! We are excited to get our seeds started, both in the garden and in the greenhouse, and see them start to sprout!

Our fairytale this month will be The Little Red Hen and we'll explore the importance of cooperation within the classroom.



IMPORTANT DATES

March 11

Book orders due

March 26-28

No School--Spring Break

HAPPY BIRTHDAY

March 15th

Dax



AFFIRMATIONS

I Am Proud
of Myself

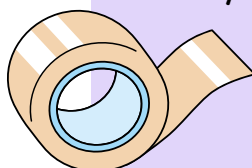
I Am Safe



RECYLABLES

Please collect the following
recyclable items this month:

Empty Tape Rolls



WHY PLAY??

EXPLORING BOUNDARIES: THE ROLE OF RISKY PLAY

Risky play refers to play scenarios that incorporate a level of perceived risk or challenge. These can involve activities like climbing, jumping from heights, playing near unfamiliar elements, or navigating through less structured environments.

IMPROVES RISK ASSESSMENT

When children have opportunities to manage small risks themselves, they learn how to evaluate danger and practice safe behavior.



STRENGTHENS RESILIENCE

Facing moderate risks and challenges helps children build the ability to cope with stress and overcome obstacles.

ENCOURAGES INDEPENDENCE

Children who have more freedom in their play tend to become self-reliant, confident individuals.



BOOSTS PHYSICAL DEVELOPMENT

Activities like climbing, jumping, and balancing on uneven surfaces promotes muscle development, coordination, and agility.



SPARKS CREATIVITY

Risky play that has no defined "purpose" gives children's imagination room to roam and leads to innovative thinking.

Risky play lets children test their abilities and learn their physical limits. Climbing trees, jumping off swings, and playing on jungle gyms helps children gain confidence, learn body awareness, and build important motor and cognitive skills.

Let's give children the freedom to play—and the chance to learn from manageable risks. With new understanding, we can help our children reap the rewards of healthy risky play while keeping them safe.

"THE MORE RISKS YOU ALLOW YOUR CHILDREN TO MAKE, THE BETTER THEY LEARN TO LOOK AFTER THEMSELVES."

ROALD DAHL

References: Sandseter, E. B. H. (2007). Categorizing risky play - How can we identify risk-taking in children's play? *European Early Childhood Education Research Journal*, 15(2). Little, H., & Wyver, S. (2008). Outdoor play: Does avoiding the risks reduce the benefits? *Australian Journal of Early Childhood*, 33(2).

