

NEWSLETTER

LITTLE ANGELS PRESCHOOL JUNE NEWSLETTER 2023

MESSAGE FROM THE DIRECTOR MRS. SHABANA SYED

As we all know, Eid-ul-Adha is coming soon. May Allah swt grant us the opportunities to once again celebrate it with our family and relatives.

**Eid-ul-Adha Mubarak
from Little Angels Family to yours!!**



Dear Parents,

May went by so quickly. We had a lot of fun, dressing up for our Graduation pictures. We also had two amazing events planned for our moms and dads. "Tea with Moms" was a special one. Moms had such a great time sitting next to their child working on projects and having tea. Then we had our smashing dads. "Coffee with Dads". They got to do hands on projects with their child and had such a great time and made memories to cherish. Alhamduillah

Before we get started with our summer program we decided to have some fun on our last day of May. We planned a Pizza party and watched a movie.

We seem to finally be enjoying some warmer weather. We have spent so much time indoors and are excited to spend time outside enjoying the weather and the many things we can observe. Our children strengthen growing muscles when they are climbing, running, playing ball and jumping. This month we will also be taking time to discuss all the changes around us. In the month of June children will be learning about flowers growing, babies being born and the many colors around us. One thing parents can do is take the time to point out all of these wondrous miracles we can see in our everyday life. You will be helping them expand their language, communication skills and help them to be eager learners. You can take your child out and show them how to fly a kite, start riding that bicycle or spend an afternoon watching cloud shapes and blowing bubbles. Keep in mind, your child is always learning!

SUMMER SAFETY

With summer now here, we all try to dress to best survive the hot weather. Clothing and footwear become skimpier. We ask for your help in keeping your child injury-free by dressing them in sneakers or sturdy sandals. Backless sandals and flip flops are particularly hazardous and should not be worn. We do a lot of running and climbing and your child's feet need support. Thanks for your help! All children can also use the protection of sunscreen. It's a great idea to make it a part of your morning dressing routine.

We have some fantastic preschool activities planned for this **"Month of June"** to stimulate your child's development. First week of summer program we will set up our **garden**. We will plant some vegetables saplings, herbs, and colorful flower seeds. Children will learn how to take care of plants just as they take care of themselves. Making sure the plants get enough sunlight, water, and nutritious soil for them to grow healthy.

We will also explore **outdoors** and focus on strengthening out large motor skills by using our bikes, climbing tree house, and exercising.

Cooking is always fun for children. Next two months our Little Chefs will make some yummy foods. **Eid Ul Adha** is at the end of the month and we will celebrate in class with activities related to Eid.

NO SCHOOL JUNE 26-30 EID-UL-ADHA BREAK

IMPORTANT DATES TO REMEMBER

- 1 • **June 5th: Summer Camp Starts**
- 2 • **June 7th: Setting up our Garden**
- 3 • **June 15, 21th: Cooking Class**
- 4 • **June 23rd: Eid-ul- Adha- Class Party**

THE BENEFITS OF OUTDOOR PLAY IN EARLY CHILDHOOD DEVELOPMENT

It's undeniable that the digital age that we live in has many extraordinary advantages and having access to these digital resources is a great privilege. As more children grow up surrounded by digital media, and electric entertainment, it's becoming exceedingly clear that this privilege is one that needs to be managed responsibly. With tech devices becoming increasingly accessible, the amount of time school-age children, and even toddlers spend outside actively playing has declined dramatically. Most parents recognize this issue and want to encourage their kids to be more active throughout the day, but outdoor play may not be a priority in a busy household.



Good “old-fashioned” outdoor play is essential for healthy development, especially in children's early years. Being active outside provides little ones with valuable experiences that can directly impact their physical development, social skills, creativity, and even their intelligence.

Why Outdoor Play is Important for Healthy Childhood Development

Physical Benefits of Outdoor Play

Spending time outdoors in their early years directly affects your child's physical strength, coordination, and even the development of their immune system.

Exercise and Physical Health

Kids who spend more time outdoors playing are less likely to develop weight-related health issues because they are able to engage in active play. Children should have at least an hour of active play a day, and outdoor spaces are the perfect environment to naturally encourage this. Running, skipping, jumping, and climbing all help little bodies grow stronger muscles, and build up their endurance. Plus, establishing this positive relationship with physical activity in a child's early years sets them up for a healthy attitude towards maintaining an active lifestyle into adulthood.

Improved Motor Skills

Many outdoor activities naturally help young children develop essential motor skills like coordination, agility, balance, and dexterity. Kids who are encouraged to explore outdoor environments will put their abilities to the test and constantly develop new skills through trial and error. If your little one isn't walking yet, pushing them on a swing is a great exercise for early motor skills development! Swinging helps them engage all their muscles as they learn to sit up, hold on, and flow with the movement.

Sunshine (Vitamin D)

Vitamin D aids in immune system development, strong bone and muscle growth, and even allows our bodies to heal more efficiently. It has also proven to play a big role in helping us establish healthy sleep cycles and mood stabilization. Our bodies require regular sun exposure to produce Vitamin D, and children who play outside produce ample amounts of it.

Playing Outside Encourages Emotional Development

Spending more time outside playing can also have many positive effects on young children's emotional development and build their confidence.

Confidence and Independence

Engaging in outdoor play introduces children to new situations and encourages them to take **positive risks** and try new things at their own pace. By being presented with opportunities to try something new, children independently test their own abilities and learn new skills. This allows them to develop stronger self-awareness and a sense of independence as they grow more confident in their capabilities.

Appreciation of the Environment

Outdoor play helps kids create positive memories and deeper connections to the environment at a young age. These fun childhood experiences tend to promote an appreciation for natural spaces and the environment as a whole.

Playing Outside Benefits Kids Intellectually

Encouraging outside play allows little learners to experience new things that will benefit their intellectual development and boost their creativity.

Sensory Engagement

Kids will naturally engage all five of their senses while playing outside, which strengthens their ability to process sensory stimulation. For toddlers, outdoor play can help them build familiarity with a variety of sensory experiences, and promotes more positive responses to them.

Creative Thought

Children love to invent their own games and act out pretend situations while exploring the world around them. An outdoor environment presents endless opportunities for kids to use their imaginations and grow creatively.

Outdoor Play Allows Children to Develop Important Social Skills

Playing outside can provide more opportunities for social development in young children as well.

Relationship Building

Public outdoor spaces introduce little ones to new friends that are oftentimes different from them. This can help kids feel more comfortable entering situations where they are required to collaborate with new people and practice skills that will be useful well into their adult lives.

Increased Communication Skills

When kids make new friends they naturally develop an awareness of others' feelings and emotions as they interact together in a safe and positive space. This encourages healthy communication between peers and allows them to cultivate relationships without the help of their parents or guardian.

How Can I Encourage My Child to Spend More Time Playing Outside?

After the year we all had, most children (and adults!) are eager to get outside and play this Spring, but some little ones may prefer the comforts of home. Whether your child is two or twelve, it's important to encourage them to spend time playing outside and enjoying the great outdoors.

How to Balance Screen Time and Outdoor Play for Kids

Outdoor playtime should be exciting and not feel like a punishment, but encouraging kids to turn off digital devices can be an everyday struggle for some families. Sometimes the best solution to get your kids engaged in playing outside is by using their favorite device in an outdoor activity.

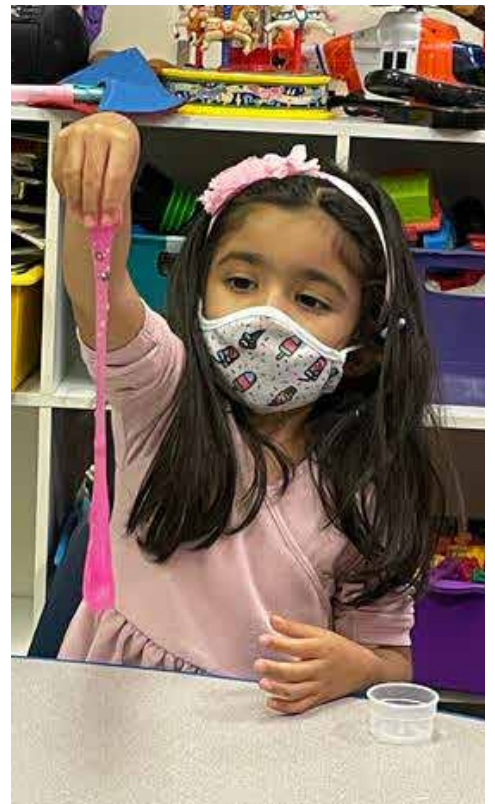
Try finding a kid-friendly dance video on YouTube that you can practice together outside. This will not only get children actively playing outdoors, but also engages them creatively and provides valuable family time. Don't forget to grab a few cute videos to share with friends and family!

Outdoor Activities to Reduce Screen Time for Kids

If your goal is to reduce screen time overall, try moving a typical indoor activity outdoors. Enjoying snack time outside, or having a BBQ are great ways to get little ones outdoors, and will likely lead to them getting up and actively playing. Art projects, science experiments, or even story time are also fun things you can do with your children outside!



OOEY, GOOEY, AND SQUISHY SLIME



FRESH SQUEEZED LEMON & ORANGE JUICE



TEA PARTY FOR AWESOME MOMS



COFFEE WITH DADS



EID UL FITR PARTY



AT HOME ACTIVITIES

Learning At Home Activities: Bozo Buckets!

Find 4–5 bowls, buckets, bins, or cups and a few bouncy balls or ping-pong balls. Set up the bins in a line on the ground.

While standing in one place, try to get at least one ball in each bin. Place the buckets farther away for more of a challenge!



Estimated Time: 20 minutes

Materials:

Bowls, buckets, bins, or cups (4–5)

Ping-pong balls or bouncy balls

Subject: Science and exercise

RASPBERRY SMOOTHIE

- 1 cup raspberries
- 1 cup yogurt
- ½ cup juice
- 1/2 cup ice cubes

**ADD ALL TOGETHER AND
BLEND UNTIL SMOOTH.**

