

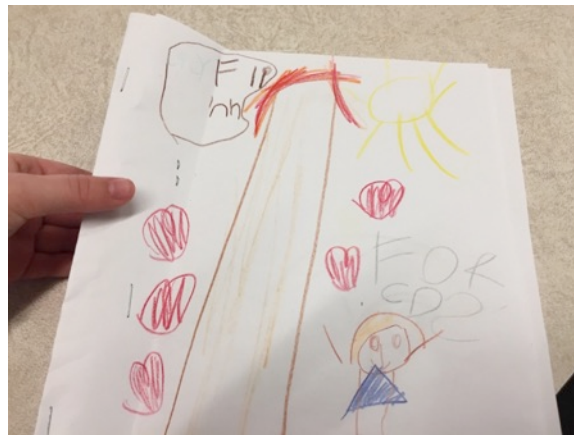
Hello Families,

We are happy to announce that we will be visiting Hemlock Ravine again this Wednesday morning! **Please ensure that your child is dressed in a warm coat, snow pants, boots, mittens, and hats!** The cold weather has finally hit and we don't see an end to it for quite some time. However we believe that learning outdoors is critically important and we hope that your child will come dressed for the weather. Did you hear of the newest research coming out of the University College London and the Wildlife Trusts? They found that children are increasingly out of touch with nature, but **learning outdoors for just one hour a week boosts learning and behaviour!** Take a look at this link if you would like to learn more: <https://www.telegraph.co.uk/news/2019/11/06/learning-outside-just-one-lesson-week-boosts-learning-behaviour/>

. We certainly noticed that your children were incredibly engaged during our last visit, and the engagement overlapped into Writing and Centre activities last week. Take a look at Gilbert's writing on Friday based on his stick play:



Or Lily's book about "A Girl who Loved Trees":



But what of the benefits that go beyond academic engagement? These visits to Hemlock Ravine and your nature adventures with your own family are **incredibly important to the conservation and compassion for the Earth**. Learning about nature and the Earth from a book may not be enough to make a life-long impression. Richard Louv, the author of **Last Child in the Woods – Saving our Children from Nature-Deficit Disorder**, says "If kids don't have some kind of connection to nature that is hands-on and independent, then they are probably not going to develop the love of nature and vote for parks and the preservation of endangered species... unless you know something you are unlikely to love it". Are you curious about learning more about the importance of learning in nature? Richard Louv has co-founded the Children and Nature Network, whose mission is to reconnect children with nature, across the world. His website has a lot of exciting information ([www.childrenandnature.org](http://www.childrenandnature.org)).

Many of your children were more confident explorers on our second visit compared to the first. There was a lot of balancing and jumping, and risk-assessments by your children as we made our way to

our meeting place. They certainly got their exercise as they jumped off stumps, slid down mossy hills, scaled rocks, and stepped along fallen logs. This type of play is so very important to your child's learning, and it was a joy to watch. Dr. Peter Gray is a psychologist at Boston College and the author of *Free to Learn*. His research **links the rise of mental and social disorders in the US with the decline of play**. Another psychologist, David Whitebread, says that **play allows children to learn how to self-regulate, which is a strong predictor of reading and writing later in life**. Surprisingly, taking some risk is important in free play. Teacher Tom is one of the all-time heroes of Ms. Warren. If you are interested, follow his blog on Facebook. He is truly inspiring. He recently wrote a blog post called "What to Say Instead of 'Be Careful'". He sees our adult language as critical to how children experience their world: *"Adult warnings to 'be careful' are redundant at best...every time we say 'be careful' we express, quite clearly, our lack of faith in our children's judgment, which too often becomes the foundation of self-doubt."*



When Ms. Warren's boys are navigating dangerous terrains or heights, she simply points out, "That's a big drop". When her boys are trying particularly risky climbs or tricks, she may calmly say, "take it slow". These draw her boys' attention to the risks but supports them in their decision-making and risk-taking. This is not to say that children should be left alone to navigate those risks! She will stand by and say, "I'm here if you need me." We were trying similar language with your children that day. While your children were navigating the zigzag of fallen logs, Ms. Warren commented, "the logs are wet and slippery". While your

children were climbing and jumping off stumps, your children heard, "you need space to jump". For more suggestions, read Teacher Tom's blog mentioned above, or take a look at the following page.

-Dates to remember:

- Friday November 22<sup>nd</sup> is **Assessment and Evaluation Day**. There is no school on that day.
- Thursday November 28<sup>th</sup> is a **PD Day and Parent-Teacher Interviews**. There is no school on that day.
- Parent Teacher Interviews** are on Wednesday November 27<sup>th</sup> from 5-7pm and Thursday November 28<sup>th</sup> from 1-3pm. You must sign up for an appointment time.
- Report cards** will be coming home on Thursday December 5<sup>th</sup>.

-Please see the **November 2019 News sent to your email from Grosvenor Wentworth Park School** on November 6<sup>th</sup>. It gives detailed information about **how to sign up for Parent Teacher interview appointment times online**.

-Pictures are now up on our class website! Check it out on <https://primarywt.weebly.com/> . **\*\*If you selected 'No' on the Media Release form, your child's photo will not be on the website\*\***

-**Please label everything** that comes in with your child, such as **coats** and **sweaters** (as the days get cooler), and even **food containers**. **Boots and shoes** can also be easily returned to your child if they are labeled with their name.

-Please check your child's bag and **Communication Scribbler** every day and ensure it is **returned on a daily basis**. Thank you! You may also send us a message in the Communication Scribbler. If you have an **urgent message**, leaving a **telephone** message is another option 902-457-8422.

-As a school, we ask that birthday party invitations to be distributed outside of school. We sent home a **class list of phone numbers and emails for parents** to use as needed

-It is very important and helpful to label any money you are requested to send to school. We recommend an envelope that includes your **child's name**, the **amount**, and **purpose of the money**. Thank you very much!

We appreciate your time to read through this note, and your support with the items above. We look forward to building a partnership with you and learn with your child in the coming year. Stay tuned for more news about our classroom and program next week.

Thank you, Ms.Warren and Mrs.Klyne

## What to Say to Kids Instead of "Be Careful!"

### Help Your Child Foster Awareness by Saying:

- **Notice how...** these rocks are slippery, that branch is strong...
- **Do you see...** the poison ivy, your friends nearby?
- **Try moving...** your feet carefully, your quickly, strongly.
- **Try using your...** hands, feet, arms, legs.
- **Can you hear...** the rushing water, the singing birds, the wind?
- **Do you feel...** stable on that rock, the heat from the fire?
- **Are you feeling...** scared, excited, tired, safe?

### Help Your Child Problem Solve by Saying:

- **What's your plan...** if you climb that boulder, cross that log?
- **What can you use...** to get across, for your adventure?
- **Where will you...** put that rock, climb that tree, dig that hole?
- **How will you....** get down, go up, get across?
- **Who will...** be with you, go with you, help you if?

