Penfield June Newsletter



Dear Parents and Guardians,

We started the last newsletter saying it is hard to believe that it is May already and here we are in June! This is the time where we are preparing for the end of this school year and at the same time the beginning of next year. Soon our grade 5 students will be heading off to middle school and from our conversations with them, they appear confident and ready for this next challenge. The staff at Penfield will continue to prepare them for this transition and we wish our grade 5 students well. They will be missed!

Penfield is a very busy place and will be for the month of June. Recently, we hosted our Welcome to Kindergarten event at Penfield and it was wonderful to see all the new kindergarten students and their families attend. It was great to see parents in our school for our hip hop performance. Students had a lot of fun and put on a great show for all of us to enjoy!

Our wonderful librarian, Jan Peachy, has recently announced that she is going to retire at the end of June. I would like to congratulate Mrs. Peachey on behalf of our Penfield community for her service and dedication to the students, staff, and school district. Mrs. Peachey's passion and dedication to literacy and success of students will be missed and she is leaving an amazing legacy behind We wish her all the best in her retirement. I would like to welcome Mrs. Jolene Krell as the new principal of Penfield starting in September. Mrs. Krell is an excellent educator and will be a great addition to the Penfield community. She and Mrs. Gage will be a great team with the amazing Penfield staff. On a personal note, I would like to take this opportunity express another heartfelt appreciation and thank you to all students, staff, and families of the Penfield community. To our PAC and parents, who have tirelessly given their time and resources, thank you for your support with what we do at Penfield. To the wonderful Penfield staff, thank you for all your hard work and dedication to our students. Your dedication and enthusiasm is inspiring and I continue to grow and learn from you. I will miss you and wish all students, staff, and families a safe and restful summer.

Sincerely,

Hendrick Horsthuis



GRADE 5 LEAVING CEREMONY

There will be a grade 5 leaving ceremony on June 28th starting at 11:15. More details to follow.







HAPPY BIRTHDAY

To the following Penfield students who have $\underline{\textbf{June}}$ birthdays





| Cecilia S | Lex C | Brooklyn H | Jacklyn M |
|-----------|----------|------------|-----------|
| Ethan K | Cain B | Isabella S | Olivia S |
| Meirah H | Parker A | Declan G | Brennen M |
| Kyuss C | Ellese E | Emma S | Paul H |
| Victor B | Taylor L | | |

HAPPY BIRTHDAY

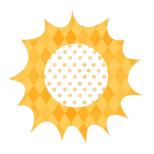
To the following Penfield students who have <u>July</u> birthdays

| Landon T | Cora AJ | Kolby A | Mae H |
|------------|-----------|----------|------------|
| Kent M | Max P | Hugo F | Curtis H |
| Blakeley M | Ivy GH | Ella N | Alastair W |
| Isaac G | Jack M | Jaxon P | Holden R |
| Harris L | Paisley J | Neveah F | Calvin M |
| Georgia H | | | |

HAPPY BIRTHDAY

To the following Penfield students who have **August** birthdays

| Lexie B | Madeleine C | Nash S | Addison D |
|----------|-------------|------------|-----------|
| Ayla B | Mugisa B | Oliver H | Leland D |
| Peyton Y | Ronin T | Marshall G | Jayden R |
| Dylan B | Atticus L | Kingsley L | Dannie L |
| Brady T | Kinley G | Danika B | Wrayden S |
| Zacky Z | Mairyn S | Carter P | Grayson P |



School Phones/Messages

We have an increasing number of students using the phone to make after school arrangements. We are also receiving an increasing number of requests to deliver end of day instructions or early pick up requests. It is not always easy to track students down in the afternoon to deliver these messages as they are often outside, on neighbourhood walks, in the music portable etc. We understand that there are times that plans change last minute and these requests are necessary.

Please whenever possible, ensure your child is certain of their after school arrangements before leaving home each day to eliminate worrisome situations.



SCHOOL SUPPLIES

Penfield School is once again purchasing bulk school supplies for the 2022/2023 school year. The advantages of ordering through the school are that we can purchase in bulk and receive a better deal, we get items of the same quality for every student and teachers can tailor the supplies to meet their classroom needs.

Please send the amount of **\$40.00** by Friday, June 17th. We encourage parents to purchase the supplies through the school. However, if you wish to purchase your own supplies, please get a list from the school. If you require financial assistance, please contact Mr. Horsthuis at the school 250-923-4251.

Methods of Payment:

- Cash (exact cash please)
- 2. Cheque payable to Penfield Elementary
- 3. ETransfer to penfield@sd72.bc.ca please include the student name and grade for September in the memo section of the transfer



APPROPRIATE FOOTWEAR

Students should be coming to school in appropriate, outdoor footwear. Crocks and/or flip flops are not appropriate for the playground and are often broken while being worn at school, leaving students unable to participate in outdoor activities



Library News



Please encourage your child to read every day. When children read during the summer, they feel prepared and confident when returning to school in the fall (Plus it's fun!)

How can you make this happen?

<u>Penfield Library</u>: Your child can borrow up to **10** books over the summer from our school library! Mrs. Peachey will be handing out summer reading permissions this month if you're interested.

<u>SD 72 Digital Resources:</u> Our school district has many great choices for reading online including Sora, TumbleBooks and Bookflix.

<u>Vancouver Island Regional Library:</u> They have a wonderful **FREE** program called "Summer Reading Club" as well as many excellent children's books available both at the branch and online.

<u>Scholastic Summer Reading:</u> Fun activities, contests and book lists are available through Scholastic.

<u>Coho Books:</u> Now in Willow Point, they have an amazing selection of new and used books for children and are very helpful with book suggestions.



All library books from this year will need to be returned by <u>Friday</u>, <u>June 17</u>. Reminders will be going home regarding any overdue books. There are no fees unless the books are lost or damaged, thank you.



BUS PASS APPLICATIONS FOR 2022/2023

Students who need school bus transportation for 2022-2023 and are eligible based on the walk limits or students who need special needs transportation must apply online for a bus pass. To have your bus pass application processed for September, parents/ quardians are asked to apply by June 24, 2022.

Students who live on reserve DO NOT need to apply online as they will be registered for bus transportation by the Indigenous education department in partnership with their band office. International students must apply for bus transportation through the international student program.

More information about student transportation and how to apply for a bus pass can be found on the district website at

https://www.sd72.bc.ca/page/150/student-transportation

WATER BOTTLES

With temperatures increasing and classes spending more time outside, please ensure that students come to school with a refillable water bottle every day.

School Office Hours

The Penfield office will be open until June 29th to accept registrations and/or any payments. It will then be closed for summer break,

re-opening in September.







A huge thank you to our amazing Penfield PAC for all the hard work and dedication to the school.

Our appreciation of your support is immeasurable.



Summer Reading Club 2022

SCHOOL NEWSLETTER NOTICE
For the last Parent Newsletter in June 2022

Summer Reading @ Vancouver Island Regional Library

Summer vacation is almost here and your children are no doubt dreaming about fun times and adventures! But in order to keep your children's reading skills sharp, it's also a smart idea to include reading as a part of their summer fun.

Like all skills, a little practice goes a long way. Vancouver Island Regional Library invites kids aged 0 - 12 years to join Summer Reading Club. Participants will embark on a reading adventure at the library with this year's theme: **All Together Now!** Summer Reading Club encourages children to read a little every day by providing:

- Fun tools, such as colorful reading records, tattoos, and medals.
- Chances to win cool prizes the more they read, the more chances to win.
- Interactive virtual events, such as BC Summer Reading Club Illustrator, Elaine Chen, and Indigenous Storyteller, Kung Jaadee! We also look forward to seeing you inside branches for even more fun!

Summer Reading Club officially begins **July 5th**. You can register your children online at www.virl.bc.ca/src or in branch starting on **June 21st**! Once registered, kids can also pick up a special package at their local branch to track their reading; the package includes a reading record, stickers and other fun stuff.

For more information, call or visit your local branch of Vancouver Island Regional Library or visit www.virl.bc.ca. In remote areas, the program is available through our Books by Mail service. Please call 1-877-415-8475 for information.

June 2022

| Mon | Tue | Wed | Thurs | Fri |
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| 6 | 7 | 8 | g | 10 |
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| 10 | 14 | 1.5 | 16 | 17 |
| 13 | 14 | 15 | 10 | 17 |
| | | | | |
| 20 | 21 | 22 | 23 | 24 |
| | | | School wide fieldtrip - Miracle Beach | |
| | | | | |
| 27 | 28 | 29 | 30 | |
| Report Cards Home | Grade 5 Leaving Celebration | Last day of school - Early dismissal 11:30 | Administration Day - schools closed | |
| | | | | |



School District 72 Campbell River

2022/2023 CALENDAR

| | | | JULY | | | | | | 1 | AUGUS | T | | |] |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | 31 | | | • | |
| 31 | | | | | | | | | | | | | | |
| | | _ | PTEM | _ | | | | | | СТОВ | | | | September 1 - Pro-d Day |
| S | М | T | W | T | F | S | S | М | T | W | T | F | S | September 5: Labour Day |
| | _ | | | 1 | 2 | 3 | | _ | | | | _ | 1 | September 6: School Opens |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | September 30: Schools Closed - Truth and |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Reconciliation Day |
| 18 25 | 19 26 | 20 | 21 | 22 | 23 30 | 24 | 16 | 17 24 | 18 25 | 19 | 20 | 21 | 22 29 | October 10: School Closed - Thanksgiving |
| 25 | 20 | 2/ | 20 | 29 | 30 | | 30 | 31 | 25 | 20 | 2/ | 20 | 29 | October 21: Non Instructional - Provincial Pro-d |
| | | | | | | | 30 | 0.1 | | | | | | - 1 Tombul 110 d |
| | | NC | OVEM | BER | | | | | DI | ECEMB | ER | | | November 1: Non Instructional |
| S | М | Т | W | T | F | S | S | М | T | W | T | F | S | November 11: Schools Closed-Remembrance Day |
| | | 1 | 2 | 3 | 4 | 5 | | | | | 1 | 2 | 3 | November 24: Student Led Conference/ |
| 6 | 7 | 8 | 9 | 10 | -11 | 12 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Parent Teacher Interview Day |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Schools are not in regular session |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | Students only in attendance during conference tim |
| 27 | 28 | 29 | 30 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | - |
| | | J | ANUA | RY | | | | | FE | BRUA | RY | | | December 19 - January 2: Winter Break |
| s | м | Т | w | Т | F | s | s | м | Т | w | Т | F | s | |
| | | | | | | | | | | 1 | 2 | 3 | 4 | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | February 17: Non Instructional Day |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | February 20: Schools Closed - Family Day |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | , , , . , . , . , . , . , . , |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 26 | 27 | 28 | | | | | |
| 29 | 30 | 31 | | | | | | | | | | | | |
| | | | MA RC | ч | | | | | | APRIL | | | | March 6: Non Instructional |
| s | м | Т | w | Т | F | S | s | м | Т | w | Т | F | s | March 15: Student Led Conference/ |
| • | | | 1 | 2 | 3 | 4 | | | | | | | 1 | Parent Teacher Interview Day |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Schools are not in regular session |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Students only in attendance during conference tim |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | | March 27 - April 10 - Spring Break |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |) |
| | | | | | | | 30 | | | | | | | April 7: Good Friday |
| | | | MAY | | | | | | | JUNE | | | | April 10: Easter Monday |
| s | М | Т | W | Т | F | S | S | М | Т | w | Т | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 |] |
| | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | May 22: Schools Closed - Victoria Day |
| 7 | | | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 7 14 | 15 | 16 | 17 | | | | | | -00 | 21 | 22 | 23 | 24 | |
| | 15 22 | 16 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | | 24 | |
| 14 | | | | | 26 | 27 | 18 25 | 26 | 27 | 28 | 29 | 30 | 24 | June 30: Schools Closed - Administration Day |

REGISTERED DRY FLOOR PROGRAMS



May 31 - Jun 30, 2022

SCHEDULE

| May 31 - Jun 30 (10) | MONDAY/WEDNESDAY | TUESDAY/THURSDAY |
|-------------------------------------|------------------|------------------|
| Little Rascals Floor (3-5yrs) | | 5:15 - 6 pm |
| Hot Shot Ball Hockey (6-12yrs) | | 6:15 - 7 pm |
| Spring Ball Hockey League (8-13yrs) | | 3:15 - 5 pm |
| June 1 - Jun 29 (9) | | |
| Intro to Lacrosse (6-12yrs) | 3:15 - 4 pm | |
| Little Rascals Floor (3-5yrs) | 5:15 - 6 pm | |
| Hot Shot Ball Hockey (6-12yrs) | 6:15 - 7 pm | |
| After School All Stars (6-12yrs) | 3 - 5 pm | |

Intro to Lacrosse Ages 6 - 12

This program is the perfect intro to lacrosse. We will work on passing, scooping, and teamwork. We have plastic sticks available for your child to use, or you're welcome to bring your own from home. Participants must wear a helmet with a face shield.

Jun 1-Jun 29 Mon/Wed

3:15 - 4 pm

Cost: \$51.75

Little Rascals Floor Hockey Ages 3 - 5

Learn basic hockey skills and play a real floor hockey game every class! Coaches will introduce your child to the world of floor hockey through drills and skill development. Participants must wear a helmet with face shield, hockey gloves and bring a hockey stick. Jun 1- Jun 29

Mon/Wed

5:15 - 6 pm

Cost: \$51.75 May 31-Jun 30

Tue/Thu 5:15 - 6 pm

Cost: \$57.50

Hot Shot Ball Hockey Ages 6 - 12

During this program, you will develop your stick handling skills, passing techniques and the 4 shots used in hockey. No previous hockey experience necessary. Participants must wear a helmet with face shield, hockey gloves and bring a hockey stick.

Jun 1 - Jun 29

Mon/Wed 6:15 - 7 pm

Cost: \$51.75

May 31-Jun 30

Tue/Thu 6:15 - 7 pm

Cost: \$57.50

After School All Stars Ages 5 - 12

This 2-hour after school program will keep your child active and entertained with numerous dry floor activities to bridge the gap between the end of the school day and the end of the workday! The skate shop staff will have activities and challenges for everyone to enjoy.

Jun 1-Jun 29

Mon/Wed 3 - 5 pm

Cost: \$90

Spring Ball Hockey League Ages 8 - 13

Register for the Spring Ball Hockey League and play two 45-min games per week (10 games total). Players must wear a helmet with a face shield and hockey gloves. Don't forget your hockey stick, running shoes, and a water bottle. Skate shop staff will balance teams base on age and ability level. Each team will receive a game schedule on the first day of the program.

May 31-Jun 30

Tue/Thu 3:15 - 5 pm

Cost: \$50.00

Program Registration

Online: strathconagardens.com Email: info@strathconagardens.com





ARENA SUMMER CAMPS



July 11 - Sept 2, 2022

ARENA CAMPS SCHEDULE

Dash & Splash Camp

Ages 7 - 12

This program includes a structured skating session and a trip to the pool everyday (indoor or outdoor pool) along with various outdoor sports, crafts, and games. Program fee includes all facility drop-in fees and skate rentals.

Mon-Fri Jul 11-15 9 - 4 pm Cost: \$183.75 Mon-Fri Jul 18-22 9 - 4 nm Cost: \$183.75 Tue-Fri Aug 2-5 9 - 4 pm Cost: \$147.00 Mon-Fri Aug 8-12 9 - 4 pm Cost: \$183.75 Mon-Fri Aug 15-19 9 - 4 pm Cost: \$183.75

Coolest Game on Earth Camp

Ages 6 - 12

If you don't have much hockey experience this is the camp for you. Learn basic hockey skills and have fun completing on and off ice training. Tons of game time, cross training and over 2.5 hours of ice time every day. No previous hockey experience needed. Helmet with full face shield, hockey stick and gloves required. Program fee includes skate rentals.

Mon-Fri Jul 11-15 9 - 4 pm Cost: \$150 Mon-Fri Aug 29-Sept 2 9 - 4 pm Cost: \$150

Multi Sport Camp *NEW*

Ages 7 - 12

Spend the day with our camp leaders in a safe and fun environment introducing a variety of different sports! This camp will build your child's ABC's of physical movement (Agility, Balance, and Coordination). Activities will include trips to the pool, ice skating and variety of sporting activities - lacrosse, ice/floor hockey, ringette, soccer, California kickball, basketball, pickleball, capture the flag, Laser tag and more! Program fee includes all facility drop-in fees and skate rentals.

Mon-Fri Jul 18-22 9 - 4 pm Cost: \$150 9 - 4 pm

Mon-Fri Aug 8-12 Cost: \$150

Just for Girls Hockey Camp *NEW* Ages 6 - 12

The Just for Girls Hockey Camp is a great opportunity for girls of all skill abilities to get together for a week of hockey fun! Learn the basic hockey skills and have fun completing on and off ice activities while making some new friends! At least 2 hours of ice time every day. Full hockey gear recommended. Helmet with full face shield, hockey stick and hockey gloves required. Program fee includes skate rentals.

Mon-Fri Jul 25-29 9 - 4 pm Cost: \$150 Mon-Fri Aug 15-19 9 - 4 pm Cost: \$150

Mach 1 Camp

Ages 7 - 12

Our Camp leaders will take the adventurers on daily off-site excursions. Each day will include either swimming, skating or both, off site activities to the centennial park, outdoor pool, Sportsplex water park, Museum & Aguarium tours, visit the pier, messy food challenges and more! Program fee includes all facility drop-in fees, skate rentals and transportation. For a good time-call and register now!

Mon-Fri Jul 25-29 9 - 4 pm Cost: \$183.75 Mon-Fri Aug 22-26 9 - 4 pm Cost: \$183.75

Little Rascals Hockey Camp

Learn basic hockey skills and play a hockey game every day! On and off ice training. Coaches will introduce your child to the game of hockey through drills and skill development. Please bring a snack, and a water bottle. At least 1.5 hours of time ice every day!

Tues-Fri Aug 2-5 9 - 4 pm Cost: \$80

Mon-Fri Aug 22-26 10 - 11 am Cost: \$50 (Mini Camp)

Preschool Ice Quest Camp

Ages 4 - 6

Enjoy Playing a variety of games on the ice while developing your skating skills. This program has the beginner skater in mind with the emphasis on FUN! 1.5 hours will be spent on the ice every day, along with off ice activities. Remember to bring a snack and water bottle for every class.

Tues-Fri Aug 2-5 1 - 3:30 pm Cost: \$80

Ice in My Veins High Performance Conditioning Hockey Camp

Ice in My Veins is designed to condition and improve the skills of intermediate to advanced level players that are looking for that midsummer ice fix. This program uses skillbased hockey drills with a focus on endurance, speed, and agility to enhance a player's ability to perform on the ice. The drills are challenging and are performed at a level which requires discipline and stamina. This is not a beginner camp; previous hockey experience and full gear is required.

Ages 7 - 11 Mon-Fri Aug 22-26 11:30 am - 1 pm Cost: \$90

Ages 12 - 14

Mon-Fri Aug 22-26 1:15 - 2:45 pm

Cost: \$90

Program Registration

Online: strathconagardens.com Email: info@strathconagardens.com





NIC YOUTH ACADEMY SUMMER CAMPS

- Exciting new summer camp opportunities for ages 9-14
- Camps offered in three core program areas
- View the full lineup: www.nic.bc.ca/youth-academy



Jr. STEM | 9-12 years

The 2022 lineup features the new STEM & Sport Camp series. Sport-based activities will provide the framework for participants to explore the world of Science, Technology, Engineering & Math (STEM). Be prepared for fun in the outdoors. All skill levels welcome.

Cost: \$210 (+ GST)/week



STEM Teens | 12-14 years

Choose from a variety of hands-on camps offered in interest areas such as Science, STEAM, Coding, Engineering, Tech and more. Participants will explore their passions and learn new skills in a fun and exciting post-secondary environment.

Cost: \$235 (+ GST)/week



NICBot Camp | 9-14 years

Learn to build, program and control Lego EV3 robots using Lego Mindstorm technology. No previous experience required. The 2022 lineup includes NICBot Camp Xtreme for advanced participants.

Cost: \$200 (+ GST)/week

Interested in all-girls STEM programming? Look for the **All Girls*** indication on the camp schedule online.

"Youth Academy holds an inclusive view of the word "girl." Anyone who identifies with this programming is welcome.

Registration now open

All camps run Monday-Friday, 9 am-3 pm (no camps on statutory holidays) and will follow the most up-to-date Provincial Health Orders.



For full details, schedule & registration:

www.nic.bc.ca/youth-academy

f @ @NICYouthAcademy



SUN SMART

Too much sun (especially sunburns) can cause:

- Eve damage
- · Skin cancer later in life
- Damage to immune system
- · Skin damage that is cumulative; this means that the damage builds up over time

Those at highest risk of skin cancer are those with:

- · Fair skin and blonde or red hair
- Skin that burns and freckles easily
- Lots of moles or large moles
- · History of severe sunburns

Ultraviolet (UV) Index:

- . UV Index is a measurement that determines how strong the sun is
- You and your child can sunburn in only 15 minutes depending on the UV Index
- UV Index is usually highest from late spring to early fall between 11:00 a.m. and 4:00 p.m., so avoid unprotected sun exposure between these times
- Use sun protection (clothing, sunscreen, sunglasses, wide brimmed hat) if UV Index is greater than 3
- Even people with dark skin are at risk for skin damage and cancers

Ways to protect yourself and your child:

- · SEEK out the shade
- SLIP on clothing that covers arms and legs
- SLAP on a wide brimmed hat and sunglasses
- SLOP on sunscreen
- SLURP lots of water

Sunscreen Tips:

- Avoid the mouth and eye area when applying sunscreen
- Use broad-spectrum sunscreen (with UVA and UVB coverage) with SPF 30 or higher
- Apply sunscreen at least 20 minutes before going outside

For more information:

- Your local Public Health Unit
- HealthLinkBC or dial 8-1-1 (a free call)
- Sun Safety Health Canada
- Sun Safety for Every Day (Canadian Dermatology Association)



MAKE PHYSICAL ACTIVITY PART OF THE DAY, EVERY DAY

Games, climbing, walking, biking, dancing... What do your kids like to do every day? Do they get outside and play or walk and wheel to school? Children may just need the space and time to be active.

"Access to active play in nature and outdoors - with its risks - is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings - at home, at school, in child care, the community and nature."

(Position Statement on Active Outdoor Play, 2015)

What are the benefits?

- Better sleep
- Better able to handle emotional challenges
- Better able to concentrate
- Stronger body, both inside and out
- Improve physical literacy (Physical Literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life)

The benefits are clear – active kids are healthier and happier, both mind and body!

For more information:

- Your local Public Health Unit
- Your local Parks and Recreation
- 24-Hour Movement Guidelines for Children and Youth
- HealthLinkBC and Physical Activity Services or dial 8-1-1 (a free call)