

in this issue >>>

News around the Pond

Outdoor and Nature Play

Accreditation Briefs

Pumpkin Spice Foot Scrub



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News Around The Pond

Hello **dragonfly** families,

On Sunday May 13, families across the country will be celebrating Mother's Day. **dragonfly** would like to recognize all of the Mothers, Grandmas, Aunties, and all motherly women who give their love, care, and wisdom to benefit the children in their lives.

Did you know that May 11th is Provider Appreciation Day? Provider Appreciation day is a special day to recognize child care providers, teachers, and other educators of young children. There are many ways to celebrate Provider Appreciation, a simple 'thank -you for all that you do' is perfectly fitting to let your family's provider know that they are valued and their hard work and dedication is treasured by those they serve. Join me in saying a tremendous

Thank You dragonfly providers!

Outdoor and Nature Play

With spring upon us and summer just around the corner there are ample opportunities to get outdoors and explore! So, what exactly is Nature Play? "Nature Play is "play that is intrinsically motivated, freely chosen, and personally directed" in natural environments (Adapted definition, Hughes 2012)." Studies show that "Free and unstructured play, especially in nature-based environments has been shown to be an important facilitator of children's cognitive and emotional development (Anning et al., 2006; Han, 2009), promoter of health physical activity (Bowler et al., 2010; Cleland et al., 2008; Hinkley et al., 2008), mental health and restoration (Roe & Aspinall, 2011; Wells & Evans, 2003) and overall health and wellness (Kuo, 2010; McCurdy et al., 2010)"

The Alberta Recreation and Parks Association has created a set of Nature Play flashcards for programs and parents who want to increase Nature Play opportunities for children. For the complete set click [here](#).

Nature is everywhere! Go outside and find it!

**Accreditation Standards Briefs
Standard Three:**

‘Relationships with families are supportive and respectful’

A few examples of indicators that agencies and educators show to support Standard Three are:

- i) Respect the diversity of children and families which the program serves
- ii) Demonstrate respect for children’s home language(s)
- lii) Provide opportunities for families to share and exchange information with the child care program
- iv) Provide information to families about programs and services offered by other community and social organizations.

Accreditation Q&A

Q: How long does it take a program to become Accredited?

A: The Self-Evaluation process can take approximately 15 months to complete. After the Self-Evaluation is complete the program has a Site Visit, and the results are delivered to the program in 4 to 6 weeks.

For more information about the Accreditation process visit Accreditation of Early Learning and Care Services at aelcs.ca

**Pamper Mom this Mother’s Day with a
Homemade Sugar and Pumpkin Pie Spice
Foot Scrub**



You Will Need

- ½ teaspoon cinnamon powder
- ½ teaspoon nutmeg
- ½ teaspoon pumpkin pie spice
- ¼ cup white sugar
- 1 cup brown sugar
- 2 tablespoons coconut oil (add more if needed)

Method

1. Mix the sugars in a bowl. Blend well and add coconut oil.
2. Add all the spices and mix well.
3. Scrub feet with the mixture for 10-15 minutes and then wash.

For this and other foot scrub recipes and how-to’s click [here](#)

May 2018

		1	2	3	4	5
6	7	8	9	10 Provider Meeting	11 Provider Appreciation Day	12
13 Mother's Day	14	15	16 First Day of Ramadan	17	18	19
20	21 Victoria Day	22	23	24	25	26
27	28	29	30	31		