



# May 2024

## Tyndall Park Playschool Newsletter



As the weather warms up and flowers bloom, our Playschool is buzzing with excitement! This month of May, we're exploring the wonders of spring through engaging activities and fun outdoor play. Although we are on our final stretch, we will have a hopping good time ahead!

Check our daily Instagram posts for updates on: spring-themed arts and crafts, outdoor adventures, and music and movement activities. We are thrilled to share this season of growth and discovery with your children.

### IMPORTANT DATES

#### May 17

Centre Closed  
Staff Professional Development Day

#### May 20

Centre Closed  
Victoria Day

#### June 13

Graduation Parties

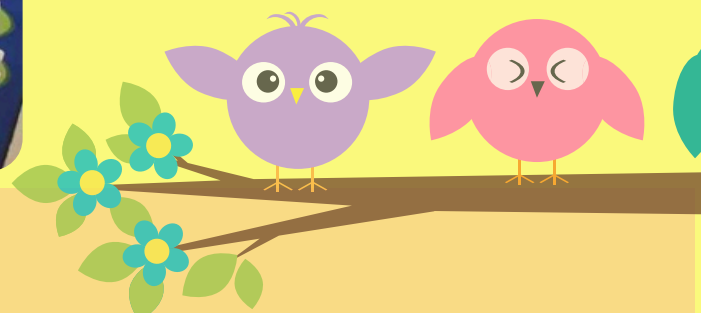
#### June 11, 12 & 14

Fun Day



### LEARNING THEMES

All About Spring May 6-17  
Sensory Play May 20-24  
Building/Construction May 27-31



## INDOOR FUN

**Story time is adventure time.** The children always look forward to our story time sessions whether it's during free play or snack time. It helps foster a love for reading, spark imagination, and develop essential language skills. Much requested books include: We're Going on a Bear Hunt, Mortimer and Don't Push the Button.

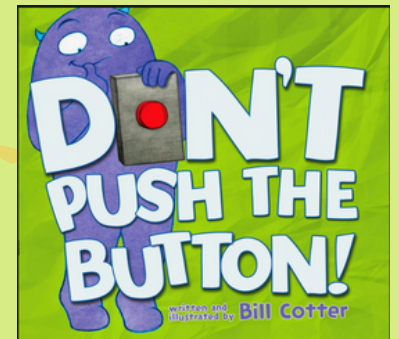


In story time, the children:

- Explore diverse themes and genres
- Encourage active listening and participation
- Develop vocabulary and comprehension skills
- Nurture a lifelong love for reading and learning



*We're Going on a Bear Hunt*  
Michael Rosen • Helen Oxenbury



**Dance and music parties are such a hit for our Playschool children.** Their imaginative minds bring the Floor Is lava game not just in the carpet area but also in the climber where "We're much safer from the lava!" a child said. Our little princesses in their lovely dresses continue to sing Let It Go. Other songs on repeat: Freeze Dance, Super Mario and I'm a Gummy Bear



## IN THE COMMUNITY




# Volunteers Wanted

**About Bright Start Inkster:** Bright Start Inkster provides free caregiver/child centered activities and resources for families with children 0-6 years old in the Inkster area.

**Description of Duties:** Set up and take down of toys and equipment. Prepare snacks and/or breakfast. Interact with families and children during program.

**Skills Gained:** Community and social services skills, and experience working with children. *Optional:* planning and facilitation.

**Volunteer Opportunities:**

- Mondays 9:30 AM - 12:00 PM
  - Open Gym at Northwood Community Centre
- Tuesdays 9:30 AM - 12:00 PM
  - Bright Start GILBERT at Gilbert Park Gym
- Wednesdays 9:30 AM - 12:00 PM
  - Bright Start ACCESS at NorWest Co-op Community Health
- Wednesdays 12:30 AM - 3:30 PM
  - NorWest Baby Steps at NorWest Co-op Community Health
- Thursdays 9:00 AM - 12:00 PM
  - Bright Start WESTBROOK at Weston Community Centre

**Contact us:** [rcristobal@norwestcoop.ca](mailto:rcristobal@norwestcoop.ca)

**\*\*Volunteers must be 15 and above and willing to obtain child abuse/registry check.**




# FAMILIES TOGETHER

(A F&ST PROGRAM)



## JOIN US FOR A FREE FULL FAMILY ZOOM PROGRAM

### PROGRAM INCLUDES

- Fun family activities that focus on communication and connection
- A parent led support group
- Weekly grocery drop offs
- Weekly activity packages
- Additional supports as needed

### INTERESTED?

Families Together is an 8 week program that provides intentional family time each week!

**Programs will be starting in May. We are offering two program options:**

- Wednesdays @ 6-7:15pm
- Thursdays @ 6-7:15pm

**TO REGISTER CALL 204-947-1401 OR SCAN THIS QR CODE** →



# JOIN OUR Conversation Club

PRACTICE ENGLISH AND BUILD YOUR CONFIDENCE WHILE DISCUSSING TOPICS COMMON TO NEWCOMERS SETTLING IN THE NORTHWEST WINNIPEG AREA.

APRIL 4 - MAY 9, 2024  
THURSDAYS FROM 9:30AM - 11:00AM  
TYNDALL PARK SCHOOL  
2221 KING EDWARD STREET

REGISTER TO: DENNY - EMAIL [DENNY.NANGAN@7OAKS.ORG](mailto:DENNY.NANGAN@7OAKS.ORG) OR CALL (204) 637-5967  
OR MARNI - [MAGOLEBIOSKI@WSD1.ORG](mailto:MAGOLEBIOSKI@WSD1.ORG) OR CALL (204) 633-0065




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Immigration, Refugees and Citizenship Canada

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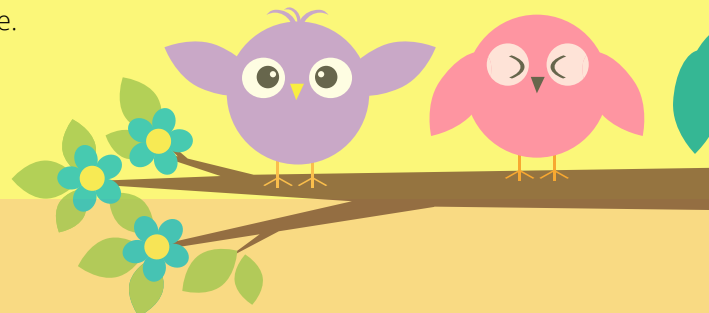


Immigration, Réfugiés et Citoyenneté Canada

The Families and Schools Together (F&ST) team is offering the virtual Families Together program again this spring. Families Together is a FREE, virtual, community-based program that incorporates many of the F&ST values and program components. If you are interested or know a family that may be, please share this information.

Having Internet access, a device (phone, laptop, computer, Ipad) and a child between the ages of 4-12 years are the only requirements.

Don't miss this great FREE opportunity with two nights to choose from. For more information or to register please call 204- 947-1401 and ask for Corrine or scan the QR code above.



## IN THE COMMUNITY

NEW  
NEW  
NEW  
NEW

**Tyndall Park Class Times:**  
Saturdays beginning May 11

9-9:45am Junior Kickers (2.5-3.5yrs)  
Saturdays - 7 Week course - \$135+gst

9:55-10:35am Little Kicks (1.5-2.5yrs)  
Saturdays - 7 Week course - \$135+gst

10:45-11:30am Mighty Kickers  
(3.5-5th bday) Saturdays - 7 Week course  
\$135+gst

11:40-12:25pm Mega Kickers (5-7yrs)  
Saturdays - 7 Week course - \$135+gst

**Register today!**

WWW.LITTLEKICKERS.CA  
(204) 333-2233



**Little Kickers®**

## 2 BRAND NEW SPRING OUTDOOR SOCCER VENUES!

Ages 1.5-7 years old

7-Week soccer courses beginning May 11 & 12

Saturdays at Tyndall Park

1850 Selkirk Ave

NEW

# THE EMOTIONAL CUP

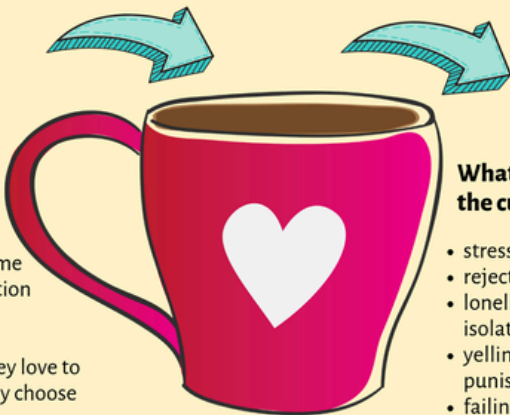
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

### Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

### What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do

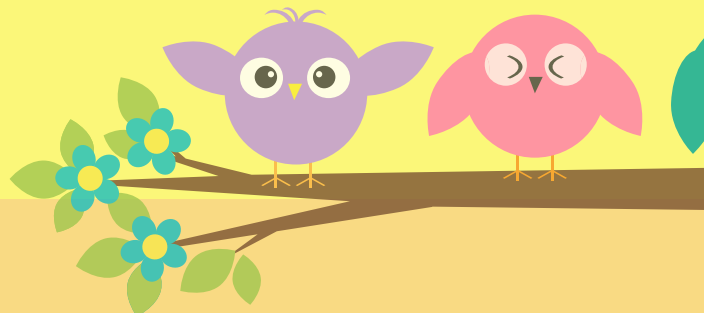


### What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

**upbidity**

Publisher of Therapy Resources



# HAPPY BIRTHDAY

Agam May 10

Lucas May 11

Kabir May 18

Gurbani May 20

Charlie May 30

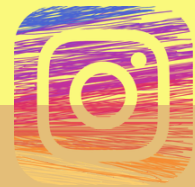
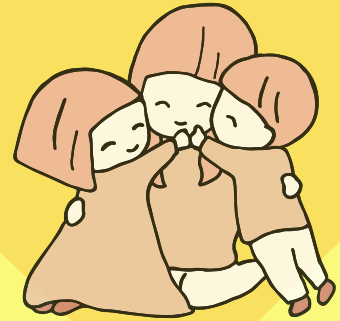


## STAY CONNECTED

**Website:** <https://tyndallparkplayschool.com/>

**Email:** tyndallparkplayschool@hotmail.com

**Phone Number:** (204)633-9027



*Private Instagram Account:  
tyndallparkplayschoolparent*

