

# October Edition

## My Journey to Becoming a Quality Educator: Meet Suharda

I came to Canada from Sri Lanka in September 2023 to pursue my Master's in Leadership in Education. Starting over in a new country was exciting, but it also meant leaving behind my parents, family, friends, and everything familiar. Being away from my parents has been one of the most emotional parts of my journey.

My connection with children began in Sri Lanka, where I worked as a teacher. I always loved working with children. I enjoyed helping them learn, encouraging their curiosity, and watching their confidence grow. When I came to Canada, I knew I wanted to continue that journey.

### WHAT'S IN THIS MONTH'S ISSUE:

- Meet Suharda
- Why Kids Should Climb
- Check out Hologram Zoo! A World of Adventure!



In January 2025, I joined ProjectKids as a School-Age Educator and later had the opportunity to grow into a Lead Educator. This journey has taught me that being a quality educator is about much more than planning activities. It is about building genuine relationships with

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children, creating a safe and inclusive environment, listening to their voices, recognizing their individual strengths, and giving them the confidence to explore, make mistakes, and grow.

My journey was not always easy. Balancing my Master's degree, assignments, work, and personal responsibilities was challenging. There were days when I felt exhausted, overwhelmed, and homesick. But those experiences taught me resilience, patience, and the importance of believing in myself even when things felt difficult.

I have also learned that quality educators grow within quality teams. Working with people who value you, provide meaningful training, offer guidance and constructive feedback, and encourage you to learn can make a tremendous difference.

When educators feel supported, they are better equipped to support the children in their care.

Today, I am proud of how far I have come. I hope to continue growing as an educator and leader while creating meaningful experiences and making a positive difference in the lives of children. Every child deserves an educator who believes in them, celebrates their uniqueness, and helps them discover their own potential.

**Spiral of Engagement**  
Educator Training

Build safer, more inclusive, child-centred programs.

Safe Developmentally Appropriate Inclusive

Inquire about the next workshop or schedule team training.

The graphic features a title 'Spiral of Engagement Educator Training' with a decorative spiral line. Below the title is a photograph of a smiling woman sitting at a table with three children, engaged in an activity. Underneath the photo are three circular icons: a heart with hands (Safe), a plant growing from a book (Developmentally Appropriate), and a group of people (Inclusive). At the bottom is a red button with a person icon and the text 'Inquire about the next workshop or schedule team training.'

**Hologram ZOO**

A World of Adventure, Right Here in Vancouver

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The advertisement has a dark green background with a fern leaf on the left. The title 'Hologram ZOO' is in large, stylized blue and gold letters. Below it is the tagline 'A World of Adventure, Right Here in Vancouver'. At the bottom left is the website 'hologramzoovancouver.com' and a discount code 'SAVE 10% WITH CODE: HZVPEOPLEHUB'. On the right is a photo of a woman wearing 3D glasses and looking excited.

# Why Kids Should Climb More Trees

Written by Lizzy Topolovich

Here's something that might surprise you: research has found that more injuries happen on school playground equipment than from tree climbing. While tree climbing isn't risk-free, the danger is often less than we imagine, and the risks deserve some perspective.

There's something about seeing a child halfway up a tree that makes our first instinct to intervene. But what if, instead of immediately stopping them, we took a breath and watched for a moment?

I recently watched a young girl climb up a tree, one foot carefully balanced on a branch and both hands wrapped around the trunk. She looked down with a huge grin

and announced she was going higher. She tested one branch with her foot, felt it yield, and pulled back. She looked around, found a sturdier spot, and tried again. When a friend offered advice from below, she evaluated it, shook her head, and found her own path.



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In that moment, she was figuring out how her body moved, testing her strength and balance, solving problems, and deciding what felt safe. Her friends were encouraging and negotiating with each other. They were practicing patience, communication, and confidence.



That is the true value of risky play. Children need opportunities to experience manageable risks—through climbing, balancing, jumping, and exploring, and to learn how to navigate them independently. The goal isn't to eliminate every risk, but to help children recognize and manage reasonable ones.

Climbing builds strength, coordination, grip, balance, and body awareness. It also builds vital self-assessment skills: understanding both "I can figure this out" and "I'm not ready for that yet."

The next time you see a child climbing a tree, consider pausing before telling them to get down. Stay close, help them think through the risk, and set reasonable boundaries. Sometimes the best lessons are learned a few feet off the ground.

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