

YMCA of Timmins

# NEWSLETTER



Wednesday, October 11, 2017

## Kidproof Courses

**Babysitting Training Courses**— Wednesday, November 1, 2017 and Friday, November 10, 2017 from 8:00am-4:00pm. Children must be turning 11 in Dec, Jan or Feb. Cost is \$75.

**Home Alone Course**—Friday, December 1, 2017 from 6:00-8:00pm. Children must have already turned 10. Cost is \$25.

Wednesday, November 1, 2017 is a PD Day. Sign up at the main office—limited space available!

## NEW! This Month

**Youth Group**—for children in grades 5, 6, 7, and 8 at the Poplar site every Friday from 6:00-8:00pm.

**You Go Girl**—for girls aged 6-10. Monday's from 6:00-8:00pm at the Poplar site and Wednesday's from 6:00-8:00pm at Bertha Shaw Public School (South Porcupine).

**Schumacher Public Kids Club**— for children aged 6-12 at Schumacher Public School every Tuesday and Thursday from 3:30-5:30pm.

These programs are free!

Exciting news coming soon.  
Stay tuned!



Ivy-Rae, Harper and Liv exploring fall in Toddler Two

Child Care Classrooms will be going Trick or Treating within the community on October 31st. A permission form will be sent out soon.

## Pumpkin Spice Playdough

2c Flour  
1c Salt  
3tbsp Cream of tartar  
2tbsp Oil  
2c Boiling water  
Food colouring (optional)  
Pumpkin Spice

Mix flour, salt, cream of tartar and oil in a large bowl. Mix in desired amount of pumpkin spice. In a mixing cup, measure out boiling water and add in food colouring if you are using it. Pour water mixture into the mixing bowl and stir. Once the water is stirred in, take out playdough and knead until well mixed.

# Our Voice

## Do We Have Too Many Playground Rules?

I remember the days of playing Red Rover and calling my friends over only to link my arms tighter and clothesline them to the ground. The days where we yelled, "I'm the king of the castle, you're the dirty rascal," and push anyone trying to take our place down. Those days are *way* in the past.

Schools now have so many rules – written and unwritten – that I had to ask multiple children what rules they knew of. Of course having children in school helped me figure out most of them—they also performed a couple 'unwritten' ones to see what would happen.

When my first born attended school, I was new to all these playground rules. The parent handbook didn't tell me that if my child didn't have a closed-toe shoe, she couldn't go on the equipment. But if she had on rubber boots, which are closed toe, she also couldn't go on the equipment. Running shoes are the only acceptable footwear.

Now that all three of my children are in school, I'm well versed in the 'Playground Rules', but some new ones still pop up from time to time. Cartwheels for example. They're an 'unwritten rule' at my children's school. Cartwheels are now a no-go at most schools because a child can get hurt. Really? My child put a rock up her nose at school and had to go to the Emergency Department to get it removed, does that mean the schools are now going to be taking all rocks out of playgrounds? No.

There is no more Ground Tag. Equipment can only be used for its intended purpose – climb up, slide down. There is no running on or under the metal equipment – because wood is banned – and children can only swing on the monkey bars, no more hooking your feet on the bars and pulling yourself up to sit on them.

Depending on your school, running is no longer acceptable. Children are allowed to 'power walk', but not run. Who wants to play Tag while power walking? No one.

In a generation where obesity is a problem and children are spending more and more time in front of a screen, why are we limiting children's outdoor play experiences?

Most of these playground rules are put into place because a child *might* get hurt. Might. Since when does someone go through their entire childhood without being hurt?

We've created a 'Bubble Wrap Generation'. I'm not kidding, this is a real thing. We've protected these children from getting hurt, from failing, and from rejection. In doing this, we've raised children who are not resilient and have no confidence. We've raised children who can't use their imagination and have no problem solving skills.

There are so many children with ADHD and behavioural problems nowadays that there has to be a reason for the increase. Could one of those reasons be that children are entering the classrooms upset and irritated that they couldn't play certain games and teacher's kept telling them 'No' all recess long?

A principal in Auckland, New Zealand decided to test that theory when he became part of a playground and risk study. The only outdoor playground rule in place was that a child is not to purposefully hurt another person.

Children were no longer being told 'no' or 'stop that'. Ever so quietly, the staff started to back away from the children and allowed them to play how they wanted.

The results were impressive. After a short period of time, less and less children were getting hurt. The children were so busy and active that at the end of recess, the children were entering the school ready to learn. They were motivated and focused better in class.

Incidents of bullying, as well as tattling and vandalism, also dramatically decreased.

With this type of knowledge, why are schools still setting our children up for failure later in life? Are schools so scared of a parent 'lawyering up' that they generate rules that are designed to soothe adults yet inhibit children?

Personally, I think schools should abandon the majority of their rules and help children become strong, confident, and capable individuals.

Courtney Rudd, RECE