

# COMMUNITY

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# NEWSLETTER

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June 2022

SECOND STREET COMMUNITY OFFICE

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## A Note from the Community Office:

Love Builds Brains!



This is the title of a book I am reading right now. “Love Builds Brains” is written by Dr. Jean Clinton, an MD, a Child Psychiatrist, and Clinical Professor at McMaster University. She is an expert on healthy attachment and brain development, among other things. She frequently reminds readers that relationships always come first, that we are social beings and we thrive on connectedness and caring relationships. She says, about today’s digital world, that although we have increased connectivity, we have much diminished connectedness. It is the connectedness that we really need.

This morning, I saw the headline in the “You” section of the Vancouver Sun: “A Longevity Success Story”, in which the author, Robin Roberts, examines the keys to healthy aging. Along with a healthy lifestyle of eating well and a recommended 150 minutes of physical activity per week, Roberts’ emphasizes that socialization is also extremely important. Laura Tamblyn Watts, the CEO of the national seniors’ organization, CanAge, says:

“Social isolation and loneliness is as bad for your body as smoking 15 cigarettes a day. She also says: “It can also take up to eight years off your life. It doesn’t just affect your mental health; it affects every part of your body. When you are depressed and alone and scared, your body moves into a kind of hibernation and you frankly wither emotionally and physically.”

So... I found myself nodding and even did a triumphant, “Yes!” as I read this article today. Why? Look at us, in this community, and in this school.... We know relationships are key for learning and health. We know belonging to “the village” can help us raise healthy, happy children because we know the power of connections and caring adults in our kids’ lives. And how about the adults? Are you caring for yourselves in this same way? Are you nurturing your community connections and friendships?

It looks like research is showing that love doesn’t just build brains -- loves sustains and protects our brains and bodies.

So... go chat to a neighbour, get out in nature with your kids, gather a group for a meal, call an old friend.

Protect and sustain your brain and body.

Yours in Community,

*Gayle Beavil*

Community School Coordinator

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# Play to Learn Learn to Play

hosted by the Burnaby Early  
Childhood Development,  
in partnership with the Burnaby School  
District and the City of Burnaby

June 1, 2022  
10am to 1pm

- Family Friendly  
Fun and Snacks!
- Games for  
learning
- Learn about  
Burnaby  
programs  
and services
- Ask questions to  
service providers

FREE  
activities!

Great for  
kids 0-6



Live Music: Will Street!

## EDMONDS PARK

7433 Humphries Avenue, Burnaby

Thanks for your support:

FOR MORE:  
email: [kidsinburnaby@gmail.com](mailto:kidsinburnaby@gmail.com)  
[www.kidsinburnaby.ca](http://www.kidsinburnaby.ca)



Don't forget to mark your calendars for **June 1<sup>st</sup> between 10-1pm**. The Early Childhood Development Table is hosting a **Play to Learn, Learn to Play** event at **Edmonds Park**. Bring your little ones for fun activities, dancing, snacks and music as you meet other families and learn about the family resources Burnaby has to offer! This is a **free event with no registration** required, just show up. Hope to see you there!



There are many benefits to adopting a physically active lifestyle and going on family hikes is a great way to enjoy the outdoors and help your children develop lifelong physically active habits. Our friends at Meant 2 Prevent have pointed us to some great ideas for helping to make hikes more fun for the little ones. Have a look at the link below!

[LEARN MORE](#)



**The Ministry of Children and Family Development** would like your feedback on the **Children and Youth with Support Needs Framework** and the new service-delivery model proposal. Families, especially if you have a child with extra support needs, service providers or sector partners are invited to participate in an online survey to share their input. If you would like to learn more or take the online survey, [click here](#).

**Establishing daytime and evening routines can help a child get a good night's sleep.** If they're sleeping well, chances are you'll sleep better too! Here are some tips on how to help a child get a full night of sleep (Source: Healthy Families BC). Learn more @feelingsfirst.ca.

What you can do to help young children get a full night's sleep.

- ☞ Keep regular sleep and wake times - a regular sleep schedule has been shown to help regulate emotions.
- ☞ Relax before bed - soothing bedtime routines can help children relax and feel ready for sleep.
- ☞ Help your child feel safe at night - some children may feel better with a night-light or comforting object.
- ☞ Spend time outside during the day - Natural light helps produce melatonin at the right times in a child's sleep cycle.

Get daily exercise through play - explore play as a physical activity to help children sleep longer and better.

### What are the benefits of promoting a physically active child?

 <p><b>Positive social skills</b> A physically active child:</p> <ul style="list-style-type: none"> <li>• Learns cooperation and teamwork</li> <li>• Has a greater sense of compassion and empathy</li> </ul>	 <p><b>Emotional development</b> Higher emotional intelligence means that your child:</p> <ul style="list-style-type: none"> <li>• Calms down more easily</li> <li>• Is less anxious</li> <li>• Has a greater sense of belonging and connection</li> <li>• Has more self-worth</li> </ul>	 <p><b>Skills development</b> Learning basic movements leads to new skills for sports and games. That builds confidence and self-esteem.</p>
 <p><b>Physical development</b> A physically active child:</p> <ul style="list-style-type: none"> <li>• Builds strong bones and muscles</li> <li>• Develops good hand-eye coordination</li> <li>• Has a good posture</li> <li>• Develops increased flexibility</li> </ul>	 <p><b>Injury prevention</b> Improving balance, stability, and flexibility reduce or prevent injuries.</p>	 <p><b>Health</b> Active children have:</p> <ul style="list-style-type: none"> <li>• Better sleeping patterns</li> <li>• Less anxiety</li> <li>• Improved concentration</li> </ul>

### What can you do?

- Start with yourself**  
Become a role model for active and healthy living! Your child is watching and learning from you.
- Encourage and respect your child's rate of development**  
Your child develops skills at their own pace as their brain and muscles grow.
- Help your child find a physical activity that they enjoy**  
See handouts for activities and tips, from birth to 5 years old.



Join the Burnaby Public Library

# Summer Reading Club

Free for children of all ages. Starts Monday, June 13.

- ▶ Get your reading tracker at any library location or online
- ▶ Choose your reading goal
- ▶ Read all summer long
- ▶ Pick up your Summer Reading Club medal!

You can read anything, any way, anywhere, and in any language. Being read to also counts!

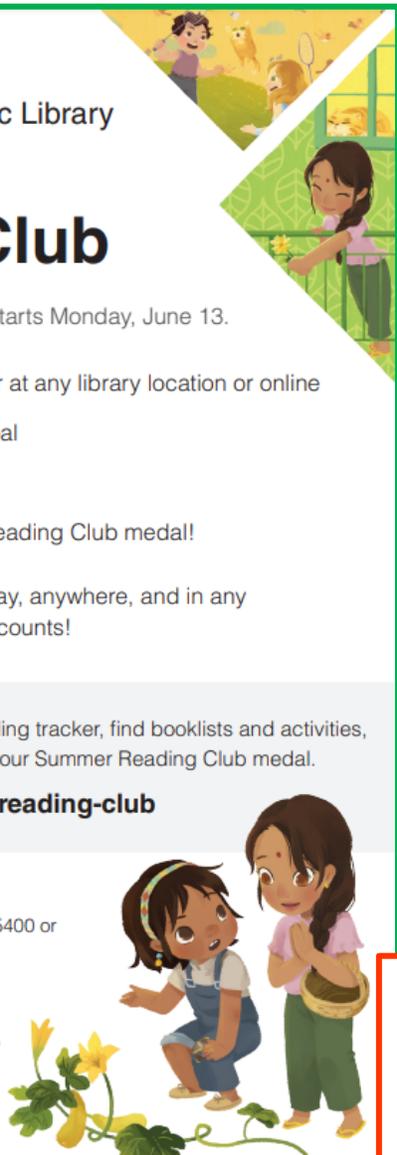
Visit our website to get your reading tracker, find booklists and activities, and get updates on picking up your Summer Reading Club medal.

[www.bpl.bc.ca/summer-reading-club](http://www.bpl.bc.ca/summer-reading-club)

Need reading ideas or tips? Have questions? Let's talk! Call 604-436-5400 or email [eref@bpl.bc.ca](mailto:eref@bpl.bc.ca)

The Summer Reading Club is sponsored by the British Columbia Library Association and Burnaby Public Library with the generous assistance of Public Libraries Branch, Ministry of Municipal Affairs, and CUPE BC.

 Burnaby Public Library



Summer Reading Club: children can pick up a free kit at any library location to track their reading, and/or sign up online at [www.bpl.bc.ca/summer-reading-club](http://www.bpl.bc.ca/summer-reading-club). Students can choose a personal reading goal and then read anything, any way, anywhere, and in any language. Additionally, being read to is OK and it counts. Siblings and friends who are not in school yet can also join the club – It's open to children of all ages!

Medals will be handed out in September. Please keep an eye on our website for more details and programs to be announced soon: [www.bpl.bc.ca/kids](http://www.bpl.bc.ca/kids)

**READ**

 Burnaby Public Library  
[www.bpl.bc.ca](http://www.bpl.bc.ca)

**Burnaby Public Library's McGill Branch** is offering in-person **Outdoor Babytime** starting June 15 from 1:30 - 2:15 PM. Join the lovely librarian for songs, stories and rhymes while you and your baby enjoy each other's company and meet new people. For more information [click here](#).

## Hello from Burnaby Public Library!

We made a list of books for Kindergarten families: [tinyurl.com/100booksBPLkids](http://tinyurl.com/100booksBPLkids)



## Three Tips for Family Reading

We made you a video: [tinyurl.com/readingtipsBPL](http://tinyurl.com/readingtipsBPL)

### Let your child lead

Let them choose what you read together most of the time. Look for books that match their interests.

### Ask questions as you read

This helps your child get involved in the story and understand it. Be sure to give them lots of thinking time and keep it fun.

### Let them tell the story

Sometimes after you read a book, ask your child to tell you the story in their own words using the pictures.



Talk with a  Librarian



Open hours  [bpl.bc.ca/people-help](http://bpl.bc.ca/people-help)

 604-436-5400

 [eref@bpl.bc.ca](mailto:eref@bpl.bc.ca)



Take a look at the City of Burnaby's website for Free and Low-Cost events and activities. Click on this link for more information <https://www.burnaby.ca/recreation-and-arts/programs-and-activities/free-and-low-cost>

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A graphic with the word "dates" in pink circles above the word "Remember" in blue cursive script, with a small "to" between them.

## dates to Remember

- June 9.....Freezie Day – bring a loonie!
- June 10.....Professional Day – NO SCHOOL for students
- June 16.....Pizza Day
- June 28.....Report Cards go home
- June 29.....Last day for students