

NURSERY SCHOOL NEWS

January 2010



HAPPY HANUKKAH !!

THE IMPORTANCE OF PLAY

Other studies reinforce the importance of play as an essential protein in a child's emotional diet; were it not, argue some scientists, it would not have persisted across species and millenniums, perhaps as a way to practice for adulthood, to build leadership, sociability, flexibility, resilience — even as a means of literally shaping the brain and its pathways.

Dr. Stuart Brown, a psychiatrist and the founder of the National Institute for Play — who has a tree house above his office — recalls in a recent book how managers at Caltech's Jet Propulsion Laboratory (JPL) noticed the younger engineers lacked problem-solving skills, though they had top grades and test scores. Realizing the older engineers had more play experience as kids — they'd taken apart clocks, built stereos, made models — JPL eventually incorporated questions about job applicants' play backgrounds into interviews.

"If you look at what produces learning and memory and well-being" in life, Brown has argued, "play is as fundamental as any other aspect." The American Academy of Pediatrics warns that the decrease in free playtime could carry health risks: "For some children, this hurried lifestyle is a source of stress and anxiety and may even contribute to depression." Not to mention the epidemic of childhood obesity in a generation of kids who never just go out and play.

from "The Growing Backlash Against Overparenting" by Nancy Gibbs, Time Magazine, Nov. 20, 09



Mary had a little cold,
but wouldn't stay at home.
Everywhere that Mary went,
that cold was sure to roam.
It wandered into teacher's eyes
and filled them full of tears.
It jumped from there to Bobby's
nose and then to Jimmy's ears.
It painted Anna's throat bright red
and swelled poor Jenny's head.
Dora had a fever and
a cough put Jack to bed.
The moral of this little tale
is very simply said.
Mary could have saved a lot of pain
with just one day in bed!

We do appreciate that parents are keeping "drippy" children home and giving them more day to recover. It is making a difference for everyone.

HAVE YOU REGISTERED FOR NEXT YEAR?

SNACK REMINDER

Please remember

- to bring whole fruits and vegetables - not peeled or cut
 - nothing cooked at home
- Thank you so for understanding our Kashrut policy.