

# NEWSLETTER

## FIRST ADVENTURE CHILD DEVELOPMENT CENTRE

July 2025



At First Adventure we believe that creating a culture of caring in children's earliest years builds a foundation for caring. Children begin caring for themselves, caring for each other, and caring for the community at large.

Visit Our Website at: [www.firstadventure.ca](http://www.firstadventure.ca)

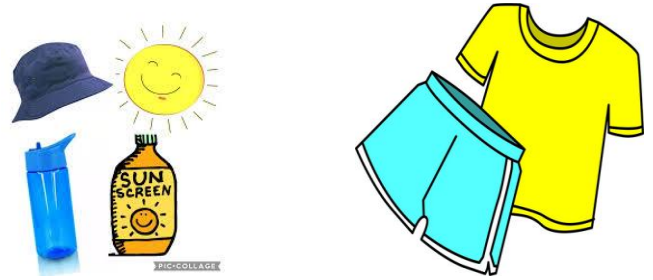
Bridge Street Campus: 613-962-3474  
Georges Vanier Campus: 613-969-8316 or 613-848-6063

### Upcoming Closures

Monday, August 4: Civic Holiday

Aug 25-29: Closed for Holidays

Monday, September 1: Labour Day



Summer is here so please see that your child has a bucket hat that covers the neck and ears from the sun and you have provided sunscreen for the teacher to apply before outdoor play. All children must wear closed toed shoes and should have at least one extra set of clothing in case they get wet during outdoor water play.



The school aged children have started summer camp at the Georges Vanier campus. The teachers have planned a busy summer of activities and day trips so please touch base with the teachers each day regarding the following day's activities to ensure your child arrives on time on the days the group is leaving the school for a community outing.

Please make sure your child has a water bottle, bucket hat, and sunscreen to prepare for days spent outdoors.



## July 2025 Program Spotlight- Preschool with Kelsey Brachvogel

### **Circle Time!**

In recent years, the Early Childhood Education field has shifted away from the traditional circle in fear of forcing the children to comply with expectations to sit still and participate in an activity they don't want to. In our classroom, we believe circle time is the perfect opportunity to embed meaningful learning and interactions as a classroom family, hoping to change the narrative surrounding circle time! In our room, circle time is a consistent component in our day and the children look forward to it each morning. They know this is a time we are all invited to sit, chat, be silly and play together. There is no expectation for the children to join circle and there is no time limit for changing their mind to join us or to leave us! They come and go as they please, participate in what they want and get to sit however they feel comfortable! The children decide if they want to start circle early for extra time or later, because they are enjoying their current activity..it gives them a sense of control within the routine. Through this, they are learning time management and that each decision we make, impacts another part of our day such as more circle means less free play.



Circle time in our room always starts with the good morning train! We greet everyone by name and we even greet our babies, stuffies, teachers & the characters on our shirts! It's the perfect song to start to the morning. Following the good morning train, we always end up in a group discussion about whatever the children bring up! Everyone gets the chance to ask each other questions, discuss the upcoming day, discuss the previous day, etc.

Next on the agenda is the month/season and the day of the week. We have songs for both! The children get to make a decision as a group during this time - we take a vote to sing vs not sing..we often sing both as we are a group who love to sing together! Providing the children with the time and space to develop an interest in learning the months and the days is all that's needed for them to actively choose to learn, in a fun way. There is no expectation or pressure to know the days of the week, but they feel a sense of pride knowing they do. It sets them up for a successful week when they have an understanding of time as the week progresses and the arrow moves.

Following days and months, we move onto weather. We all take turns being the weather person, the weather person gets to look out the window and tell everyone what they see outside, they get to move the arrow themselves - working on image and word recognition. We also have a temperature board, the weather person has to recall what the temperature felt like when they arrived at school!





Lastly, we move on to the famous "choices". Each day, there are three choices to be made. We have a special board that keeps track of who made choices previously to ensure no one is getting skipped over and everyone is given the same opportunities to be involved. This section is the perfect time for the children to strengthen their self-regulation, co-operation, self esteem and so much more!

**Some of the fun choices are :**

- **A dance party**...the child who made the choice gets to choose the song and we all dance together, practicing big body moves!
- **Story**...the child who made the choice gets to choose the story
- **ABC wall**...everyone gets a chance to identify letters, trace them with their finger, think about words that begin with the letter, etc
- **ABC exercise**...the child who made the choice gets to choose 3 letters and then we do an exercise that starts with that letter as a group! A great way to work on gross motor skills and coordination.
- **Big bouncing ball**...each child is invited to choose a colour or character for their ball, they get to take turns jumping, dancing and spinning in the middle of the circle
- **I-spy**...the child who made the choice gets to spy something for their friends to find!
- **Songs**...the child who made the choice gets to choose a song to sing with everyone
- **Reach inside**...each child is invited to reach in the bag and find an object, we sing a song and they show and tell their friends what they found! Then we answer questions about their object ie; *"what does your long neck dinosaur eat for lunch?"* Or *"what is your black and white puppy's favourite colour?"*
- **Bug under the rug**...everyone closes their eyes and Kelsey chooses a bug to hide under a blanket, the other friends then have to look around to see who's missing to determine who the bug under the rug is!
- **Sleeping bunnies**...all of the children are invited to play sleeping bunnies together
- **Floor is lava**...all of the children are invited to play floor is lava together



Circle time is our favourite time of the day. The children take the lead and the teachers follow, embedding learning opportunities into each component. Within circle time, we are able to foster the four foundations of How Does Learning Happen - Belonging, Engagement, Expression and Well-being. It's a space in which all children are invited, listened to and celebrated, they cheer each other on, encourage turn taking and learn to manage their own expectations. Circle is what the children make it...and they always make it so fun!

