



HIGHSCOPE AND YOUR CHILD

Family Day's kids benefit from a hands-on approach to learning

Having a child in a Family Day program means you've likely heard the term "HighScope" in conversation. But, what is HighScope? Why is it used at Family Day? And how does it benefit your child?

HighScope is an approach to educating young children that concentrates on "active participatory learning." The central belief of HighScope is that children construct their own learning by "doing" and by working with objects, people and ideas with knowledgeable educators.

The HighScope Foundation was established in Ypsilanti, Michigan in 1970 to support research gathered through the Perry Preschool Project (1962-1967). This program was designed to provide early childhood education to three- and four-year-olds in poorer areas of Ypsilanti to yield better results in school.

HighScope is now used in child care programs in North America and around the world, and is supported by the non-profit HighScope Foundation.

Family Day adopted HighScope about 25 years ago, putting the agency "well ahead of the curve," according to Lisa Shortall, Family Day's Manager of Training. She says the approach was chosen because it is grounded in research and is a curriculum that builds and develops children's skills and interests.

"Our educators are now looked to as leaders," says Shortall.

THE HIGHSCOPE WAY

HighScope gives children direct, hands-on experiences to everything around them. The children make their own choices/plans about *what* they want to do and *how* they want to do it. Educators play a central role by selecting appropriate material, nurturing interactions, and encouraging children to adopt an active, problem-solving approach to learning.

Educators create the setting for learning through five main elements:

1) Active Learning. The idea that children are directly involved in hands-on experiences with people, objects and ideas forms the basis of HighScope.

2) Classroom Arrangement. The classroom arrangement invites children to engage in personal, meaningful, educational experiences.

3) Daily Schedule. The schedule considers the developmental levels of children, incorporates a plan-do-review process, and contains a minimum number of transitions.

4) Assessment. Educators keep notes about significant behaviours, changes and other things that help them better understand a child's way of learning.



5) Curriculum. The curriculum is organized via 'key developmental indicators'. These are statements describing what children do, how they see the world, and the experiences that are important to their development.

THE BENEFITS

Children benefit from HighScope in several ways, including developing a broad range of problem-solving, interpersonal, self-regulation and communication skills.

"A major benefit to children is that they develop a lifelong approach to learning by becoming actively involved and by doing," says Shortall. "And they learn by doing in the context of supportive adults, who understand child development and scaffold their learning."

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HIGHSCOPE



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In addition, HighScope encourages cooperation and teamwork. Shortall recalls a time when a “comfort shelf” was put in place at a Family Day toddler program. The children were asked to put items on the shelf that would help comfort them if necessary.

“One day a child was upset, and another child went to the shelf and took out her stuffed toy and brought it to her,” says Shortall. “When that did not help, he went back and got her “blankie.” When that did not work, he went back and got her

soother. This is just one heartwarming example of empathy and caring in children as young as toddlers.”

Some other benefits for children include: initiative and creativity; learning about social relationships; and developing positive attitudes towards themselves, others and future learning.

In a well-known study called the *HighScope Perry Preschool Study*, early program participants were tracked into adulthood. The study found that children who took part in programs based on the

HighScope approach were more likely to graduate from high school than adults who did not have preschool. (They were also more likely to be employed, less likely to commit crimes, and had higher wages).

“The research supports that we can improve a child’s life outcomes when providing quality early child care,” says Shortall. “High Scope provides the framework to provide that quality.”

Sources: *Early Childhood Education Today* (G.S. Morrison); *HighScope Foundation*; *What is a HighScope Approach to Preschool?* (Elizabeth Weiss McGolerick)

We want to hear from you!

Please help us by sharing your views



Message from
Joan Arruda, CEO

In September 2016, we began celebrating Family Day’s 165 years of operation, and launched our new, five-year strategic plan. This coming spring, our front-line staff will get a chance to celebrate the accomplishments of the past 165 years and learn how they can help move our strategic plan forward.

As we build on our capacity to be innovative in the ways we serve children and families, we will be asking *you* how we can better serve you and your children. In order to build on best practices and create exceptional programs and services, we require your input.

In late spring 2017, a new electronic format of our parent survey will be available. I strongly encourage you to participate in this survey. In addition, I would greatly appreciate you taking the time to share your positive experiences with Family Day (and give us a star rating) on our Facebook page at [facebook.com/FamilyDayCareServices](https://www.facebook.com/FamilyDayCareServices)

I am also pleased to announce that Family Day staff will soon have an opportunity to give their own feedback via a new electronic staff engagement survey. This survey will allow us to make Family Day an even better place to work.



GET OUTSIDE!

Playing outdoors during the winter has many advantages

The temperature has dropped and the snow is falling, but that doesn't mean the kids should stay indoors by the television. Sure, going outdoors in chilly weather requires more clothing (and resourcefulness), but kids can reap real benefits from being outside during the winter:

1
Provides Exercise

Playing outside provides children with great exercise. Playing tag with friends, building a snowperson, tobogganing and other activities get children's bodies moving.

2
Stimulates the Imagination

In our technological age, many children don't exercise their minds as often as they should. Playing outside helps children develop their imagination!

3
Promotes Problem-Solving Skills

Children who play outside learn how to solve real life problems. Whether they are learning how to get along with friends or building a fort – they are actually problem solving.

4
Provides Vitamin D

It's important for kids to get Vitamin D, which helps promote better moods, energy levels, memory and overall health. Just 10-15 minutes out in the sun (even in winter) will give your children their daily dose.

Sure, if you are facing a blizzard or there is an extreme weather warning in effect, you can opt for board games and hot cocoa, instead. But on a typical winter day, it's great to get the kids into their winter gear and get them outside!

Source: North Illinois University (niu.edu)

Parents: Come share your views

Come join us! The spring sessions of our Parent Advisory meetings have been scheduled for April. These meetings provide an opportunity for parents to talk about Family Day's curriculum and what is happening in their areas. Child care and a light dinner are offered at the meetings, which run from 6:00 p.m. to 7:30 p.m. as follows:

Brampton	April 19 at Esker Lake
Markham	April 18 at Armadale
Mississauga	April 20 at Willow Way
Thornhill	April 25 at Thornhill
Toronto	April 20 at Mary Ward
Toronto	April 26 at Flemingdon Park

United Way Campaign a Success

Hats off to Family Day staff! The agency's 2016 United Way Campaign raised more than \$21,000 for the charity. Activities that raised funds included dance-a-thons, prize draws and our annual CN Tower climb. Thanks to all of you who so generously participated in, and donated to, the campaign!



Come roll with us

Start flexing those finger muscles! The 6th annual Bowling for Family Day is just around the corner. This year's event will take place on Saturday, April 22, 2017 at two locations in Markham and Mississauga.

Please speak to your centre supervisor to find out how you can help fundraise for this event that greatly helps us to enhance our programs.

So, get in the bowling frame of mind and sign up your team at www.familydaycare.com/bowl



TIME TO REGISTER FOR SUMMER CAMP

Registration opens on February 20, 2017 for Family Day's summer camp programs. To register your child for a great summer at one of our extended-day or school-age camp programs, visit www.familydaycare.com.

Spots are available on a first-come, first-served basis, so register early!



Join our Facebook family

Family Day's Facebook community is now 500+ people strong. Our page acts as a "meeting place" for parents and staff, and lets you know what's going on in our child care programs and Ontario Early Years Centres (OEYCs).

Come join the conversation at www.facebook.com/FamilyDayCareServices



FAMILY DAY



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Member Agency

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Our Programs

- Licensed Home Child Care
- Child Care Centres
- School Age Programs
- Resource Programs
- Ontario Early Years Centres in Toronto East, York Region and the Region of Peel

FOCUS Newsletter

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For countless families, Family Day is the only way!