



# The Marsh Messenger

VOLUME 19, ISSUE 9

APRIL 2019

**Smarts Get Smarter Every Time You PLAY!**

You might remember that kindergartners performed their "Smart Chant" at the Christmas program this year.

This month in counseling time, they will deepen their knowledge of the 8 ways we all are smart.

Here's the chant. Ask your child to teach you the hand motions!

Picture Smart

Self Smart

Word Smart

Body Smart

Logic Smart

Music Smart

Nature Smart and

People Smart!

Smarts get smarter every time you play.

Smarts get smarter every time you play.

Smarts get smarter every time you play so

**PLAY THE REAL WAY!!**

"Play the real way" means make more time for play with real people and real objects as opposed to screens, which adults must limit for them. Screens are addictive, so if you leave it up to the children, they will use up important play time. They need your help! Timers and countdowns are the best way to enforce limits. Warn them to help them prepare: "You have five more minutes left..."

Dear Families,

We have so much excitement in the air as the end of another school year approaches! Field trips and activities and the spring wind keep us on the move! We are sharing with kids that this summer they can get smarter in the summer when they "play the real way."

Here's why:

1. Real play gives the brain a break from overstimulating visuals and sounds (including advertising).
2. Real play provides children *time* to

explore other interests.

3. Real play improves children's vision, gross and fine motor skills. The imagination developed in play makes them better readers, too!
4. Real play reduces depression, which increases as screen time increases.

Children need play suggestions, supplies and time. Thanks for establishing screen-time limits and helping them PLAY THE REAL WAY!

Stacey Plane, Marsh Director/Principal

## PLAY the REAL WAY!



**The American Academy of Pediatrics Screen Time Guidelines:** Parents should limit children aged 2 to 5 to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them. **Screen time is defined as television, movies, computer activity and video gaming on any device (phones, tablets, PlayStations, etc.)**