

Inspiration Corner

Colored ice creations – freeze colored water in a variety of shapes and sizes ahead of time. Bring them outside on a COLD day and use water droppers to “glue” ice together. Don’t forget your gloves!



OUTDOOR PLAY IN WINTER

A common myth is that exposure to cold and wind make children more likely to catch a cold or flu virus. According to the [American Academy of Pediatrics](#), cold weather is **not** the cause of either the flu or colds. Active outdoor play **helps** build the immune system and increases a child’s ability to fight off a cold or the flu. Just remember to dress in layers and don’t forget a hat and gloves.

In addition to strengthening the immune system, other [benefits of outdoor play in winter](#) include engagement in physical exercise, stimulation of the imagination, and opportunities to investigate the changes that winter brings.

Bundle up and enjoy the outdoors – especially in the winter!

Want to get a head start on gardening this year? Why not plant a cool season crop! Click [here](#) for information on where to begin.

Winter Maintenance in your OLE

- Winterize any water sources to prevent frozen/burst pipes
- Prune summer-blooming trees and shrubs
- Prune apples, pears, plums, and figs to thin branches
- Prune grape vines

IMPORTANT DATES

February 24th – Start date for online *Early Childhood Outdoor Learning Environments Certificate Course*, Click [here](#) for more information

March 11th – OLE Discussion Group Meeting, 3:00pm-4:30pm , APC Conference Room

March 28th – Nature Explore Workshop, 9:00am-4:00pm, Click [here](#) for more information

Grant Updates

JSS Headstart & Childcare Network #78 have completed OLE designs and work to implement these designs will begin soon.

Lifespan, Beginning Visions, and First Presbyterian CDC are in the very early stages of meeting with their designers to begin the process of putting their visions on paper.

Eastlawn, Haw River, and Newlin Elementary Schools have all had their OLEs designed and phase one implemented. They are in the maintenance and sustaining phase now.

Shout Outs!

*Amy Latta, NC Pre-K teacher at Childcare Network, made a rain gauge for her OLE.
Way to go Amy!*

