

January 2020



Play Centers at Pot Spring Elementary School

2410 Spring Lake Drive

Timonium, Maryland 21093

410.252.9333 ~ www.playcenters.org

Hours of Operation: 7:00 a.m. - 9:00 a.m. / 3:00 p.m. - 6:00 p.m.



This organization and its materials are not affiliated with, sponsored by, or endorsed by Baltimore County Public Schools, the Superintendent, or this Baltimore County public school or office.

~FROM DIANE MELLOTT, CEO/COO~

Is It Safe to Play Outdoors in Winter? (an excerpt)

Fresh air is healthy

Studies have shown that contrary to the common belief that "exposure to cold air causes a cold," fresh air is good and healthy.

When children and adults spend a long time together in indoor spaces that are small, overheated, and poorly ventilated, germs and illnesses pass easily from one person to another. In fresh, outdoor air, children do not have to re-breathe the germs of the group and the chance for spreading infection is reduced.

Outdoor play is healthy even in winter

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. It gives children an opportunity for a change of environment, a balance in play and routine, and large muscle activities (gross-motor development). Even children who are mildly ill but active should go outside if the weather is not severe. Staff and children alike will feel refreshed when fresh air is part of the daily routine. Taking children outdoors daily, even in winter, can be a healthy part of their schedule and is safe when clothing is appropriate.

Improve indoor air quality

Germs causing disease multiply in warm, dark, damp environments, so it is important to keep the environment clean and dry. Adequate ventilation, humidity, and temperature control help us resist illness and increase our ability to get well after sickness. Colds, sore throats, and other infections of the respiratory system are common in cold weather and are usually caused by viruses. Child care providers have the potential to improve the health of children in their care by having children play for extended periods outdoors in the fresh air.

Handwashing is the single most effective way to reduce the spread of infection in a child care setting.

https://cchp.ucsf.edu/sites/g/files/tkssra181/f/wint_en0910_0.pdf

~FROM THE DIRECTOR~
REYHANA MOHAMED

~THEMES~

It's a New Year
New Year, New Me
Under The Big Top
We Have A Dream
DIY Week

~HAPPY BIRTHDAY!~

📅 Olivia C. 1/12

~FROM ACCOUNTS RECEIVABLE (AR)~

Questions about your account ?

Questions about Military Subsidy or the MSDE Scholarship?

Please contact the

AR Coordinator / Subsidy Specialist, at 410.296.4880, ext. 111.

IMPORTANT DATES:

Thursday, January 2

Baltimore County Public Schools Reopen

Monday, January 20

Dr. Martin Luther King, Jr.'s Birthday - Observed
School and Play Centers **CLOSED!**

Friday, January 24

Baltimore County School - **Early Dismissal**
Play Centers, Inc. will operate from
early dismissal until 6 p.m.

January 2020



Play Centers at Pot Spring Elementary School

2410 Spring Lake Drive

Timonium, Maryland 21093

410.252.9333 ~ www.playcenters.org

Hours of Operation: 7:00 a.m. - 9:00 a.m. / 3:00 p.m. - 6:00 p.m.



♻️ PARENTS' CORNER ♻️

American Academy of Pediatrics Policy Statement - Media and Young Minds (an excerpt)

Today's generation of children and adolescents are growing up immersed in media, including broadcast and social media. Broadcast media include television and movies. Interactive media include social media and video games in which users can both consume and create content. Interactive media allow information sharing and provide an engaging digital environment that becomes highly personalized.

The most common broadcast medium continues to be TV. A recent study found that TV hours among school-aged children have decreased in the past decade for children younger than 8 years. However, among children aged 8 years and older, average daily TV time remains over 2 hours per day. TV viewing also has changed over the past decade, with content available via streaming or social media sites, such as YouTube and Netflix.

Social media sites and mobile apps provide platforms for users to create an online identity, communicate with others, and build social networks. At present, 76% of teenagers use at least 1 social media site. Although Facebook remains the most popular social media site, teenagers do not typically commit to just 1 social media platform; more than 70% maintain a "social media portfolio" of several selected sites, including Facebook, Twitter, and Instagram. Mobile apps provide a breadth of functions, such as photo sharing, games, and video-chatting.

Video games remain very popular among families; 4 of 5 households own a device used to play video games. Boys are the most avid video game players, with 91% of boys reporting having access to a game console and 84% reporting playing video games online or on a cell phone unstructured and social (not digital) play, as well as responsive parent-child interactions.

Benefits of Media

Both traditional and social media can provide exposure to new ideas and information, raising awareness of current events and issues. Interactive media also can provide opportunities for the promotion of community participation and civic engagement. Students can collaborate with others on assignments and projects on many online media platforms. The use of social media helps families and friends who are separated geographically communicate across the miles.

Social media can enhance access to valuable support networks, which may be particularly helpful for patients with ongoing illnesses, conditions, or disabilities. In 1 study, young adults described the benefits of seeking health information online and through social media, and recognized these channels as useful supplementary sources of information to health care visits. Research also supports the use of social media to foster social inclusion among users who may feel excluded or who are seeking a welcoming community: for example, those identifying as lesbian, gay, bisexual, transgender, questioning, or intersex. Finally, social media may be used to enhance wellness and promote healthy behaviors, such as smoking cessation and balanced nutrition.

Risks of Media

- ◆ Health and Well-Being (Obesity, Sleep Disruptions, etc.)
- ◆ Problematic Internet Use and Internet gaming Disorder
- ◆ Media Influence
- ◆ Cyberbullying, Sexting, and Online Solicitation
- ◆ Impacts on Mental Health
- ◆ Impacts on Parental Engagement

In conclusion, the effects of media use are multifactorial and depend on the type of media, the type of use, the amount and extent of use, and the characteristics of the individual child. Children today are growing up in an era of highly personalized media use experiences, so parents must develop personalized media use plans for their children that attend to each child's age, health, temperament, and developmental stage. Research evidence shows that children and teenagers need adequate sleep, physical activity, and time away from media.

For the complete article, click here. <http://pediatrics.aappublications.org/content/138/5/e20162591#ref-47>