

The G.R.I.T Calgary Society

Volume # 7

Number 9

May 3rd, 2010

DATES TO REMEMBER

April showers bring May flowers.
We are looking forward to a great
month of fieldtrips and fun
experiences. Don't forget about the
Zoo trip on Friday May 7th.

Now that spring is in the air, we
should be able to take our learning
outside.

Have a great month and give mom
and a big hug Mother's Day.

Happy Mother's Day!



Tuesday May 4th
DS Meeting

Friday May 7th
Zoo Trip

Monday May 24th
Victoria Day (no program)

Tuesday June 1st
DS Meeting

Saturday June 5th
Walk'n'Roll

Friday June 25th
Last Day of Program



“Learning to live in the present moment is part of the path of joy.”

-Sarah Ben Breathmach

Fundraising News

Annual G.R.I.T Calgary Walk'n'Roll

Planning for G.R.I.T Calgary's Annual Walk'n'Roll and Family Picnic is well underway. A Walk'n'Roll pkg. has been given to your Developmental Specialist, the pkg will include all the needed information for the event as well as a pledge sheet and raffle tickets.

This fun filled event will take place at Edworthy Park on Saturday June 5th. At this time the Walk'n'Roll committee is seeking donations of food, beverages and prizes for the event as well as volunteers to help with the event
We are hoping to raise \$5,000.00 for program enhancement

If you have any questions regarding this event
please contact Annette at 215-2444 (ext 225)

Pinebrook Golf and Country Club - Charity Pro-Am

We are very fortunate to have been chosen once again by the Pinebrook Golf and Country Club as their Charity for their upcoming Charity Pro-Am.
This great fundraising event will be held August 18th and 19th.
At this time GRIT is asking for your assistance by informing Annette Eckel of any possible hole sponsors or donors for the Silent Auction.
All families will be given a pkg, please contact Annette if you have any questions or need more Pro-Am pkgs.

It is hard to believe but planning for the 2010-2011 G.R.I.T. year is underway.
The Winter's Charm Gala will take place on Saturday February 26th 2011.
As you are all aware fundraising endeavors for the upcoming school year will not only focus on raising funds for program enhancement but a large portion of fundraising will be put forward to our building fund.

G.R.I.T. is very excited to be raising money for our own building.
A variety of fundraisers will take place throughout the year and we value the support of these events from our families, friends and staff members. If you are able to help through volunteering at events or seeking donations for these events, please contact Annette Eckel at 403-215-2444 ext 225.
The G.R.I.T. Calgary Society would like to thank everyone who made this years fundraising events so successful.

May Activities



Sing a Song of Sunshine

(sung to sing a song of sixpence)

Sing a song of sunshine
Be happy every day
Sing a song of sunshine
You'll chase the clouds away
Be happy every moment
No matter what you do
Just sing and sing and sing and sing
And let the sunshine through!

Rainbow Song

When the rain falls from the sky (flutter downward)
Don't forget to look up high (cup hand above eyes and look)
If the sun is shining there (make a circle with arms above head)
You may find a rainbow fair (sweep arms in an arc above head)
Red, orange, yellow, green and blue
And you will see there's purple too,

Five Little Bluebirds

(with washable markers draw five little faces on your fingers or make 5 birds out of paper)

Five little bluebirds waiting for spring
The first little bluebird began to sing.
The second little bluebird flapped its wings.
The third little bluebird said, "Tweet, Tweet, Tweet"
The fourth little bluebird sang so sweet
The fifth little bluebird said, "It's a beautiful day"
Then all five bluebirds flew away.

Puddles: Make pretend puddles using cardboard and aluminum foil. Just take small or large pieces of cardboard (depending on where you will be using them) cover them up with aluminum foil. They are great for music and gross motor activities. Have the children jump over the puddles, walk around them etc.

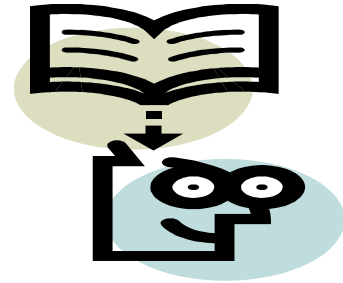
Hand Flowers: Trace outlines of the child's hand on paper. Cut out hand shapes. Using a pencil roll the fingers up so that they curl up. Curl the hand shape vertically into a sort of trumpet/lily shaped cylinder with the finger curls curling outward. Staple the flower onto a drinking straw, along with cutout leaves. Four or five flowers make a nice bouquet.

Shaggy Heads: You will need: old nylon stockings, sawdust, rubber bands, shallow dish, small amount of grass seed, permanent marker and a bucket. Cut about an 8 inch section of stocking. Knot one end tightly with a rubber band. Turn inside out and put 1-2 tablespoons grass seed in the bottom. Pack firmly with sawdust and shape into a round head. Tie a knot on top or use a rubber band to close tightly. Trim extra stocking. Soak entire head in bucket and set in shallow water-filled dish. Place in a sunny location. The next day when the head is dry, decorate with permanent markers. Draw a face. Wait 8 – 9 days and watch your shaggy head start growing green hair! Keep your head in the water-filled dish for months of fun!

Lady Bug Prints: Have the children press their thumbs on red stamp pads and make thumbprints on pieces of white paper. Turn the thumbprints into ladybugs by adding dots and six legs to each one with a black marker.

Yogurt Popsicles

1 container vanilla yogurt
1 can (6 ounces) concentrated fruit juice
(unsweetened orange fruit juice works well)
Dash of vanilla and/or honey
Mix well and freeze in moulds (3oz paper cups can be used)



Toys and Teaching Materials

As the end of the school year quickly approaches we are asking all families and DS's to return all borrowed toys and teaching materials.

It would be greatly appreciated if all materials were returned to corresponding teachers and therapists by Friday June 4th.

Toy Lending Toys should be dropped off at the Toy Lending Library by Friday June 4th.

Please ensure that all toys have been cleaned.

If you have anything you would like to have added to this monthly newsletter please contact Annette Eckel at the office (ext 225).

Your ideas and suggestions are greatly appreciated.

Have a great month!

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