



Dear Parents/Guardians,

On **Wednesday, February 5th, tomorrow**, Ellendale Elementary will be participating in **Global School Play Day 2020 (GSPD)**. GSPD has been promoted by Psychology Today and is being celebrated at schools around the world. You can learn more about the benefits of unstructured play by visiting the official GSPD website: **www.globalschoolplayday.com**.

Unstructured play allows children the freedom to explore, create and discover without predetermined rules or guidelines. It's been shown to foster cognitive development while boosting physical development and social and emotional development. Though our play day will be unstructured, it will be supervised by teachers. It is our hope that this one day of play will inspire families to plan for more unstructured play time during non-school hours.

Sincerely,

The Staff at Ellendale Elementary

The Canadian Public Health Association (CPHA) recognizes unstructured play as a child's right and a critical component to child and youth health and well-being. Actions are necessary to reduce the barriers limiting opportunities for unstructured play at school and in the community. CPHA calls upon all parents/caregivers, educators, child care providers, school boards, public health professionals, the private sector and all levels of governments and Indigenous peoples' governments to improve access to unstructured, child-led play.

“You can discover more about a person in an hour of play than in a year of conversation.”

-Plato