News from CCMCDC

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Exploring the Outdoors

- The outdoors provides space for physical development, in particular, large motor skills. Running, jumping, climbing, throwing, and kicking are all essential for developing healthy bodies and are most safely done with the space that the outdoors provides.
- Research shows that being outdoors contributes to our overall mental wellness; not only because of the physical benefits of fresh air and sunshine, but also because it provides opportunities to explore our environment and try new activities that lead to creativity and confidence.
- Being outdoors exposes us to other people in our community. Whether we are going on a walk or playing on a playground, we see how other people live and interact with the world. We will even meet new people and learn to be safe around others.
- When people are exposed to the natural world they observe how animals and plants interact with one another and how our actions impact the world surrounding us. This helps children learn science concepts through hands-on exploration. It also helps develop a sense of connectedness, kindness, and compassion.

Important Dates:

July 12: Morning Coffee
July 14: Yogurtini Fundraiser
August 4: Closed Professional Development
August 10: Pre-K Graduation

Ways to add MORE Nature to your days!

- Take your meals outside
- Go for walks around your neighborhood
- Celebrate the seasons through outdoor events
- Plant a garden big or small
- Join an outdoor playgroup
- Take a tour of parks around the city, which ones do you like best?
- Create an outdoor toybox or bag and/or playspace with natural items as well as large motor equipment
- Read books about nature with your children

A note from Pastor Angie

Dear families,

Last week we celebrated International Mud Day. Probably like most of you, I was not aware of this special day on the calendar. I do know when International Talk Like a Pirate Day is, though. That's probably the most important in my book, next to Easter and Christmas. I, of course, do not know all of you, but I do enjoy getting to know your children. I love all things summer; the sun, heat, humidity, bright green grass, wildflower gardens, and now I love mud! I am so appreciative of the ways our directors and our teachers introduce our children to all aspects of the world, even when it's messy. I think about that as a metaphor and how we navigate our beliefs and faith in the church. One of the things that often astonishes me about church and people who go to church (broadly speaking), is there is a belief that church is meant to be sanitary, or void of messiness. The reality, though, is that every person who walks through the doors of a church walks through

times of messiness, some more than others. What I love about this church, and the lessons I learn from our children and child development center is that the mess is part of a holistic approach to life. We fail, we succeed. We struggle, we triumph. We fall down, we get up. We grieve, we rejoice. We sorrow, we revel. It delights me to no end to be the pastor of Country Club United Methodist Church. There is no other place in the world I can think of where I would be able to experience all these things, and usually within the course of one small week. Within the walls of this church alongside your family and children, the families and children of this great congregation, life is being lived out with joy.

I invite you to check out a Sunday morning worship experience to see what we're all about. We always have the nursery available for children 4 and under. My hope and prayer is to journey with you all and to continue creating a wonderful community where love is expressed even in the mess.

Many Blessings, Pastor Angie

LET'S RAISE MONEY
Country Club Methodist
Child Development Center
7/14/23
Show this flyer and we'll
donate 20%
ALL DAY

Plaza
4853 Main St,
KCMO 64112

yogurtini
self-serve