

Play Nice! Newsletter

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School Talk!

Peaceful Playgrounds was designed to abate the bickering that may go on, and offer a few simple strategies to promote peaceful practices on the playground

David Hess

Redlands Daily News

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Is Your Child Overweight?

Schools can assist parents in answering this question by providing information. Obesity research indicates that parents of overweight children will not identify their child as such. As the nation puts on more pounds, the "average weight" is moving away from the ideal weight. Providing information like the CDC Childhood Growth charts can help parents to identify an appropriate weight target for their child. The CDC Growth Charts can be downloaded at: <http://www.cdc.gov/growthcharts/>. Another great tool is the [keepingkidshealthy.com](http://www.keepingkidshealthy.com) website. The website is a pediatrician's guide to your child's health and safety.



What Schools Can Do

Visit our website for the webcast of :Shaping Up: It's Elementary. This short video talks about what schools can do to tackle the obesity crisis.

<http://www.peacefulplaygrounds.com/press.htm>

Spark Summer Institute

Each summer, Peaceful Playgrounds' partner organization, SPARK, offers the opportunity to be "SPARK" certified. For more information on the SPARK 2005 summer institutes, go to www.sparkpe.org.

Playground Equipment Package Now Available



<http://www.peacefulplaygrounds.com/order.htm>

Spring Painting?

Is it time to freshen up your playground with newly painted colorful lines? Occasional maintenance (repainting while lines are clearly visible) is necessary to keep the playground looking inviting and organized. To assist you, we now carry professional quality paint and a paint machine. Additionally, we have improved our stencils. We now carry plastic templates of the letters, numbers, feet and shapes to make your touch up work even easier. To reorder your stencils for spring painting, call our office. Only schools with site licenses will be allowed to purchase the replacement stencils. The durability of playground markings is directly related to the quality of paint you use. Playground marking paint is a special mix much like the paint used for painting streets and parking lots. www.peacefulplaygrounds.com/paintmachine.htm



"We Count" Wellness Program now available at:
<http://www.peacefulplaygrounds.com/pedometers.htm>