



From the Playroom

A message from our Primary Project co-directors

Spring has sprung! The weather in Rochester, NY has not yet made us believers that spring is here, however the calendar lets us know that the end of the school year is just around the corner! This year marks a milestone for Primary Project -- 60 years of evidence-based support for young children! That is something to be proud of and we are delighted that you are part of this journey with us. We hope that you and your Primary Project team found ways this year to celebrate your own program.



Springtime often brings new growth and energy. It is a wonderful time to reflect on the past year and begin to think of where you can breathe new life or energy into your program for next year. Now is a great time to take note of what children played with or used extensively in the playroom, what they did not use, and what you can remove or add to the playroom in preparation for next year.

In this *From the Playroom* newsletter, read about a new program in Yakima, Washington that started just this year. The "Bringing the Lessons Home" piece focuses on the benefits of mindfulness for both children and adults and some ideas that families can incorporate into their daily lives. We also highlighted some announcements from us, so be sure to check it all out!

-*Shelley M. Sanyshyn, MS and Lynn Smith, LMSW, Co-Directors of Primary Project*



Primary Project enhances resiliency of at-risk students

When Harrah Elementary staff first heard about Primary Project, they instantly knew it was a support service they wanted to offer students experiencing mild school adjustment difficulties. Harrah Elementary is unique among primary schools in Washington State. Housed on the Yakama Indian Nation, Harrah Elementary serves 563 students in grades pre-kindergarten through sixth grade, 52% of whom are Native American, 38% Hispanic or Latino, and 5% White. Over 90% of the school population is low-income and 71 students are identified as homeless.

[Click for story](#)

Bringing the Lessons Home

Incorporating mindfulness into your day

All people -- adults *and* children -- experience stress at one time or another. For adults, stress is often related to finances, time, traffic, relationships, and/or juggling myriad home and family responsibilities. For children, stress might stem from friendship problems, school, sports, or family life or responsibilities. While we cannot prevent every difficulty, as adults we can acquire skills and strategies to help us manage our stressors. And we can share those, in developmentally appropriate ways, with our children so that they can learn to manage life's curveballs too. A tool that many of us are learning more about is mindfulness.



[Click for story - English](#)

[Click for story - Spanish](#)



Newly certified Primary Project school

Congratulations to **The Children's School of Rochester (#15)** in Rochester, NY!

Dates are set for fall 2018 Primary Project trainings:

Introductory training: The Basics: September 13 & 14 or October 11 & 12

Supervision training: November 7 & 8

[Register today!](#)

Pricing change

You may want to stock up on **Primary Project brochures** -- Pricing will change soon from \$12/pkg of 50 to \$25/pkg of 50. New pricing goes into effect July 1, 2018. Brochures are available in both **English** and **Spanish** versions.

[Visit our online store to place an order](#)

Save the date!

Kids & Trucks

**Saturday & Sunday
September 29 & 30, 2018**
Frontier Field VIP Lot

[Visit our website](#) in June to order your Kids & Trucks tickets online - [donations to our Ticket Fund](#) can be done year-round and help provide a child a memorable day!



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