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**POD Wake Co Newsletter- July 2018**

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Natural Learning Initiative: POD Wake Co Newsletter- July 2018



## Promoting Physical Activity: Designing Primary Pathways



Primary pathways are a functional requirement in childcare outdoor learning environments. Primary pathways promote physical activity by facilitating walking, running, physically motivated activities, and wheeled toy use (riding, pushing, pulling). They are designed to provide easy, attractive circulation throughout the outdoor learning environment and to connect classrooms to the outdoor space. Most importantly, primary pathways serve as accessible routes and navigation for children, and allow teachers to move quickly through the OLE when necessary.

### **Best practices for designing Primary Pathways:**

- Looped. No dead ends
- Curvy. Avoid sharp corners, straightways and bottlenecks.

- Wide enough to accommodate wheeled toys traffic and pedestrians. Preschool: 5ft. minimum. Infant/Toddler: 4ft. minimum.
- Connected to and centered on entrances and exits.
- Linked to primary play and learning settings and important landmarks.



Find additional information on [Primary Pathways](#)

Natural Learning Initiative's [Green Desk](#) has great resources on outdoor learning environments for children. Find information at [naturalearning.org](http://naturalearning.org)

## July Activity



### Color Hunt in Nature

A fun way to spend a hot summer day is to go on a color hunt. Simply have children collect items they find in the outdoor learning environment. Challenge children to find items for every color of the rainbow.

Enjoy the outdoors!

## Plant of the Month

### Watermelon, *Citrullus lanatus*

As the most consumed melon in the United States, watermelon is known as the favorite summertime fruit. Eaten my many, watermelon refreshing and healthy option when trying to bet the heat. When planting seeds, place them directly into the soil one and a half inches deep with 48 to 60 inches of separation between each seed or transplant. Make sure to plant between mid April to June to avoid the dangers of frost. Harvest between July to early October.

#### Tips:

- Place a board or piece of plastic under watermelons to prevent insects from boring into the fruit.



To learn more about Watermelon...

[Click Here](#)

- When harvesting, pick watermelons, whose vine begins to dry out and turn brown and the underside of the melon turn a light yellow.

Learn more about watermelons from the [Growing Warm-Season Fruits and Vegetables in Childcare Production Gardens](#) publication. Interested in more facts about watermelons? Click [here](#) to complete a quiz about watermelons.

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## Recipe

### Fruit Salsa

**Prep time:** 10 mins **Cook time:** 0 mins **Total time:** 40 mins **Servings:** 20-24

#### INGREDIENTS:

- 3 pint containers of raspberries
- 2 pint containers of blackberries
- 1 pint container of strawberries, stems removed and diced



#### INSTRUCTIONS:

1. Use whatever fruit combination you have on hand to mix and match.
2. Mix all ingredients in a medium-large mixing bowl until well combined.
3. Allow to chill in the refrigerator for 30 to 60 minutes.
4. Serve with cinnamon chips or graham crackers.
5. Enjoy!

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We support outdoor learning environments for vulnerable population.

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**Questions?** Contact us today 1-919-515-8345 or [naturalearning@ncsu.edu](mailto:naturalearning@ncsu.edu)

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