



# Using Our Words

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NEWSLETTER

ISSUE 58

## LETTER FROM ELLIOTT

With winter barely making a peep this year, it seems as though spring has been lurking around the corner for months now. With the arrival of March 20th, however, it's now official - spring has sprung!

As many of you know, over the past years I have slowly evolved from a committed city dweller into a full-fledged farmer. What I've learned is that there is nothing more satisfying than planting seeds, nurturing their growth and enjoying the fruits of your labor. This year, I'd like to encourage everyone to grow something, anything, as a family, in your home.

It's very possible to grow your own, indoor crops. Once your seeds begin to flower, do the job that bees do outdoors by gently hand-pollinating your plants with a Qtip. Here are some plants that grow really well inside:

- Zenias
- Beans
- Tomatoes
- Peppers

Gardening has so many benefits, but here are the top 3:

1. **Learning about where your food comes from.** Spoiler alert! It doesn't start in the grocery store. Farmers are responsible for the fresh foods that line those aisles.
2. **Playing with dirt.** Studies have found that microbes found in the dirt can boost immunities, prevent allergies and even enhance academic development - that's right, exposure to the enzyme that's only found in dirt can make your kids smarter!
3. **Understanding the climate's impact.** Certain environmental factors such as sunlight and water are necessary for plants to grow. Some seeds even need to experience a freeze (use your freezer if growing indoors) to grow. This is just one of the reasons why we need to protect our earth. It helps us to grow plants that in turn help us grow with the nutrients and vitamins they provide.





## FOR GIGGLES

**Jake (age 2):** Where's Elliott?

**Coach Aria:** I don't know.

**Jake:** Why don't you Google it?

## ELLIOTT'S TIPS

As our children enter the digital world at increasingly earlier ages, phone privacy settings and restrictions are your best friends! Before handing those devices over to your kids, make sure limits are in place. Kids have always known more than we think, but now they have Google to fill in the gaps.

## LESSONS FROM THE FARM

The farm is in bloom, the sun is shining and the chicks are chirping. Spring has arrived!



### PIC OF THE MONTH

Bubble time:  
Bringing joy to our  
classes for over 30  
years!!!

To submit your own picture of  
the month, email us at  
[elliottsgymnastics@gmail.com](mailto:elliottsgymnastics@gmail.com)