

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



science education... explore, explore, explore!

Young children are naturally inquisitive, full of questions about the world around them and have the drive to investigate how things work.

Create a Worm Habitat

To create your worm habitat, you will need:

- A clear container or jar
- Soil
- Sand
- Old leaves and grass clippings
- Worms
- Water
- Waxed paper and an elastic band or string

Make the most out of a rainy day by heading outside to look in puddles and collect worms (don't forget to bring a bucket to collect them in).

When you return home, have your child scoop or pour layers of sand and soil (2 inches each) alternating each into a clear jar. The final layer will be a layer of old leaves and grass clippings.

Next, have the children add their worms and count them as you add them in the jar (un, deux, trois...). Cover your jar with waxed paper and secure with an elastic band or string.

Voila! Now it's time to observe your worm habitat and have a conversation about what you see.



joy of reading

Children love rhyme, rhythm and repetition.

These three things found in songs and rhymes can naturally help boost a child's language and literacy skills.



Welcome Spring and Sunny Days
with the French version of
If You're Happy and You Know it!

Si tu aimes le soleil

Si tu aimes le soleil frappe des mains (clap-clap)
Si tu aimes le soleil frappe des mains (clap-clap)
Si tu aimes le soleil le printemps qui se réveille
Si tu aimes le soleil frappe des mains (clap-clap)

Si tu aimes le soleil tape des pieds (boum boum)
Si tu aimes le soleil tape des pieds (boum boum)
Si tu aimes le soleil le printemps qui se réveille
Si tu aimes le soleil tape des pieds (boum boum)

Si tu aimes le soleil fais le train (tchou tchou)
Si tu aimes le soleil fais le train (tchou tchou)
Si tu aimes le soleil le printemps qui se réveille
Si tu aimes le soleil fais le train (tchou tchou)

Si tu aimes le soleil crie "hourra!" (hourra !)
Si tu aimes le soleil crie "hourra!" (hourra !)
Si tu aimes le soleil le printemps qui se réveille
Si tu aimes le soleil crie "hourra!" (hourra !)



Kindermusik®

For over 40 years, Kindermusik, the world's leading provider of music and movement education for young children, has used the power of joy and song, instrument play, parent/child bonding, and movement to help little learners maximize early, whole-child development and establish a lifetime love of learning.

Download the App for FREE

Storyline Online®

www.storylineonline.net

Storyline Online®, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

PRESCHOOL FUN!



Do you have a little one who is getting ready for school? Come join Rachel as we learn our ABCs, numbers, colours and more!

Class Starts: Every Thursday at 1:00 PM, beginning June 18th

All are welcome to join class, but **registration is required** to receive a Graduation Booklet! Please send a private message to us on Facebook to be registered. Limited spots are available.

What: Preschool Fun is an online program to stand beside our School Readiness program. Numbers, letters, and colours are a great place for us to start our little ones on an academic adventure and get ready for the first of many fun years at school.

Who: Preschool Fun will be a valuable tool to help children and their families prepare for the transition from preschool to school.

Registration: All are welcome to participate. However, registration is required to receive a graduation booklet. Limited spaces available.

Where: Facebook (EarlyOn Child and Family Centre Prince, SSM & Sault North)

When: Thursdays, beginning June 18, 2020 at 1:00 PM

Put on your virtual backpacks friends and get ready for some Preschool Fun!

VOOKS

STORYBOOKS BROUGHT TO LIFE
VOOKS.COM

Improve literacy and impact your child's future with Vooks, a library of animated read aloud storybooks that are kid-safe and ad-free.

PARENTS GET 1 MONTH FREE

Follow your local EarlyON Facebook accounts for live/recorded story time videos!

physical activity during COVID-19

www.algomapublichealth.com/healthy-living/physical-activity/physical-activity-during-covid-19/

For infants, under 1 year of age

- Spend regular time doing floor-based play with your baby in a prone position ('tummy time') and spread this throughout the day while baby is awake.

For children, under 5 years of age

- Active play in and around the home – invent games which involve being active and can develop skills in throwing, catching, kicking, as well as developing posture and balance.
- Active play and games where children get out of breath, such as running around, skipping and jumping.
- Have a dance party! Take turns showing off your best dance moves.

For children, and adolescents aged 5-17 years

- Active games and active play with family. For example, hide and seek, obstacle courses, etc.
- Join an online active games or activity classes, also look for online physical education classes as well as exercise routines suitable for adolescents (see below for some ideas).
- Set up playground games indoors such as jump rope and hop-scotch – make up new games and challenges that involve being active.

Unless you are told to self-isolate, practicing physical distancing can still include going outdoors, and being active outdoors. However, it is important to note that parks and playgrounds in Algoma continue to be closed. Our neighbourhood sidewalks, streets, and multiuse paths can be your best options for getting outside and getting moving.

Websites to Get Children Active

www.cosmickids.com

www.ssmymca.ca/pages/ymca-at-home

www.playworks.org/news/playathome-with-playworks/



Let's Get Moving!



Follow us on
Facebook for
weekly posts



Beginning
Wednesday
June 3, 2020
for 4 weeks



GoNoodle® gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best.

Download the App for FREE

**Check our Urban Indigenous
EarlyON Facebook page this
June for weekly prizes,
activities and cultural
opportunities!**

Ganawendan gibimaadiziwin
Take care of your life.

wellness together

How is COVID19 affecting you and your children?

Ontario Parent Survey.ca

Random draws for 200 \$50 gift cards and 5 Apple iPads

The aim is to understand what services families and caregivers may need.

Study funded by the Public Health Agency of Canada

How Mindfulness Can Help During COVID-19

Tips for calming anxiety during a difficult time

From the article by: Rae Jacobson

<https://childmind.org/topics/concerns/mindfulness/>

Practice mindfulness as a family

Mindfulness, explains David Anderson, PhD, a clinical psychologist at the Child Mind Institute, is "Anything that helps everyone take a moment to slow down, stay present, and come together." Designating time to practice mindful activities as a family will help everyone feel less anxious. It could be a daily family yoga session, or a quiet walk in the woods as a group, taking time to focus on the way the air feels, the sound of the birds and the smell of the trees. Another good family mindfulness idea is asking everyone to mention one good thing they heard or saw that day over dinner.

Indoor Gardening with Recycled Food

It is a great time to watch things grow with your family inside the home as well as outside! Recycling seeds/ food scraps is a great learning experience for your children, as it gives them insight into where the food we eat comes from and the way it is produced. It is also an affordable way to grow your own food, and it eliminates food waste.

There are several different foods that you buy from the grocery store that can be used to regenerate new plants:

Avocados: Rinse the pit of your avocado so that there is no fruit residue left on it. Allow to dry for approx. 12 hours. Locate the broad end of the pit (this will be the end that is inserted in the water). Insert 2-4 toothpicks in the side of the pit so that it may be suspended just above the rim of the container. Fill your container with water until almost at the brim. Place the container in a sunny spot (a window sill is a great place!), and change water daily. The pit will begin to sprout roots and stem between 2 and 6 weeks.

Romaine Lettuce: Save the end of your lettuce head, so that there is about 1 ½ to 2 inches from the base. Submerge in about ½ inch of water. Replenish water as needed. You should start to see new lettuce leaves emerging within about a week.

Pineapple: Pull the top leafy part off of a fresh pineapple by twisting. Fill a container with water and place the pineapple head on top. The bottom of the head should be submerged about a half inch into the water. Change water daily. Roots should begin to form in about a week.

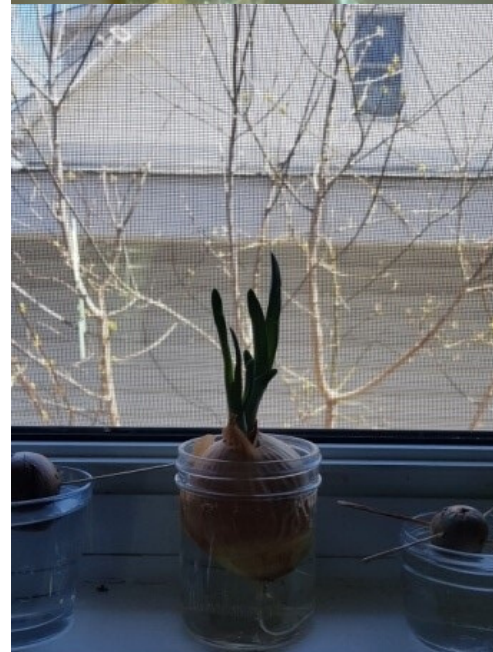
Onion sprouts: When onions purchased from the grocery store begin to sprout, take the entire bulb and suspend in a small glass over water, so that the base of the onion is submerged. Change water daily. The bottom of the onion will begin to grow roots, and the top of the onion will continue to sprout. Cut sprouts and use in cooking.

From the article, *The Trick to Growing Your Own Avocado Plant*

By Shifrah Combiths <https://www.apartmenttherapy.com/how-to-grow-avocado-plants-258836> and <https://diyprojects.com/grow-avocado-seed/>

From the article, *How to Grow a Pineapple From a Pineapple Top*

By Maui Jungelow <https://www.mauijungelow.com/>





Triple P Algoma

www.triplepalgoma.ca

Where you can also find the Triple P Online Newsletter



COVID-19 means unique challenges for parents, families and organizations. Children and parents are anxious, and families need support.

Although Triple P seminars, groups and one-on-one are not being offered at this time, Algoma Family Services, a Triple P partner, is here for you, providing virtual services.

If you submit a request for Triple P here on this site, or make a request for Triple P through the Parent Child Information Line, you can expect a call from Algoma Family Services to book a virtual appointment.

The number from our office will not be identified with caller ID.

Let us help to prevent long term mental health impacts. We are here to help you and your family!



BAGGED LUNCHES

Monday to Friday

11:30 a.m. to 4:30 p.m.

Ron Sim, General Manager

Soup Kitchen Community Centre

Telephone: 705-942-2694

NEED HELP?

Message Urban Indigenous EarlyOn
through Facebook

OR

Email: earlyon@ssmifc.ca

Messages will be responded to
within 24 hours

For Updates and Interactive Activities



EarlyOn Child and Family Centre Prince, SSM & Sault North;
EarlyOn SSM; Urban Indigenous EarlyOn; Social Services SSM



@urbanindigenousearlyon; @socialservicesssmd



EarlyON Child and Family Centre Prince Township
@EarlyONCentre; Social Services SSM @Soc_Serv_SSM

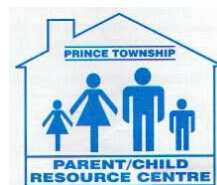


www.childcarealgoma.ca



Indian Friendship Centre
in Sault Ste. Marie

www.ssmifc.ca



www.princetownship.ca



www.socialservices-ssmd.ca