

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



KINA GO MAANDA
KA-MAAMWI
ZHAABZHKAAKAANH



WE WILL GET THROUGH
THIS TOGETHER



MANIDOO-GIIZISONS (DECEMBER) EARLYON NEWSLETTER

BROUGHT TO YOU BY MUKWA WAANZH

URBAN INDIGENOUS EARLYON

cultural opportunities

We know now that in the year 2020, Sault Ste. Marie has become a diverse and multi-cultural place for many people who have chosen to call this city home. At this time of the year it is so important to recognize and celebrate the unique beauty of all of the cultures and traditions around us. The easiest way that we can learn about the different cultures of people living in Sault Ste. Marie is to simply ask around. Chances are, your child has students in their class that belong to a different culture than theirs. There is a good chance that the neighbours living on your street practice a different tradition than yours. We challenge you this month, and into January, to start up a physically distanced conversation with someone new and ask them how, or if, they celebrate this time of year. This is a great way to model kindness for your children and to teach them what it means to become knowledgeable of cultures in a respectful and inclusive way. We all have a place in Creation and in the wise words of Bawdwaywidun Banaise-bun, "All creation stories are true."

MANIDOO GIIZISOONS, "MOON OF THE LITTLE SPIRIT (DECEMBER)

"The term Little Spirit, given to the month of December, is a misnomer, perhaps due to a lack of understanding because of the loss of original Teachings. Many of our Elders no longer teach our children the meanings of the moons, or their traditional designation to time and season. The erosion of our original language also adds to this loss of these Teachings. Gichi-Manidoo Giizis, the Big Moon and Great Spirit Moon of January, is a dual term, which makes December the Little or Smaller Moon. This is only in terms of size, not importance of work or responsibility. Manidoo- Giizisoons, Little Moon, is the messenger. The full December moon signals the Winter solstice, and the preparation time for the Great Spirit Moon, Gichi Manidoo Giizis of January. The solar system, time, space and movement work together with all of Creation during this time of Biboon, Winter. This is when the Earth is resting, and the stillness of the soul is the time of the Great Spirit, the one Creator, Gizhe Manidoo.

Within it life continues - in the sacred circle."

-Edward Benton-Banai, Anishinaabe Almanac, 2008



Woodob e-miskwaajaanad adik - Translated by Michael Zimmerman Rudolph the Red-Nosed Reindeer

Gigikenimaag ina Dasher miinawaa Dancer miinawaa Prancer miinawaa Vixen,
Comet miinawaa Cupid miinawaa Donner miinawaa Blitzen.

Gi mikwenimaa ina, e-gikendaagozid adik...?

Woodob e-miskwaajaanad adik

Gii gichi-waawaaskonejaaned

Miinawaa giishpin ge gii waabandaman

Ge daa ikidoyan "waawaaskoneg"

Gakina idash gwa adikoog

Gii baapiwaad nawaj maanenimaawaad

Gaawiin wiika o'gii-bagidinaasiwaan Woodoban

Wii gwejitoonid adikodaminowinan

Mii idash ingoding naagoshig gii awan

Santa gii bi ikidod "Woodob e-miskwaajaanad

Gi da babaa-niigaaniz ina gwa noongom naagoshig?"

"Mii idash gakina gwa adikoog gii zaagii'aawaad

epichii gii-minoondaagoziwaad

"Woodob e-miskwaajaanad adik

apane giga mikwendaagoz sa!"

**MUKWA WAANZH
URBAN INDIGENOUS
EARLYON**



**MUKWA WAANZH
URBAN INDIGENOUS EARLYON**



*Join us for a Christmas
Eve bedtime story!*

POSTED ON THE URBAN INDIGENOUS EARLYON
FACEBOOK PAGE ON DECEMBER 24TH AT 6:00PM
SHARP...

JOIN US IN YOUR COMFIEST PJ'S WITH A SNACK AND
SOME WARM MILK FOR A READING OF

"TWAS THE NIGHT BEFORE CHRISTMAS"

BY YOUR BELOVED MUKWA WAANZH EARLYON STAFF.



NURSERY RHYME

VIVE LE VENT (JINGLE BELLS)



Vive le vent, vive le vent
Vive le vent d'hiver,
Qui s'en va sifflant, soufflant
Dans les grands sapins verts, oh !
Vive le temps, vive le temps
Vive le temps d'hiver,
Boules de neige et Jour de l'An
Et Bonne Année grand-mère !



EMBRACE WINTER WITH THESE 5 OUTDOOR LEARNING ACTIVITIES

"There is no such thing as bad weather, only inappropriate clothing."

~ Sir Ranulph Fiennes

NURSERY RHyme

Vive l'hiver!

○-○-○

En traîneau!

Comme ça va vite!

Comme ça va vite!

○-○-○

En traîneau!

Comme ça va vite en traîneau!

I-I-I

Allons du ski!

Comme ça va vite!

Comme ça va vite!

I-I-I

Allons du ski!

Comme ça va vite en ski!

OU-OU-OU

En skidoo!

Comme ça va vite!

Comme ça va vite!

OU-OU-OU

En skidoo!

Comme ça va vite en skidoo!

IN-IN-IN

En patins!

Comme ça va vite!

Comme ça va vite!

IN-IN-IN

En patins!

Comme ça va vite en patins!

It can be a challenging process to get ready to go outside with young children. However, the benefits to outdoor time are immense! Outdoor physical activity in winter has been shown to improve blood pressure, bone density, Vitamin D absorption, and mental health.

Here are some outdoor learning activities that you can enjoy as a family this winter:

1. Save your old markers and re-use them to write on the snow. Winter brings new life to our old markers like magic they can write again when used on packed down snow!
2. Create ice decorations to hang on the trees. Find an old container or baking tin, add water, cranberries, orange peelings, bird seed, pinecones, acorns, sticks, cedar, etc. Leave it outside to become solid and use as a suncatcher.
3. Make a "bird café". Bring a few kitchen items outside such as measuring cups, pots, spoons, potato masher, and muffin tin and get creative with the snow, bird seed and other natural items.
4. Create a snow maze or obstacle course using a shovel or your feet to create a path.
5. Explore outdoor spaces you would normally visit in the summer to compare the differences between seasons. Check out the park, beach, or other public space. Don't forget to bring a thermos of hot chocolate to warm up, sit and reflect on the beauty of nature!

The snow is a wonderful open-ended material that encourages children to become resilient, creative, and good problem-solvers.



children's activities

Community Christmas for Children



This year's Community Christmas for Children Calendar will be available online.
All activities will follow current Public Health guidelines and protocols.

Programming will be available virtually.

Look for our annual calendar of events by visiting:

www.childcarealgoma.ca

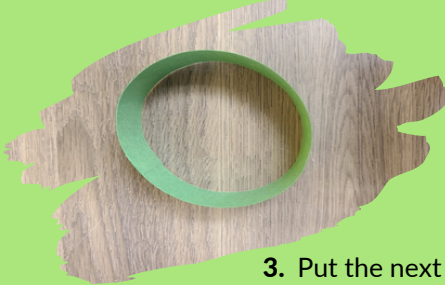
OR

www.uwssmalgoma.ca

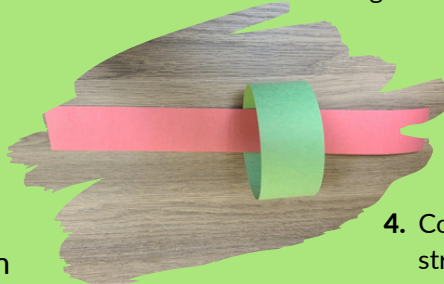
Advent Paper Chain

This is an easy activity for children of all ages. The idea of the Christmas countdown chain is to make 1 paper link for each day between now and the day you are counting to. If you are starting on December 1st, you would need 25 chain links. Then every day leading up to Christmas, your child will get to rip off one chain link. As the chain gets smaller, the days to Christmas get fewer.

1. First you will need to cut strips of paper.
2. Then made a circle with one piece.
Tape it together (you can use glue, or staples as well).



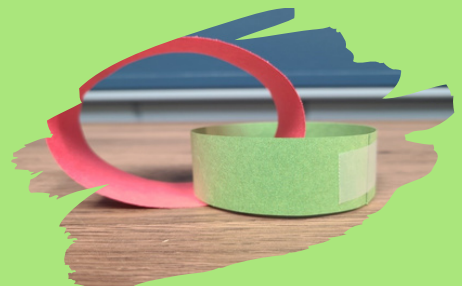
3. Put the next strip through the circle, and create a circle that is linked together.



Customizing Options:

- leave each chain link blank
- write numbers on to countdown
- colour or decorate the links
- write daily Holiday activities
- write book titles to read each day

4. Continue the process until you use all of your strips, or are at your desired number.



Tip* If you are choosing to decorate or write on your strips of paper, do it before you start to put your chain together.

Naturally Festive: Using Oranges to Decorate



Children learn best when they have the opportunity to use their senses. Why not make time for a “back to basics” family decorating night this holiday season, by creating a naturally scented mobile or garland using dried citrus fruits and other natural items.

You can either use a small cookie cutter to cut shapes out of the peelings, or follow this recipe for dried slices. Get creative and practice fine motor skills as you string them with cinnamon sticks and pinecones.

Instructions for drying orange slices:

- 1) Slice oranges using a serrated knife to $\frac{1}{4}$ thickness
- 2) Press slices gently with paper towel to remove some of the extra juice
- 3) Lay them on a baking sheet covered with parchment paper
- 4) Bake at 200 degrees for 2-3 hours, flipping them every 30 minutes

Children's Learning:

Family crafting time is a great opportunity to engage in conversations and expand your child's vocabulary. By doing activities that ignite the senses, you are helping your child learn about cause-and-effect relationships, textures, colours and motor skills.



french vocabulary for the holidays



Hot Chocolate - le chocolat chaud

Snow - la neige

Candy Cane - une canne de bonbon

Sled - un traîneau

Gift - un cadeau

Christmas Lights - des lumières de Noël

Reindeer - un renne

Gingerbread man - un bonhomme de pain d'épice

Santa Clause - le Père Noël

Fir Tree - un sapin





ELF YOURSELF

All you will need is..
Red and green construction paper
a cotton ball
A picture of your child
Glue and scissors

Accordion fold the arms and legs and glue on the hands and feet

Glue the red ruffle and red dots onto the green circle then glue on the limbs

Cut around your child's face and hair and glue it onto the hat

Tear pieces off of the cotton ball for the hat's trim and pompom and glue them on

Glue all of the pieces together and
Voila...You have the cutest Elf in town!



5 WAYS TO USE HOLIDAY COOKING TO TEACH YOUR KIDS STEM

From KiwiCo. By Cailyn Bradley

<https://www.kiwico.com/blog/2020/11/11/5-ways-to-use-holiday-cooking-to-teach-kids-stem>

Tinker with Tools

Introduce technology and engineering by letting your kids play with tools and food!

Start by explaining the uses for different tools you'll need to cook.

Challenge your child to find substitutes for the tools you need using leading questions (e.g. If we didn't have a whisk, what could we use instead?)

Have Fun with Fractions

Fractions are much more fun when you're using them to make something delicious! They're also easier to understand when you can see them. Start by explaining that a fraction is something that shows parts of a whole. Use a pizza as an example of something that is whole and that the pieces are its parts.

Show your child 1 cup and explain that it represents a whole and the smaller measuring cups are parts of it. Each measuring cup represents a different fraction. For young children, hold up a smaller measuring cup and ask how many of them you need to fill 1 cup. Have your child measure out the ingredients in a recipe, and depending on their age, challenge them to problem-solve with addition and subtraction (e.g. How much more of the ingredient would you need to get to 1 cup? How much of the ingredient would you need to take away to get to $\frac{1}{4}$ of a cup?).

Create Chemical Reactions

There's a lot of chemistry involved in cooking. In fact, chemical reactions help make food taste good! Explain that chemistry is a type of science that studies matter or what everything is made of and how it works. Chemists study the changes that take place when substances are combined. Explain that chemists and chefs are a lot alike. When you cook, you have to combine a bunch of ingredients (aka substances) and sometimes two ingredients or more are combined to make something new. When this happens, a chemical reaction occurs. As you cook or bake, ask your child to observe the changes taking place when different substances are combined. If they notice bubbles forming or colors changing (e.g. browning or burning bread), it's likely a chemical reaction is taking place.

Experiment with States of Matter

While teaching your young child about the states of matter may seem complicated, cooking can make it simple and hands-on. Start by explaining that matter is anything that takes up space or anything you can touch.

Grab an ice cube and explain that when water freezes it becomes solid. Matter in a solid state holds its shape. Ask your child to drop the ice cube onto a heated saucepan (help as needed). As it melts, explain that when water melts it becomes a liquid. Matter in a liquid state takes the shape of a container it's in. Put a lid on the saucepan and watch until the water starts to evaporate. Explain that when water is heated it becomes a gas. When you're ready to start cooking or baking, ask your child to identify the state of matter for each ingredient you're using.

Make Scientific Predictions

Put your little one to the test by asking questions about the outcome of your meal to be!

Start by explaining that a prediction is a guess of what will happen in the future.

For younger kids, spark curiosity with thoughts that begin with "I wonder" (e.g. I wonder what will happen if we set the oven at a hotter temperature than the recipe says.).

For older kids, explain that scientific predictions are often "if/then" statements (e.g. If we add more sugar than the recipe calls for then the cake will be really sweet.). Then, ask your child to come up with scientific predictions about the meal you're making!

wellness together

Managing Stress Over the Holidays

Noticing Tension:

When you feel stressed, your muscles get tight and tense and it gets harder to pay attention to what you are supposed to be doing. Try to notice where your body gets tense. Is it in your shoulders, neck, jaw, or other parts of your body? As soon as you notice tension in your body, use the following techniques to try and release some of the tension. You will find it is easier to deal with stress when it first starts.

Relaxation:

As muscle tension is a sign of stress, relaxation techniques that reduce physical tension work well because they stop the stress cycle. There are many different ways of relaxing your mind and body. It is up to you to decide what works for you.

- **Breathing.** Take some slow, deep breaths. Breathe in slowly through your nose, deep into your lungs. When you have taken a full breath, pause for a moment and then breathe out slowly through your nose or mouth. Be sure to let out all the air, allow your whole body to just let go. Each time you breathe out you may like to say Relax or Calm or Let go or any other relaxing word or phrase, silently to yourself.
- **Muscle relaxation.** Try to relax through the day by loosening up any tense muscles. Find a quiet spot, get comfortable and sit with your legs uncrossed, your feet flat on the floor, your head held straight and your hands resting on your thighs. The aim is to tighten then relax each part of your body while keeping the rest of your body relaxed. Work through each muscle from your forehead, eyes, nose, cheeks, tongue, jaw, lips, neck, hands and arms, shoulders, back, chest, stomach, bottom, to your legs and feet holding each muscle for 10 seconds and relaxing for 20 seconds.
- **Imagination.** Distract yourself by thinking of a pleasant, happy memory or an exciting event coming up. You may like to imagine a peaceful scene where you feel relaxed and happy, such as a favourite holiday place. Try to imagine what you can see, hear, feel, taste and smell.
- There are many other things you can try such as exercise, a warm bath, meditation, or listening to relaxing music. Find a relaxation technique that works for you.

Coping Statements:

Develop some coping statements. Coping statements tell you that you can cope with the situation you are in and with how you feel. You may find it easier to cope with stressful situations by thinking of helpful things to say to yourself, such as

- "I can do this."
- "Stay calm."
- "I've got through this before."

Like the EarlyOn SSM Facebook page and participate in posts for a chance to win a **WEEKLY RJs Market Grocery Kit**



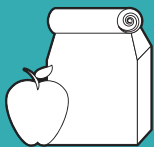
Mukwa Waanzh / Urban Indigenous EarlyON
241 Albert Street W, 1st Floor



Holiday Self-Care BINGO
December 1st to December 31st

Go for a walk as a family	Exercise	Do some yoga stretches	Bake something yummy	Smudge
Arts and crafts	Calming breathing exercises	Watch your favourite holiday movie	No cell phones at meal times	Family board/card game night
Dance	Go to bed early	FREE SPACE	Meditate	Daily positive affirmation
Help someone in need	Name five things you're thankful for	Cook something yummy	Wear your mask	Sing your favourite songs
Write a journal entry	Read a story/book	Do something that makes you happy	Take a brain break	Sleep in

community resources



**EarlyON Child and Family Centre
Holy Angels School Site
102-A Wellington St. E.**



Bagged lunches available on Wednesdays
12:00 p.m. to 3:00 p.m.

Family Meal Kits available for pick up Wednesdays
4:00 p.m. to 6:00 p.m.

Registration is required by visiting www.keyon.ca

EarlyON staff will contact those who register.

For more information, please call (705) 945-8898 ext. 255



Telephone: 705-942-2694

Lunches for Learning



St. Vincent Place

Who: Parents and guardians of school-age children (4 to 17)

What: Eligible to receive a package of school-safe lunch foods, enough for one to two weeks' worth of lunches (depending on the child's age and appetite).

When: Pick up on Fridays at St. Vincent Place between 10 a.m. and 2 p.m. by calling ahead to arrange for pick-up. Delivery will also be available for those with transportation issues. Must show ID.

How: Call Sara at 705-253-2770 ext. 4 or email vincentplacepr@shaw.ca.

To Donate: <https://www.vincentplacessm.ca/index.php/lunches-for-learning/>

www.triplepalgoma.ca



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; @socialservicessmd



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



www.childcarealgoma.ca



www.ssmifc.ca

Indian Friendship Centre
in Sault Ste. Marie



www.princetownship.ca



www.socialservices-ssmd.ca