

# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



## *EarlyON re-openings*

The Government of Ontario is permitting EarlyON Child and Family Centres to reopen across the province starting on September 1, 2020. As our local EarlyON Centres prepare for the re-openings, please be patient as all partners are working together to align health and safety protocols and procedures to support the health, safety and well-being of children and families. There is much being done behind the scenes to get everything ready. Local EarlyON Centres will be re-opening gradually. For updates on the re-openings, please check your local EarlyON social media pages and websites that are listed for convenience on the last page of this newsletter.

### **What to expect on your first visit:**

- No drop-ins allowed. Must pre-register.
- Everyone screened before entering.
- Always physical distance.
- EarlyON staff will be wearing masks and eye protection.
- Adults required to wear a mask.
- Masks required for school-aged children grade 4 and higher. Masks encouraged for younger children but not under 2.
- Hand washing important!
- Toys and equipment limited. Rooms will look different.
- Enhanced cleaning and disinfecting.
- Children must remain with you at all times.

### References:

*Operational Guidance During COVID-19 Outbreak: EarlyON Re-Opening.* (2020) Ministry of Education.  
*COVID-19: Re-Opening EarlyON Programs.* (2020) Algoma Public Health.

# pre-registration

To visit an EarlyON Child and Family Centre, families will need to register in advance. You may be familiar with the KEyON digital sign-in system if you have ever visited an EarlyON Centre in our community. KEyON will be used to register for your desired location and time.



## Steps to pre-register:

- 1 Go to [www.keyon.ca](http://www.keyon.ca)
- 2 If you are not already a member, click "Become a Member" and follow the instructions. Complete the registration by receiving your key fob on your next visit to any EarlyON centre using KEyON. If you are already a member simply sign in. You will be asked to provide a phone number if you do not have one saved in the system.
- 3 Find time slots to register for at your local EarlyON Centres by clicking Events on the menu above.
- 4 Select your region and preferred EarlyON Centre at the top.
- 5 Register for the times that you want to attend a centre.

If you need assistance, please call the centre that you want to register at.

# cultural opportunities

The Urban Indigenous EarlyON team has been working hard to prepare for the grand re-opening of our centre. We are excited to announce that we have begun offering in-person, outdoor culture-based programming and activities for families and their children. Our first program was a big success and reached our capacity for number of participants able to attend. Our staff have been meticulous in implementing all necessary safety protocols as required by Algoma Public Health to ensure a safe and enjoyable experience for everyone. September's calendar is included below and on our Urban Indigenous EarlyON Facebook page so please keep checking for announcements and updates. Programs and activities require pre-registration and most activities will be recorded and shared Live to Facebook. All planned activities are subject to change.

Meegwech! Thank you.

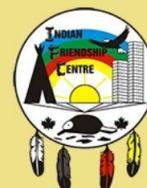
## MANOOMINIKE-GIIZIS

September

SUN	MON	TUE	WED	THU	FRI	SAT
		Dibaajimowin Agwojiing w Angelica	Outdoor Anishinaabemowin Scavenger Hunt	Online Program	Online Program	5
6	HOLIDAY	Dibaajimowin Agwojiing w Angelica	Outdoor Imaginative Play	Online Program	Online Program	12
13	Maajaadaa Agwojiing	Dibaajimowin Agwojiing w Angelica	Dallas iKida Agwojiing	Field Trip Water Walk	Online Program	19
20	Ozhitoon Agwojiing	Dibaajimowin Agwojiing w Angelica	Pow Wow Freeze Dance	Online Program	Online Program	26
27	Every Child Matters Activities					

## Urban Indigenous EarlyON

241 Albert Street West,  
First Floor  
705-256-5634 ext. 3201



All scheduled programs are subject to change. Please check our Facebook page often for updates!

Daily programs will be recorded Live on Facebook for everyone to participate daily!

**PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS**

# school readiness skills - lunch time

Preparing young children for school is an ongoing process for families. Practicing things such as zipping and unzipping a lunch bag are things we as parents sometimes overlook. By having the children practice how to open their lunch bag as well as any lunch containers is a great way to set them up for success.

## Materials Required:

- Child's Lunch Bag
- Containers that you are planning to use to pack your child's lunch
- Water Bottle
- Thermos (if you plan to use one for your child)
- Ziploc bags or other packaging that you may plan to send for your child
- Apple sauces, packaged snacks and granola bars, etc.



For lunch at home you can pack your child's lunch in their lunch bag. Pack a lunch for your child that would be similar to a lunch they would take to school. When it is lunch time, you can assist your child in getting their lunch bag. It is also a great opportunity to support your child in practicing good hand hygiene techniques by encouraging proper hand washing before they begin to eat their lunch. When your child is seated, they can then practice opening any containers, bags, or packages while enjoying their lunch. This will allow you to support them in encouraging them to ask for help when needed, but also to develop the fine motor skills important to opening items in their lunches.

## References:

*Learning to Play and Playing to Learn: Getting Ready for School.* (2011) Best Start Nexus.

[https://resources.beststart.org/wp-content/uploads/2019/01/K27-E\\_LearningToPlay\\_EN\\_2020.pdf](https://resources.beststart.org/wp-content/uploads/2019/01/K27-E_LearningToPlay_EN_2020.pdf)



## Nursery Rhyme:

### Handwashing Song

*Sung to the tune of "Row, Row, Row Your Boat"*

Wash, wash, wash your hands  
Get them nice and clean.  
On the tops and on the bottoms  
and even in between.

*Repeat*

Rinse, rinse, rinse your hands  
Get them nice and clean.  
On the tops and on the bottoms  
and even in between.

*Repeat*

Dry, dry, dry your hands  
Get them nice and dry.  
On the tops and on the bottoms  
and even in between.

# wellness together

## What could you say instead of "How was your day?"

As we head into another school year and the fall season, our families are faced with many changes and new experiences. Whether your child is heading off to school, daycare, or you are staying home together, it is always a good idea to "check in" with them by asking open-ended questions at the end of the day. This will help you talk through any problems that they may be facing academically, socially and emotionally.

Here are 10 specific questions that you could ask to find out exactly what went on during their day, and get more insight into how they are feeling:

1. "What was something that made you laugh?"
2. "What was something that made you feel sad?"
3. "Who did you play with at recess?...What did you do together?"
4. "Can you show me something that you learned or did today?"
5. "What book did you read today?...What was it about?"
6. "If someone else could be your teacher, who would it be?"
7. "Who had the tastiest looking lunch?"
8. "What was the hardest rule to follow?"
9. "What are you hoping to learn about tomorrow?"
10. "What is different in your school/class this year?"

Setting aside a time each day to discuss what went on in your child's life lets them know that they are important, and that you are there to support them. They have the opportunity to work through their problems and learn valuable communication skills.

### References:

[https://quebec.huffingtonpost.ca/sonia-b/questions-a-poser-a-vos-enfants-apres-ecole\\_b\\_8245202.html](https://quebec.huffingtonpost.ca/sonia-b/questions-a-poser-a-vos-enfants-apres-ecole_b_8245202.html)  
<https://www.scholastic.com/parents/school-success/10-questions-to-ask-your-child-about-his-day-school.html>  
<https://www.parents.com/parenting/better-parenting/advice/questions-every-parent-should-ask-their-kid/>  
<https://fathers.com/featured-resource-center-page/questions-to-ask-your-kids-after-school/>



## Nursery Rhyme:

### Vole vole vole papillon

Vole, vole, vole papillon,  
Au-dessus de mon école  
Vole, vole, vole papillon,  
Au-dessus de ma maison.

Tournez, tournez,  
Les jolis moulins,  
Frappez, frappez,  
Les petites mains.

Ah ! Les jolies mains, mesdames  
Ah ! Les jolies mains que j'ai.  
Ah ! Les jolies mains, mesdames  
Ah ! Les jolies mains que j'ai.

Un, deux, trois,  
Coucou! Coucou!



## CROCK POT Apple sauce

**Ingredients**  
12 apples  
1/2 cup sugar  
1/2 tsp cinnamon  
1/2 cup water  
1 Tbsp lemon juice

**Directions**  
**1** Peel and core apples. Cut into fourths and place in crock pot. Toss apples in lemon juice and then add in sugar and cinnamon, stirring to combine. Add in water.  
**2** Cover with crock pot lid. Cook on HIGH for 3-4 hours, until apples are very softened. Eat immediately or store in a sealed container in the refrigerator.



# community resources



## Virtual Session at a Time

Algoma Family Services, Algoma Public Health, Canadian Mental Health Association (CMHA), John Howard Society and Sault Area Hospital are pleased to partner together to make mental health and addictions services more accessible by offering a virtual walk-in counselling service to children, youth, families, adults and couples.

### When?

Appointments will be available on **Tuesdays** and sessions will be provided by telephone or video conference.

### How?

#### To make an appointment call

CMHA's Access Line  
(705) 759-5989 or 1-855-366-1466

**on Mondays\* from 9:00 am – 4:00 pm**

\*if Monday is a statutory holiday please call for information on booking an appointment



### What Can I Expect?

You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1 1/2 hours and will address your concern.

Please note this is **not** a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services

Serving Sault Ste. Marie and the Algoma District



www.triplepalgoma.ca



Telephone: 705-942-2694

### Need Help?

Message Urban Indigenous EarlyOn through Facebook OR

Email: [earlyon@ssmifc.ca](mailto: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