

SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH
SPRING 2022 // VOLUME 18

EarlyON Newsletter



The local EarlyON Child and Family Centres would like to welcome you back to in-person programming. You can find information about dates, locations, and times on KEYON. You can also watch for announcements on Facebook.

To attend any of the centres, you are reminded to pre-register through the KEyON website by accessing the "Sault Ste. Marie and Area" program calendars. Staff are also available to assist by calling the location that you wish to attend.

We look forward to seeing all of our families!!



KEyON is a digital sign in application for use in EarlyON centres across the province

- Create your online account today
- 1 Go to www.keyon.ca
 - 2 Click on "Sign up now!"
 - 3 Complete the registration form
 - 4 Pick up your keytag on your next visit

Signing up could not be easier!
If you do have any questions, the staff at the EarlyON centre will be able to assist you.

- ✓ *Create your account from home*
- ✓ *Available in English and French*
- ✓ *Get your keytag on your first visit*
- ✓ *Paperless sign in*
- ✓ *Improved programs based on real time attendance*
- ✓ *Easily update your account online*

Visit www.keyon.ca to find other locations in your area!



A division of the Sault Ste. Marie Innovation Centre



URBAN INDIGENOUS EARLYON



Spring Scavenger Hunt

ZIIGWAN - SPRING



Waabigwan
(flower)



Gimiwan
(rain)



Bineshiinh
(bird)



Omagakii
(frog)



Mitig
(tree)




Ajidamoo
(squirrel)



Giizis
(sun)



Asin
(rock)



MARCH IS Nutrition Month

Celebrate nutrition month by making some fun snacks with your children!

Items required:

- 1 Apple
- 1 Orange
- 2-3 Strawberries
- Blueberries
- Grapes (Cut in quarters)
- Cream Cheese, Peanut Butter or Wow Butter
- Pretzels
- Celery Sticks
- Raisins
- You can also use cherry tomatoes, cucumber or any other fruits or vegetables that your children enjoy!

Instructions:

1. Wash hands with soap and water.
2. Gently rub apple, orange, celery, strawberries, grapes and blueberries under cold running water.
3. Cut celery into sticks of varying sizes between 2 and 4 inches.
4. Spread cream cheese spread or peanut butter inside each celery stick.
5. Slice strawberries, oranges, and apples into thin slices (about 1/8 in thick).
6. Assemble your creatures!

Caterpillars: Attach two candy eyes or raisins to a grape using cream cheese or peanut butter as glue. Gently press grape into the filled celery stick to make a head. Gently press 3-5 blueberries in behind the grape to make a body.

Snails: Press two candy eyes or raisins onto the end of a filled celery stick. Press an apple, strawberry or orange slice onto the stick behind the eyes to make the snails shell (use strawberries for smaller sticks and apples or oranges for larger sticks).

Butterflies: Press two candy eyes or raisins on the end of a filled celery stick. Press two pretzels onto the celery stick behind the eyes to make the butterfly wings.

www.fightbac.org/saferecipes





How the Indians got Maple Sugar

(Adapted from Robert E. Ritzenthaler and Pat Ritzenthaler, 1983, The Woodland Indians of the Western Great Lakes, Prospect Heights IL; Waveland Press)

One day Wenebojo was standing under a Maple Tree. Suddenly it began to rain maple syrup-not sap-right on top of him. Wenebojo got a birchbark tray and held it out to catch the syrup. We said to himself: "This is too easy for the Indians to have the syrup just rain down like this." So he threw the syrup away and decided that before they could have the syrup, the Indians would have to give a feast, offer tobacco, speak to the Manidoo, and put out birch bark trays.

Nokomis, the grandmother of Wenebojo, showed him how to insert a small piece of wood into each maple tree so the sap could run down into the vessels beneath. When Manabush tested it, it was thick and sweet. He told his grandmother it would never do to give the Indians syrup without making them work for it. He climbed to the top of one of the maples, scattered rain over all of the trees, dissolving the sugar as it flowed into the birchbark vessels. Now the Indians have to cut wood, make vessels, collect the sap and boil it for a long time. If they want to make maple syrup, they have to work hard for it.

PANCAKE MIX MUFFINS

These pancake mix muffins are the perfect shortcut muffins for a quick homemade breakfast. Make gooey banana chocolate chip, strawberry, and blueberry pancake muffin flavours all in one pan so that everyone can have their favourite muffin! Drizzle with some delicious real maple syrup for some added pancake taste.

Ingredients

For The Muffin Base

- 2 1/2 cups pancake mix just add water style mix
- 2 eggs
- 1/3 Cup sugar
- 1/2 Cup milk
- 1/4 Cup oil

For The Toppings

- 5-6 strawberries
- 1/2 Cup blueberries
- 1/2 banana
- 1/4 cup chocolate chips
- 2 teaspoons peanut butter

Instructions

1. Preheat the oven to 400 degrees. Oil the muffin pan generously.
2. In a large mixing bowl add pancake mix, eggs, sugar, milk and oil. Combine well with a silicone spatula until the egg yolks fully mix into the batter and there is no more dry pancake mix in the bowl. Muffin batter should be thick.
3. Fill each of the muffin wells evenly with batter until about 3/4 full. Using a 1/4 cup measure and a spoon will help scoop evenly between the muffins.
4. Add different flavors to each muffin and mix with a toothpick or spoon. We've used diced strawberries, blueberries, and a peanut butter, chocolate chip and banana muffin flavor. See the notes for how to add each flavor.
5. Bake at 400 degrees for 12-15 minutes or until golden brown and baked through the middle. Watch carefully not to over bake, these muffins should be on the lighter side. Making them too brown may dry out the muffins. Cool and enjoy!

Notes:

- Strawberry- 4-6 tablespoons diced strawberry per four muffins (about five medium strawberries, but this doesn't have to be exact). Press into the top of the muffin batter once in the muffin tin and swirl with a toothpick or spoon.
- Blueberry- 1/2 cup blueberries per four muffins. Press into the top of the muffin batter once in the muffin tin and swirl with a toothpick or spoon if needed.
- Banana Peanut Butter Chocolate Chip - 1/2 banana cut into thin rounds. 1/4 cup chocolate chips and 2 teaspoons warmed peanut butter per four muffins. Warm the peanut butter in the microwave for a minute, then add 1/2 teaspoon and swirl in the batter in the muffin tin with a toothpick. Top the muffin with chocolate chips and 2-3 banana slices.



APRIL IS

Oral Health Month

Oral Health Tips

- Assist your child with brushing their teeth twice each day.
- Use Canada's Food Guide to incorporate the various food groups. Avoid sugary food and drinks.
- After eating sugary or sticky foods, brush your child's teeth and have them rinse their mouth with water.
- Children should brush their teeth for approximately 2 minutes.
- Begin flossing once your child's teeth are touching.
- Change your child's toothbrush every 1 to 3 months or immediately after an illness.
- Let your child watch you brushing your teeth. Children are great imitators.

Sing and repeat 3x while child is brushing their teeth to encourage them to brush for long enough.

Brush, Brush, Brush Your Teeth

Brush your teeth up and down.

Brush your teeth round and round.

Brush your teeth from left to right.

Brush your teeth in the morning and at night.

Brush, Brush, Brush.

Brush, Brush, Brush.



EASTER FRUIT KABOBS

For those that celebrate Easter, here is a fun snack recipe that you can easily get the kids involved in making with you. Once an adult has cut the fruit, the kids can be as creative as they want by adding the fruit and the marshmallow peeps in any design they like!

Ingredients

- 2 cups whole fresh strawberry
- 2 cups fresh pineapple chunks
- 1 cup sliced fresh kiwi
- 1 cup fresh blueberries
- 1 ½ cups fresh red grapes
- 4-3 ounce packages of assorted color Peeps

Instructions

1. Before preparing your fruit, be sure to wash and then pat dry.
2. Once all of your fruit has been washed, you can begin to cut. First, cut the green tops off of the whole fresh strawberries. Next, peel and cut the fresh kiwis into large slices. Then cut the fresh pineapple into large chunks.
3. Now that all the fruit has been prepared, grab a skewer and start layering your fruit. First, add 1 peep and 1 strawberry lengthwise through the center.
4. Next, add 2 kiwi slices and 1 blueberry.
5. Then add 1 pineapple chunk and another peep.
6. Lastly, add 1 red grape and 1 blueberry.
7. Serve and enjoy with your favorite yogurt, fruit dip, whipped cream or pudding!



Decoding Behaviors



Teach Through Love



TISSUE PAPER



TULIPS

Waabigwan - Flower



MATERIALS NEEDED

- paper plate
- tissue paper
- glue
- scissors

INSTRUCTIONS

- Cut a paper plate into a tulip shape
- Tear small pieces of tissue paper off and scrunch them up
- Apply glue to the tulip shape and add scrunched up tissue paper pieces



ABC FLOWER GARDEN

Materials Required:

- Popsicle Sticks
- Green paint or markers
- Black marker
- Construction paper
- Soil or Brown Playdough
- Cookie Sheet (optional)

Instructions:

Start by creating your flowers:

1. Paint popsicle sticks using green paint and allow them to dry.
2. When dry, write a letter of the alphabet on the bottom of the popsicle stick.
3. Place one flower or flower shape cut out of construction paper on each popsicle stick stem.
4. Try using the letters of children's names to assist them in recognizing the letters of the own names!

Prepare the Garden:

1. If using soil, cookie sheet can assist in containing any spills that may happen when filling the flower pots.
2. Decorate flower pots using markers, paint or any other decorative items that you may have at home.
3. Fill each pot with soil or brown playdough.
4. Add your letter flowers to the pots by pushing them into the soil/playdough.

You can also...

- Create patterns with the flowers.
- Sorting flowers in alphabetical order and practice the ABCs.
- Use the pots and flowers to practice counting by using numbers instead of letters.



MUKWA WAANZH

Urban Indigenous EarlyON



Featured Children's books by Indigenous Authors



My Heart Fills With Happiness

Written By: Monique Gray Smith

Illustrated by: Julie Flett

Dragonfly Kites - Pimithaagansa

Written By: Tomson Highway

Illustrated by: Julie Flett



Little You

Written By: Richard Van Camp

Illustrated by: Julie Flett



Spring BUTTERFLIES



Chromatography Butterflies

Science for Kids

Materials required:

- Non-permanent markers
- White coffee filters
- Pencil
- Cups of water
- Pipe cleaners
- String
- Scissors

Instructions:

- Choose one marker to experiment with first (Hint: Black and Brown are the most exciting!)
- Take a coffee filter and put it on a newspaper or any other material that will protect your surface.
- Draw a thick circle around the center of the coffee filter (where the ridged part meets the flat center).
- Fold the coffee filter in half and then in half again, resulting in a cone shape.
- Get a short glass of water. Pull apart the cone shaped coffee filter so that it balances on the glass with the tip of the cone just touching the water. (Be sure not to let the circle that was drawn go into the water, just the tip of the cone).
- Let it sit and watch what happens as the water begins to flow up the paper.
- Repeat with different colours of markers.
- After the water has reached the outer edge of the filter, please it on a newspaper to dry.
- Once the coffee filters are dry, you can observe the results.

To make the butterfly:

- Cut a pipe cleaner in half.
- Take one coffee filter and scrunch it up in the middle.
- Wrap a pipe cleaner around the center.
- Shape the ends to form an antennae.
- Tie a string to the center and hang for spring decorations!

Butterflies are beautiful tiny creatures that fill our hearts with joy when we see them!

Les papillons sont de belles petites créatures qui remplissent nos cœurs de joie quand nous les voyons!



French Vocabulary

Butterflies = Les papillons

Insects = Des insectes

Wings = Des ailes

Caterpillars = Des chenilles

Cinq Petits Canards

(Five Little Ducks)



Cinq petits canards vont nager une journée,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »,
Mais seulement quatre petits canards reviennent

Quatre petits canards vont nager une journée,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »,
Mais seulement trois petits canards reviennent.

Trois petits canards vont nager une journée,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »,
Mais seulement deux petits canards reviennent.

Deux petits canards vont nager une journée,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »,
Mais seulement un petit canard revient.

Un petit canard va nager une journée,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »,
Mais zéro petit canard revient

Maman canard va nager une journee,
Au de les collines et loin d'ici,
Maman canard dit « quac, quac, quac »
Et tous les petits canards reviennent



May 5, 2022



May 5th marks the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit Peoples (MMIWG2S).

On this day, and every day, we honour the victims, survivors, and loved ones affected by colonial, gender-based violence against Indigenous women, girls, and two-spirit/2S peoples.

COMMUNITY RESOURCES

Soup Kitchen

705-942-2694

CMHA Algoma

Mental Health

& Addictions Services

705-759-5989 or 1-855-366-1466

Are You in Need of Help?

**Message Urban Indigenous
EarlyOn through Facebook**

OR

Email: earlyon@ssmifc.ca

**Messages will be responded
to within 24 hours**



Did you know that the Triple P Positive Parenting program can now be completed online?

As a part of this process, you will be connected with a Triple P Practitioner who will do check ins and assist you with any questions or clarification that may be required throughout the program.

For more information in regards to the Triple P Program, please visit www.triplepalgoma.ca.

For EarlyON 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**



@urbanindigenousearlyon



www.childcarealgoma.ca



**Indian Friendship Centre
in Sault Ste. Marie**

www.ssmifc.ca



www.princetownship.ca



**Social Services | Services Sociaux
Zhawenimi-Anokiitaagewin
Sault Ste. Marie District**

www.socialservices-ssmd.ca