



SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH
SUMMER 2022 // VOLUME 19

EarlyON Newsletter

EarlyON

MOBILE SERVICES

We are excited to announce that our EarlyON Mobile Services will be offering FREE programming for the children and families throughout our Community during the summer! Join us for FREE, fun, early learning activities, parent connections, and nutritious snacks. We will also be distributing lunches throughout the summer as a part of the Every Breakfast Counts program.



Watch for the upcoming schedule of locations by visiting www.keyon.ca and accessing the "Sault Ste. Marie, Mobile Services" calendar of events.

For programming updates and information, you can also follow our "EarlyOn SSM" Facebook page!

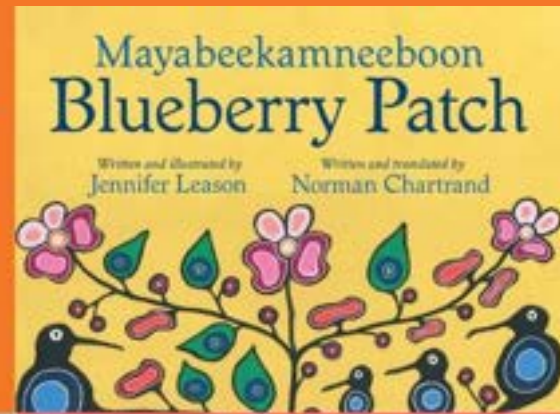


EARLY Literacy PROGRAM



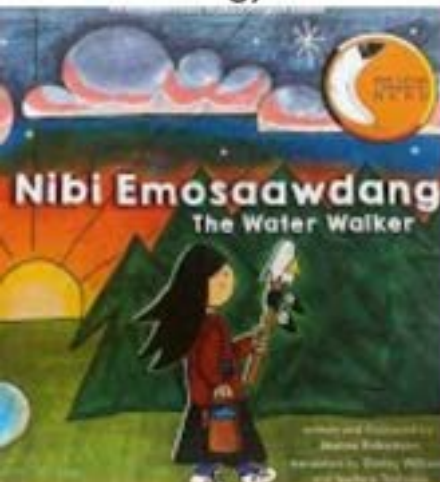
Children learn many important things during the early literacy, including:

- Vocabulary building
- Learning how our language works and how to use language to tell stories, share ideas and ask questions
- Learning how to hold books
- Learning to identify different types of books like storybooks, fact books, poetry, cookbooks, etc.
- Learning to write by drawing and scribbling
- Playing with the sounds of language through songs, rhymes and tongue twisters
- Building knowledge of the world around them
- Understanding letter-sound connections
- Developing a love of literacy (reading and writing)



**MUKWA WAANZH
URBAN INDIGENOUS
EARLYON**

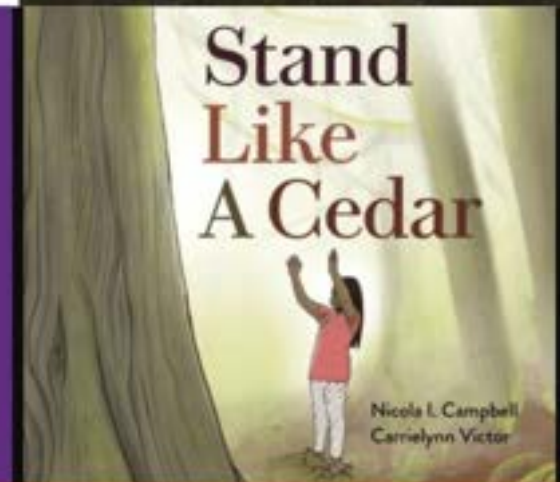
241 Albert St. W
Sault Ste. Marie, ON



JUNE 2022

241 Albert St. W
Sault Ste. Marie, ON

**PRE-REGISTRATION
REQUIRED THROUGH KEYON**



FOR FAMILIES IN SAULT STE. MARIE ONTARIO

Things To Do In The Soo

On the beautiful, sunny summer days when you are wanting to bring the children outside, but want to go beyond the backyard, where can you go?

There are various small parks in Sault Ste. Marie.

If you want to do an Ultimate Frisbee Course, there is one on the property of F.H. Clergue school on upper Pine Street.

Monkey bars and apparatus for climbing by the Sault Ste. Marie Public Library on Bay Street.

Bellevue Park in the east end of the city on Queen Street is a popular destination. There is a splash pad there if that is of interest to your family. There is a Greenhouse where you can admire the different flowers. In the springtime there are people who plant beautiful flowers in various locations at the park. Topsail Island was recently paved with cement, making it a lot easier to bike on. There is also a newly expanded parking lot close to Top Sail Island by the picnic shelter. The arboretum is attached to the park and as a family you can learn more about various types of trees as they are all labeled. Attached to Pine Street Marina there is launching pad for kayaks.

You could do a tour of all of the Blue Chairs in the Sault Ste. Marie Area. One is located on Top Sail Island at Bellevue Park. The second chair can be found at the top of Finn Hill on Black Dirt Road. There is one in Clergue Park close to the Sault Ste. Marie Public Library on Bay Street. A fun way to get to this location is to park by The Station Mall and walk on the boardwalk. The final chair can be found at Pointe Des Chenes, which is located on the street that you take to get to the Airport. Whitefish Island has a great hiking trail. While your there, if you time it right, you can see the large fraters go through The Locks.

You can go hiking at Fort Creek. The main trail is very well marked.

At Hiawatha Highlands the trails are mapped out and there are some incredible falls to be found (Crystal Falls in Kinsmen Park).

In your travels, there are various points that you can get some yummy treats if you'd like:

Bellevue Park sells ice cream by the band shelter.

There is ice cream and beaver tails available along the boardwalk.

On Queen Street in the downtown area you can find Elliot's Ice Cream.

If you are headed to Hiawatha, you may be interested in the ice cream offered on site, or in going to The Trading Post.

Have fun in the sun! Don't forget to wear sunscreen.



MYAC Big Blue Chair Contest

saultstemarie.ca

superiorhiking.com



JOIN US AT 9:30AM,
WEDNESDAY JUNE 1, 8, 15, 22
AT MOUNTAIN VIEW
EARLYON.

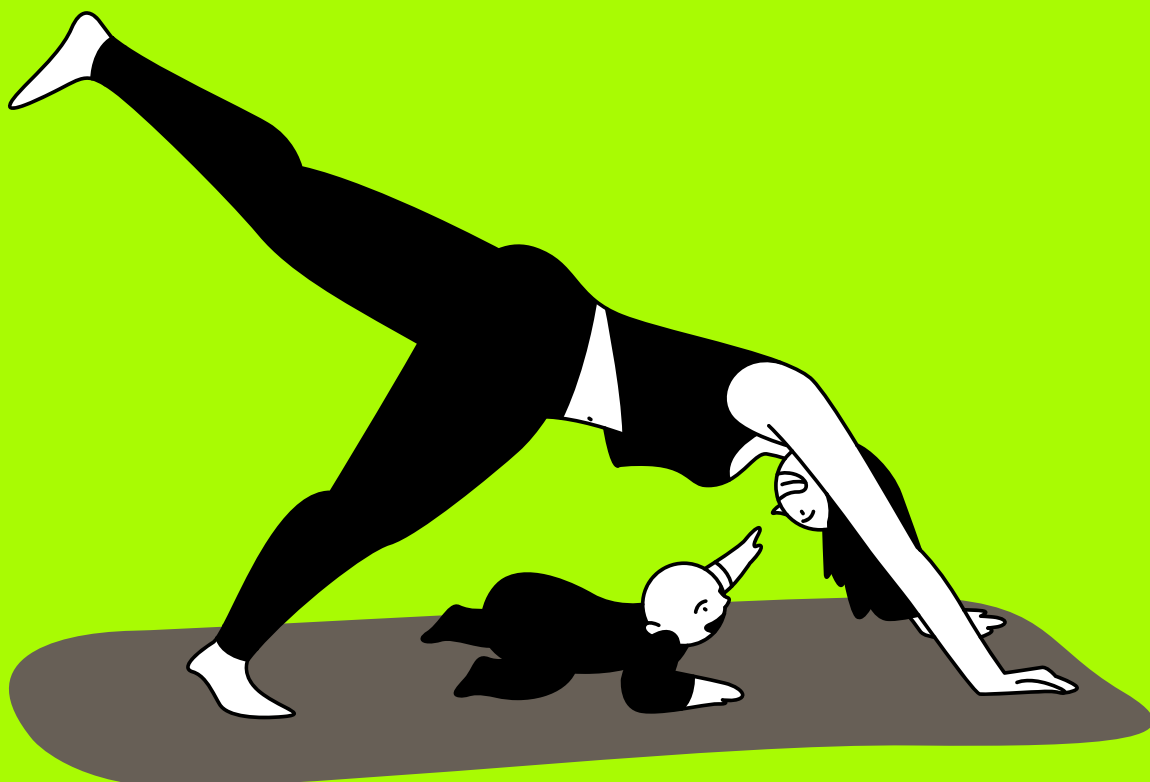
BE ACTIVE

EarlyON
Child and Family Centre
ON y va
Centre pour l'enfant et la famille

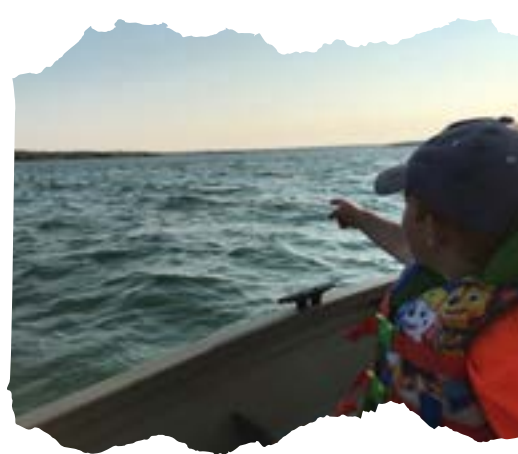
PARENT TOT FITNESS- HOW TO EXERCISE WITH YOUR KIDS

With Brianna Bowker
From inhomefitness

You must register at
www.keyon.ca



Everyone is filled with excitement as the warm summer break approaches us. During the warm weather and sunshine, many families take to the beach, lake, and pools to cool off and have fun in the water. Make sure your family fun and memories can remain positive by learning, teaching and practicing water safety tips with your children!



Water Safety Tips

1. **WALK NEAR THE WATER** – THE POOL DECK AND FLOORS CAN BE SLIPPERY, TEACH YOUR CHILDREN THE IMPORTANCE OF SLOW AND SAFE WALKING TO PREVENT INJURY.
2. **WEAR A LIFE JACKET**
3. **ASK PERMISSION TO GET INTO THE WATER** – ADVISE YOUR CHILDREN TO ASK YOUR PERMISSION TO APPROACH THE WATER OR DECLARE WHEN THEY ARE APPROACHING WATER SO SOMEBODY CAN SUPERVISE THEM
4. **HAVE AN ADULT PRESENT AT ALL TIMES**
5. **GO IN THE WATER FEET FIRST** – TEACH YOUR CHILDREN THE DANGERS OF DIVING INTO THE SHALLOW END OR EVEN UNKNOWN DEPTHS OF WATER
6. **SWIM WITH A BUDDY**
7. **DON'T SWIM IN MOVING WATER** – TEACH YOUR CHILDREN THAT WATER WITH A CURRENT CAN BE UNPREDICTABLE OR DANGEROUS. FOR ADDED SAFETY DEEM MOVING BODIES OF WATER LIKE RIVERS, STREAMS AND CREEKS OFF LIMITS WITHOUT A GUARDIAN PRESENT
8. **GET OUT WHEN YOU START TO BECOME TIRED**
9. **STAY IN DESIGNATED AREAS**
10. **NO HORSEPLAY IN OR AROUND THE WATER**



Join us at Prince Township for
fun, postnatal exercises with
special guest host, The Refinery!

June 7: Baby Wearing Workout

June 14: Stroller Fit

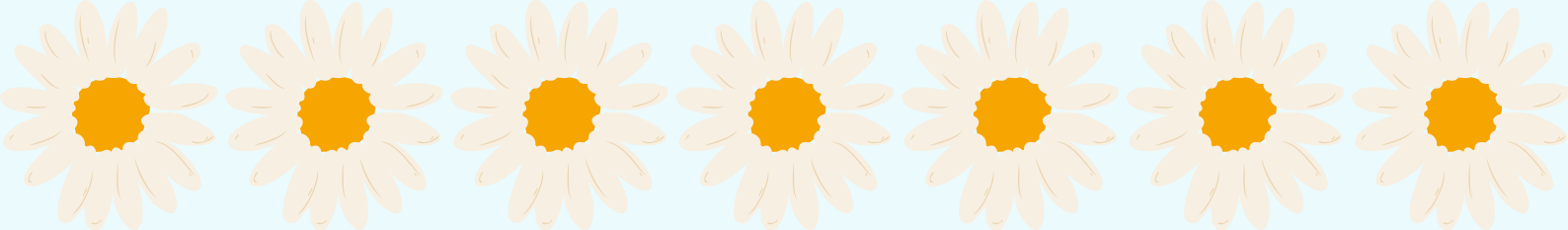
June 21: Baby Wearing Workout

June 28: Stroller Fit

Outdoor classes start at 1:00pm ~ Please dress accordingly



Pre-registration is required at www.KEyON.ca



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Centre pour l'enfant et la famille



**Ages
3-5**

SCHOOL READINESS!



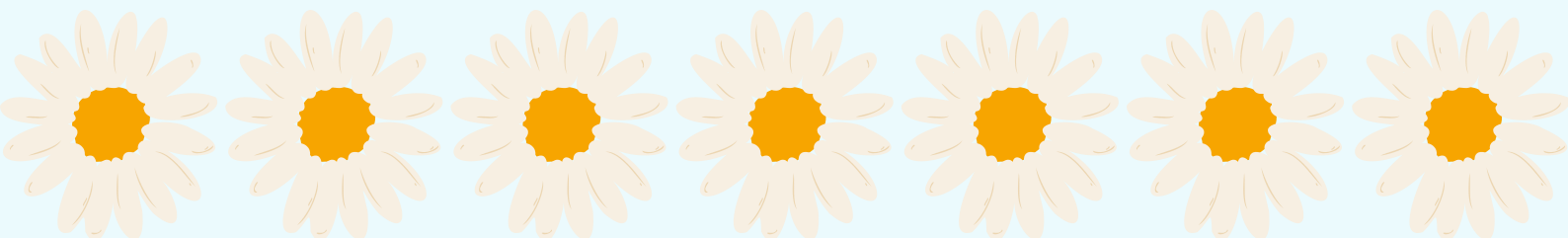
This 6 week program will provide age and developmentally appropriate activities to children, which will enhance their entry into kindergarten or other structured environments.

June 15, 22, 29

July 6, 20, 27

**Wednesdays at
10:00AM**

**Pre-Register at
KEYON.ca**





Ziiwbak - Rhubarb Crisp

By: Derek Nicholas

INGREDIENTS:

8 C RHUBARB
4 1/2 TBSP ALL PURPOSE FLOUR
1 C SUGAR
2/3 TSP CINNAMON

TOPPINGS:

3/4 C OATS
3/4 C BROWN SUGAR
6 TBSP FLOUR
1/2 TSP CINNAMON
6 TBSP BUTTER

DIRECTIONS:

1. PREHEAT OVEN 375
2. WASH AND CUT RHUBARB IN 1/2 INCH PIECES
3. TOSS RHUBARB IN FLOUR, SUGAR, CINNAMON MIXTURE. SPREAD ONTO GREASED COOKING PAN.
4. IN A SEPARATE BOWL, MIX TOPPINGS WITH A PASTRY BLENDER. THEN SPRINKLE OVER THE RHUBARB.
5. BAKE FOR 35 MINS OR UNTIL THE TOPPINGS ARE GOLDEN BROWN AND THE RHUBARB IS TENDER





Walk and Talk

Every Wednesday in June
at Mountain View EarlyON

Join us from 10:30am-11:30am for
Walk and Talk.

Come and enjoy the outdoors with other families in
your community.

Its a chance to meet new people and get information
about exciting hot topics.

Coffee and muffins will be provided.

EarlyON
ON y va
with you to the early years





RAINY DAY PLAY

Outdoor play and messy play can play a huge part in your child's physical and mental health, as well as their development. Healthy risk-taking and messy play are just a few ways children learn, while also having tons of fun! Rainy days, though they can be messy, are a great way for your child to explore new sensory experiences, as well as encourage healthy physical activity. With any outdoor play, be sure to equip your child with the proper clothing and materials to be safe while enjoying their time outdoors. Such as sunscreen, rubber boots, light jackets, water bottles, etc.

Creating fun activities for rainy days can help encourage your child to participate and get outside. This activity also strengthens imaginative play and fine motor skills.



Materials Required

- Plastic Toy animals
- Optional:
 - Cleaning utensils safe for children to use (sponges, old toothbrushes, washcloths, etc.)
 - Bucket with water/soapy water

Description/Instructions

Bring your animals outside and find a muddy puddle. Have fun and get your animals full of mud and dirt. Once dirty, use the clear/soapy water to rinse off your animals in a clean puddle, or a bucket with soapy water and make them all clean again!

Repeat the process as much as wanted!



https://clcf.org/the-benefits-of-outdoor-play-for-toddlers--preschoolers/?gclid=CjwKCAjw6dmSBhBkEiwA_W-EoM0y1gGHcgabq5nszFunuozkWZPwzo7ArCWgHy1AfQ9u1HWHyvtpaxoCR6oQAvD_BwE

<https://www.child-encyclopedia.com/outdoor->

[play#:~:text=Outdoor%20play%20is%20increasingly%20recognized,emotional%2C%20cognitive%20and%20physical%20development.](#)

<https://www.playgroupqld.com.au/the-benefits-of-messy->

[play#:~:text=Cognitive%20development%3A%20Messy%20play%20for,it%20encourages%20discovery%20and%20development.](#)

Pizza in the Park

**Join us at Glasgow Park
on July 6th from 9:00am-1:30pm
For Pizza, Fun and Games**

Don't forget the sunscreen!



Pre-Registration is required at KEyON.ca



MUKWA WAANZH URBAN INDIGENOUS EARLYON



The Legend of Thunder Mountain

Isaac Day- Murdoch

The Anishinabe have their own set of legends and stories surrounding the creation of earth which included the lake and mountains. Here is a legend regarding a place called “Thunder Mountain” near Garden River, Ontario. The legend is as follows:

There was a magical being and his name was Puh-kii-wus. He and Nanabush were always arguing over who had the greatest power. Finally, Nanabush grabbed his blanket and put some sand in there and rolled it up. He shook up the sand in the blanket and unrolled the blanket out on ground. A rabbit came out of the blanket. Puh-kii-wus grabbed the blanket and did the same thing. He rolled it up and shook the blanket and rolled it out on the ground and nothing but dust came out. Nanabush laughed at him. Nanabush grabbed the blanket and put some dirt in it, shook it up, and rolled it on to the ground and a deer came out jumping. Puh-kii-wus grabbed the blanket and put some sand in there. Rolled it up and shook it. He unrolled it onto the ground and only dust came out. Nanabush really laughed at him and told him, “You have no power. You are weak!” Puh-kii-wus got mad and put some sand in the blanket and rolled it up the blanket. He cursed at Nanabush and called him an ugly weed, and then prayed with the blanket and held it up to the sky. Nanabush continued to laugh at him. Puh-kii-wus then rolled the blanket onto the ground and a Blackstone came rolling out. Puh-kii-wus then grabbed the Blackstone and threw it hard on the ground and it caused an earth quake. The ground rumbled and Thunder Mountain grew from the ground, right wherethat black stone hit the ground. Nanabush took off scared of Puh-kii-wus and his power.



International Self-Care Day

July 24th, 2022

Self-care is an important aspect in all stages in our lives, especially in children. Educating and demonstrating self-care to children will not only help them to become more introspective and aware of their physical and emotional needs, but also how to properly communicate them.

Self-Care encourages children to:

- Develop healthy habits
- Understand themselves
- Take care of themselves
- Become more independent

Tips to encourage self-care in children:

- Work on their minds
- Talk openly about emotions
- Get active
- Allow for downtime and rest
- Spend quality time together
- Spend time outdoors/doing activities they enjoy





Garden Bombs

Purpose: To make and learn an effective way to garden with your children and loved ones.

Garden bombs are a fun way to plant flowers, or vegetables, as the seeds stay protected inside until they are ready to grow.

You will need the following;

- Compost
- Potting soil
- Clay
- Seeds (wild flowers, plants, vegetables, etc.)
- Water

Instructions

- Divide clay in to small balls
- Knead and press the clay into small flat circles
- Coat one side of the clay with a thin layer of compost
- Add a small amount of your choice and water to the center
- Scrape up the clay and roll it into a ball, ensuring the seeds remain in the centre of the clay ball
- Coat the outside of the clay with 3 to 5 layers of compost
- Once you have completed the steps, allow the "garden bomb" to dry for the next 24 hours or until it is firm

Once your seeds have sprouted, plant them in your garden and watch them grow overtime

The "garden bomb" activity is a fun experience that the whole family can enjoy, as well as learn together.



Objectif : Fabriquer et apprendre un moyen efficace de jardiner avec vos enfants.

Les bombes de jardin sont une façon amusante de planter des fleurs ou des légumes, car les graines restent protégées à l'intérieur jusqu'à ce qu'elles soient prêtes à pousser.

Vous aurez besoin des éléments suivants ;

- Compostage
- Terreau
- Argile
- Graines (fleurs sauvages, plantes, légumes, etc.)
- Eau

Des instructions

- Diviser l'argile en petites boules
- Pétrir et presser l'argile en petits cercles plats
- Enduire une face de l'argile d'une fine couche de terreau
- Ajouter une petite quantité de votre choix et de l'eau au centre
- Grattez l'argile et roulez-la en boule, en veillant à ce que les graines restent au centre de la boule d'argile
- Enduire l'extérieur de l'argile de 3 à 5 couches de terreau
- Une fois que vous avez terminé les étapes, laissez sécher la "bombe de jardin" pendant les prochaines 24 heures ou jusqu'à ce qu'elle soit sèche

Une fois que vos graines ont séchées plantez-les dans votre jardin et regardez-les pousser des heures supplémentaires

L'activité "bombe de jardin" est une expérience amusante que toute la famille peut apprécier, ainsi qu'apprendre ensemble.

Bombs de Jardin



INTERNATIONAL DAY OF FRIENDSHIP

July 30, 2022

Friendships help children develop emotionally while boosting social skills. Healthy relationships can assist a child to learn how to control emotions and express feelings.

Friendship encourages children to:

- Practice kindness
- Empathize
- Develop conflict resolution skills
- Learn coping strategies for emotions
- Share, invite, join in ideas, activities and conversations
- Ask questions, be happy, smile.
- Find the right group based on personality and interests.



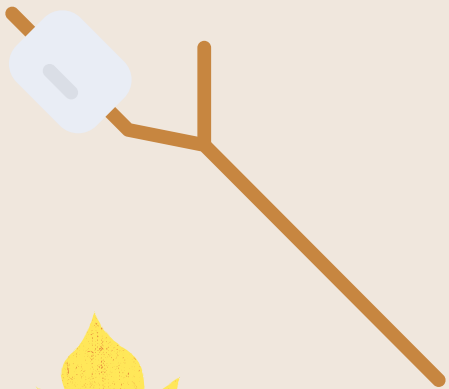
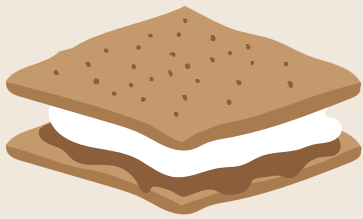
www.sunshine-parenting.com (Being your kids coach)



Popsicle Stick S'mores

Items you will need:

- Jumbo popsicle sticks (9 per smores craft)
- Small paper plate
- White/Black/Pink craft paint
- Craft paint brushes
- Light or dark brown cardstock paper
- School glue
- Kid friendly scissors



Directions:

- First assemble the base of your s'more friend by gluing your popsicle sticks together to look like a fence {7 next to each and two across}
- Set aside to let it dry completely.
- Now grab your paint, paint brush and popsicle stick base.
- Have children paint the front of it completely white {the marshmallow} while you cut out some "graham crackers and chocolate" from the cardstock.
- To finish off the *Popsicle Stick S'mores craft*, have children glue the cardstock pieces to the popsicle stick design, along with drawing on a face with the remaining paint.
- Then let it dry completely before displaying proudly!!!



Become a Jr. Explorer



PICK UP YOUR NATURE KITS AND LET'S
GET EXPLORING.

July 11 1:30pm - 2:30pm

Prince EarlyON

July 18 1:30pm - 2:30pm

Hiawatha Park

July 25 1:30pm - 2:30pm

Whitefish Island



Snacks will be Provided

Pre-registration is required at KEyON.ca



Outdoor Play



Join us for some outdoor fun every
Tuesday and Friday
in July & August
10:00am – 12:00pm

UPCOMING



POW-WOWS



July
2ND & 3RD

Thessalon First Nation

Hwy. #17 East turn right Maple Ridge Rd.,
turn right Biish Road, follow signs.
Thessalon First Nation, Ontario

August
6TH & 7TH

Serpent River First Nation

Hwy. #17 Serpent River, Ontario

August
20TH & 21ST

Garden River First Nation

Garden River ball field. Garden River,
Ontario

September
3RD & 4TH

Batchewana First Nation

Rankin Powwow Grounds. Batchewana First
Nation, Ontario

POW WOW Etiquette

- Be quiet when someone is talking. Show respect
- Listen to the Master of Ceremonies, he will announce who is to dance and when
- Ask permission before taking pictures of someone in regalia
- During certain times of the Pow-wow, no pictures are allowed (e.g., Grand Entry, Honour songs or Flag songs)
- Do not carry children when you are in the dance area. It is like you are holding something to offer to the spirits
- Do not touch a dancer's regalia without permission. These are not costumes and they may have special meaning to the dancers
- When invited by the emcee, visitors may participate in some social and intertribal dances. Powwows are a celebration of life, have fun!

CSC Nouvelon Schools:

Where your child can learn,
grow and thrive EN FRANÇAIS!

More than ever, parents choose a French-language Catholic school for their child. Conseil scolaire catholique Nouvelon (CSC Nouvelon) schools in Sault Ste. Marie as well as in other communities in the Algoma and Sudbury districts, provide every student with the learning tools and support required to graduate with a high level of bilingualism and a solid grasp of the French language.

A high level of bilingualism is a wonderful gift for a child's future, opening doors to careers that are often out of reach for persons speaking only one language. In fact, employment rates in Canada are higher for those who speak both English and French.

How will you ensure that your child can access all the benefits associated with a high level of bilingualism? French-language Catholic schools can help your child excel and learn en français. CSC Nouvelon's teaching staff will enable students to develop the ability to read, write and understand French at an advanced level while also mastering the English-language, allowing them to be fluent in both of Canada's official languages upon graduation.

The benefits of attending a CSC Nouvelon school are incalculable. Our students benefit from a full special needs program, a quality English-language program starting in grade 4, a curriculum instilled with Catholic values, access to state-of-the-art learning technology and an environment that nurtures and promotes a sense of Francophone culture, pride and identity. CSC Nouvelon schools also lead to superior academic results and the highest graduation rate among all school boards in the districts of Sudbury, Manitoulin and Algoma.

Children who will start school in September 2022 can count on the benefits of CSC Nouvelon's full-time Kindergarten program, which is provided in a motivating, caring and safe environment. This proven program encourages children's spiritual, emotional, social and cultural development. It also promotes the student's acquisition of the French language, as well as academic success and cultural identity.

Even if you don't speak French, your child may have a right to French-language education. CSC Nouvelon schools welcome children of Canadian citizens or immigrants whose first language learned and still understood is French as well as children of Canadian citizens whose grandparents' first language was French. Children from immigrant families where the parents speak neither French nor English are also eligible.

It's not too late to register your child in Kindergarten! To learn more, visit our website or call École Notre-Dame-du-Sault at 705-945-5520.

Website: <https://www.nouvelon.ca/inscription>





The Algoma District School Board is excited to register new students for the 2022/23 school year!

Junior Kindergarten (JK)

Children born in 2018 may register!

Senior Kindergarten (JK)

Children born in 2017 may register!



Huron-Superior Catholic
DISTRICT SCHOOL BOARD

REGISTER NOW
online or call your local school!



hscdsb.on.ca



Mukwa Waanzh
Urban Indigenous
EarlyON



Giin Sa Mizhakwad

(You are my Sunshine)

Giin sa mizhakwad, zayagi'inaan;

(you are my sunshine, my only sunshine)

Giminiwendami' ningwakwak;

(You make me happy, when skies are grey)

Gaa wiikaa giga-gikendanziin;

(You never know dear, how much I love you)

Gego makamishiken.

(Please don't take my sunshine away)



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