

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



May the new year bring you peace, joy, and happiness...

The start of each new year is a time to reflect on the year just past, and make plans for the future. It holds a special magic, with a promise of new opportunities and the possibility to change our lives for the better. Given how challenging 2020 has been for us all with COVID-19, it feels especially important to express our hopes and dreams for better days ahead in 2021!

Many of us have had a difficult year this year due to COVID-19. With that in mind, here are some New Year messages you could use as a starting point to write your own notes of encouragement to friends and family.

1. Happy New Year! We might be apart today, but you're always in our heart. Take care and stay safe in these uncertain times. We miss you!
2. New Year? Yes please! Here's to better times ahead for us all! Wishing you a happy, safe and healthy 2021.
3. This new year message is packed full of virus-free hugs and kisses just for you! We hope you have a very happy new year and that we can see you again soon. Until then, cheers to you from afar for your good health and happiness!
4. May the New Year bring you happiness, peace, and prosperity. Wishing you a joyous 2021!
5. Happy New Year! I hope all your dreams come true in 2021 - onwards and upwards!
6. Wishing you a fresh start with renewed energy and confidence throughout the New Year.

Let's make a **SNOWMAN!**



EarlyON Child and Family Centre Prince Township,
H.M. Robbins and Mountain View invite you to join us in our
snowman building contest.

Please follow us on Facebook @ EarlyOn Child and Family Centre
Prince, SSM & Sault North and post a picture of your snowman to be
entered into the draw. Winner will be chosen at random.

children's activities

Creating a Writer's Workshop at Home

On January 27th we celebrate **Family Literacy Day**! A fun way to encourage writing and early literacy skills at home is by setting up a "Writer's Workshop".

If you have a child sized table, trolley or open shelf, you can set up an invitation for your child to get creative and develop a love of literacy.

You may already have some items at home that you could set up in an inviting way, or ask your child to help with collecting materials that they think would be fun to include. Find old baskets, tupperware or cups to help keep everything organized.

Here are some ideas to get you started :

- Writing utensils: pens, pencils, crayons, highlighters, markers
- Stickers
- Scissors
- Glue sticks/Liquid glue
- Tape
- Old magazines
- Coloring books or printed sheets of your child's favourite book characters, etc.
- Plain white paper, card stock, coloured paper, post-its
- Recycled cardboard cut in a variety of shapes
- Tape
- Stencils
- A Clipboard
- Writing Pads or Journals
- Old Valentines or cards
- Dry-erase board with markers
- Letter magnets and a small baking sheet
- Playdough and playdough tools



Did you know...

Disposable plastic plates make great inexpensive alternatives to dry-erase boards, and old bath mitts make great dry-erase erasers.



La neige tombe

La neige tombe sur mon nez

Oh, oh, oh! J'ai le nez gelé

Frotte, frotte, frotte mon nez

Pour le réchauffer !

Frotte, frotte, frotte, mon nez

Frotte, frotte, frotte ton nez

Pour le réchauffer !

La neige tombe sur mes mains

Oh, oh, oh! J'ai les mains gelées!

Frappe, frappe, frappe, mes mains

Pour les réchauffer !

Frappe, frappe, frappe mes mains

Frappe, frappe, frappe tes mains

Pour les réchauffer !

FRENCH VOCABULARY FOR WINTER

Winter — l'hiver

Cold — froid

Igloo — un iglou

Snowball — une boule de neige

Snowflake — un flocon

Icicle — un glaçon

Penguin — un pingouin

Shovel — une pelle

Snow plow — une déneigeuse

winter family activities

try ice fishing

catch snowflakes

go tobogganing

make a bird feeder

make a winter wreath

have a pretend beach day

make snowman pancakes

play soccer in the snow

make snow angels

make monster mittens

warm up around a winter campfire

have a family hot chocolate tasting party

make a family scrapbook or time capsule

learn about your family tree

make paper snowflakes

go on a winter hike

MAKE MEMORIES!



wellness together

How to Beat the Winter Blues

By: Frances Bridges

www.forbes.com

The weather is colder, the days are shorter and many struggle to maintain a happy, healthy mindset. This time of year, during the cold, dark, dreary months of winter, seasonal affective disorder, SAD, sets in for many people, and according to Psychology Today they often suffer symptoms like extreme fatigue, difficulty concentrating, low motivation and weight gain. The good news is, there are ways to manage symptoms of SAD and depression.

Here are a few ways you can battle the winter blues:

1. Eat Well
2. Exercise
3. Surround Yourself With Good People
4. Check Something Off Your Bucket List
5. Spend Time By A Fire
6. Take Vitamins
7. Manage Your Screen Time
8. Fresh Air
9. Sun
10. Seek Help

If you are suffering and nothing you try is working, you should seek professional help. No one needs to suffer alone and needlessly, so reach out to your doctor, a trusted friend or family member, or a community agency that can help!

How to Help Your Child Cope with Anxiety

By: Cailyn Bradley

www.kiwico.com

What are some signs children are feeling anxious or stressed?

There are a lot of warning signs to look for: sleep disturbances, irritability, lack of appetite. Infants also show similar signs of stress. If you do have concerns about your child's anxiety or if they are exhibiting debilitating symptoms from it, you should absolutely seek professional help. Talk to your child's pediatrician. Get a referral to see a counselor or child psychologist to get them the support they need. Don't let these things continue to fester because the thing about anxiety is it builds on itself, and your child may need skills to help them cope with it.

What tools that parents can use to help their kids manage anxiety?

Emotion coaching is a great tool to start with. The goal is to teach children to understand their emotions by labeling them. This helps children contextualize how they're feeling during times of stress, and it also helps parents talk to them about it. Having frequent conversations with your kids encourages an understanding that feelings are a part of living and that they come and go. It's really important to not minimize your child's feelings and that you instead use emotion coaching to name, acknowledge, and reassure them.

Learn more about emotion coaching and the steps to take with your child here:

www.seattlechildrens.org/pdf/PE1548.pdf

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

RJs Market Grocery Kit



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



Kindergarten Registration 2021-2022



<https://www.nouvelon.ca/english-ecole/register-your-child-ecole>

Complete our Quick Pre-Registration Form online. You may also fill out the Registration Form and bring it to the school of your choice. For more information, do not hesitate to contact the school principal or call 705-673-5626 or 1-800-259-5567.



Online Registration to take place: **January 11 to January 15, 2021**

Registering for Kindergarten this year will look a little different than in previous years. To keep everyone safe this year, we are asking you complete an online registration. This will be followed by a call from the school Principal and a welcome package in the mail. If you aren't able to register online, please reach out to your neighbourhood public school.

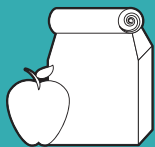


Conseil scolaire public du
Grand Nord de l'Ontario

www.epedr.cspgno.ca

It is never too late to register your child at École publique Écho-des-Rapides! Anyone who wishes to register a child in a CSPGNO French school is always welcome to meet staff members, talk with students and parents and tour our many schools. For further information, please do not hesitate to contact École publique Écho-des-Rapides at 705-254-3388.

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



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**



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



Indian Friendship Centre
in Sault Ste. Marie

www.ssmifc.ca



www.princetownship.ca



www.socialservices-ssmd.ca