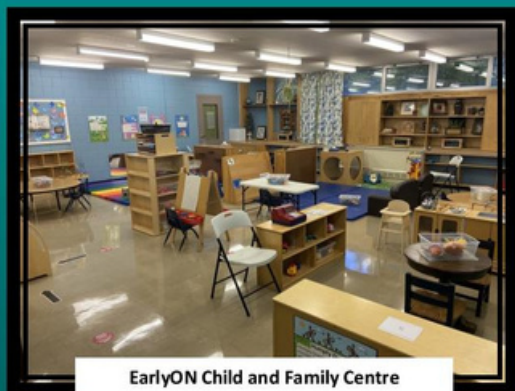


# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



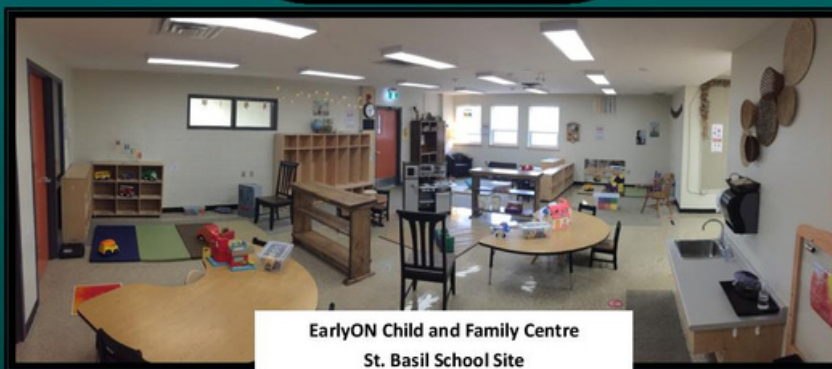
**We are so excited to see everyone as we begin to re-open our EarlyON Programs! Stay safe and we will see you soon!**



EarlyON Child and Family Centre  
Holy Angels School Site



EarlyON Child and Family Centre  
Holy Cross School Site



EarlyON Child and Family Centre  
St. Basil School Site

## welcome back

Your local EarlyON Child and Family Centres are excited to announce that as of Monday, October 19, 2020 a number of programs have begun welcoming children and families back for indoor, in-person services! Pre-registration is required through [www.keyon.ca](http://www.keyon.ca). If you need assistance you can call the EarlyON Centre and someone will help to register you for a drop-in session.

Upon arrival to any program, please be aware that families will be permitted entry one at a time to complete the screening process. If staff are not at the entrance, please press door bell for assistance. Physical distancing of 2 metres is to be practiced at all times. Please note that at this time, outside food and drinks will not be permitted in the centres. Snacks will be provided daily.

Thank you, and we look forward to seeing you soon!

# EarlyON re-opening hours

## Holy Angels

705-945-8898 Ext. 255  
102-A Wellington Street East

Monday	9:00 AM - 12:00 PM
Tuesday	9:00 AM - 12:00 PM
Wednesday	11:00 AM - 3:00 PM 4:00 PM - 6:00 PM
Thursday	9:00 AM - 12:00 PM
Friday	9:00 AM - 12:00 PM
Saturday	Coming Soon

## Holy Cross

705-945-8898 Ext. 303  
16 Texas Avenue

Monday	10:00 AM - 1:00 PM
Tuesday	10:00 AM - 1:00 PM
Wednesday	10:00 AM - 1:00 PM
Thursday	10:00 AM - 1:00 PM
Friday	10:00 AM - 1:00 PM
Saturday	Coming Soon

## H.M. Robbins

705-779-3627 / 705-779-3055  
83 East Balfour Street

Monday
Tuesday
Wednesday
Thursday
Friday



## Mountain View

705-779-3627 / 705-779-3055  
21 Mahler Road, Goulais

Monday	9:15 AM - 12:15 PM
Tuesday	9:15 AM - 12:15 PM
Wednesday	9:15 AM - 12:15 PM
Thursday	9:15 AM - 12:15 PM
Friday	9:15 AM - 12:15 PM

## Prince Township

705-779-3627 / 705-779-3055  
3024 Second Line West

Monday	9:00 AM - 1:00 PM
Tuesday	9:00 AM - 1:00 PM
Wednesday	9:00 AM - 1:00 PM
Thursday	2:30 PM - 6:30 PM
Friday	9:00 AM - 1:00 PM
Saturday	10:00 AM - 1:00 PM

## St. Basil

705-945-8898 Ext. 324  
250 St. Georges Avenue

Monday	10:00 AM - 1:00 PM
Tuesday	10:00 AM - 1:00 PM
Wednesday	10:00 AM - 1:00 PM
Thursday	10:00 AM - 1:00 PM
Friday	10:00 AM - 1:00 PM

## Urban Indigenous

705-705-256-5634 Ext. 3204 / 705-989-4595  
241 Albert Street West

Monday	9:00 AM - 1:00 PM
Tuesday	9:00 AM - 1:00 PM
Wednesday	9:00 AM - 1:00 PM
Thursday	4:00 PM - 6:30 PM
*Saturday	10:00 AM - 2:00 PM *Every second Saturday November 14, 28, December 12

### LIVE Facebook Virtual Programming

Monday, Tuesday, Wednesday  
10:00-11:00 AM & 2:00-3:00 PM

Thursday  
3:00-4:00 PM

### Outdoor Programming

Tuesday  
2:00-3:30 PM  
\*Weather permitting OR Play Date via  
Zoom if weather does not permit

### Zoom Programming

Tuesday & Thursday  
2:00-3:30 PM Cultural Activity

Friday  
9:30-11:30 AM Coffee/Support Group





# cultural opportunities

The Urban Indigenous EarlyON is now open for in-person, indoor programming. Check out our Facebook page for updates 'Urban Indigenous EarlyON.' We have some exciting program opportunities coming up in November where we will be sharing information about Treaties and their history. Also, November 16 is Louis Riel Day and we will be using that week to highlight and share how deadly our Metis community is. Along with this will also be our regular drop-in hours, as well as regular daily programming that can be found on our Facebook page or by calling the office at 705-256-5634 ext. 3204. Meegwech!




## Urban Indigenous EarlyON in partnership with the Metis Nation of Ontario presents:

# MICHIF WEEK

### NOVEMBER 16-20, 2020 DROP-IN PROGRAM

<b>Ishkwa-anama'e-giizhigad</b> Monday	<b>Niizho-giizhigad</b> Tuesday	<b>Abitoose</b> Wednesday	<b>Niiwo-giizhigad</b> Thursday	<b>Naano-giizhigad</b> Friday
9AM-1PM Lunch Provided	9AM-1PM Lunch Provided	9AM-1PM Lunch Provided	4:30-6:30PM Dinner Provided	9:30-10:30AM
Dibaajimowin Who are Metis People?  Louis Riel Day!	Traditional Metis Fiddle Music & Jigging Challenge	Beaded Art Activity Challenge	Metis Inspired Feast	Zoom Drop-In Social and Story with Komis

To register send us a message on Facebook, email [earlyon@ssmifc.ca](mailto:earlyon@ssmifc.ca) or call 705-256-5634 ext. 3204




## Urban Indigenous EarlyON in partnership with the Metis Nation of Ontario presents:

# MICHIF WEEK

### NOVEMBER 16-20, 2020 ONLINE PROGRAM

<b>Ishkwa-anama'e-giizhigad</b> Monday	<b>Niizho-giizhigad</b> Tuesday	<b>Abitoose</b> Wednesday	<b>Niiwo-giizhigad</b> Thursday	<b>Naano-giizhigad</b> Friday
10-11AM Facebook Video	10-11AM Facebook Video	9AM-1PM Lunch Provided	4:30-6:30PM Dinner Provided	9:30-10:30AM
Dibaajimowin Who are Metis People?  Louis Riel Day!	Tradition Metis Fiddle Music & Jigging Challenge	Dibaajimowin Beaded Art Activity Challenge	Dibaajimowin Metis Inspired Feast	Zoom Drop-In Social and Story with Komis Brenda

To register, send us a message on Facebook, email [earlyon@ssmifc.ca](mailto:earlyon@ssmifc.ca) or call 705-256-5634 ext. 3204



GIIN SA MIZHAKWAD  
YOU ARE MY SUNSHINE

Giin sa mizhakwad,  
zayagi'inaan;

Giminiwendami'  
ningwakwak;

Gaa wiikaa, giga-  
gikendanzin;

Gego, makamishiken.

## Positive Things to Say to Your Child

- I'm grateful for you.
- That's a great question.
- You make me proud.
- Your friends are lucky to have you.
- Your words are meaningful.
- I trust you.
- You have great ideas.
- That was a really good choice.
- I love being your parent.
- Seeing you happy makes me happy.
- You don't have to be perfect to be great.
- Being your parent is my favourite job.
- Your opinion matters.
- I learn new things from you every day.
- You are important.
- You make me better.
- You are loved.
- You are an amazing girl/boy.
- I believe you.
- Thank you for being you.
- I believe in you.
- I'm so glad you're here.
- This family wouldn't be the same without you.
- You look great.
- You are valuable.
- I understand you.
- You can say no.
- Watching you grow up is the best.
- You can say yes.
- That was really brave.
- I know you did your best.
- I forgive you.
- I love your character.
- You were right.
- I appreciate you.
- I accept who you are.
- We all make mistakes.
- We can try your way.
- Yes, me too.
- You are helpful.
- You are very good at that!
- You are worth it.
- You can try again tomorrow.
- You make me happy.
- Nobody is perfect.
- I love your creativity.
- I love how you said that.
- Being around you is fun.

Positive affirmation statements can help overcome negative thoughts and help boost an individual self esteem. Benefits of using positive affirmation include: reduced negative thoughts, increased happiness, keeping the small things in perspective and better cardiovascular health.

Reference: [www.headwayclinic.ca](http://www.headwayclinic.ca)

Four Benefits of Positive Affirmations

Resources: [www.positivepsychologyprogram.com](http://www.positivepsychologyprogram.com)

Article: Daily Affirmations: Making your life better one day at a time.

# TREATY WEEK

Participation  
Draws!

November 2-6, 2020

## Monday

*What Are Treaties?*

## Tuesday

*Original Treaties*

## Wednesday

*Robinson Huron Treaty*

## Thursday

*Metis Treaties: Special Guest!*

## Friday

*Highlights & Prize Draw*

DAILY AT  
10AM ON ZOOM

DAILY AT 1PM ON  
FACEBOOK LIVE

REGULAR DROP-IN  
HOURS FOR  
IN-PERSON  
TREATY AND  
OTHER  
ACTIVITIES



**Early  
ON**  
Child and Family Centre

For more information contact  
Samantha Boyer on Facebook at  
'Urban Indigenous EarlyON' or by  
email at [earlyon@ssmifc.ca](mailto:earlyon@ssmifc.ca) or by  
phone @ 705-256-5634 ext. 3204



# EarlyON Planning Survey - Fall 2020

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**Your feedback is helpful and important to us as we plan for delivery of our programs this Fall and beyond.**

**As a way of thanking those who complete the survey, we will be holding a draw for a \$100 Grocery Store Gift Card.**

**<https://www.surveymonkey.com/r/289K35G>**

## Sondage d'automne ON y va 2020

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**Vos rétroactions sont utiles et importantes pour nous alors que nous planifions le lancement de nos programmes cet automne et au delà.**

**Comme façon de remercier ceux qui complètent le sondage, nous aurons un tirage d'une carte-cadeau de 100 \$ à une épicerie.**

**<https://www.surveymonkey.com/r/B2PH9WJ>**



# jacket flip trick

Encourage your child's independence and self-help skills this winter with the "Jacket Flip Trick"!

Teach your child the steps of the Jacket Flip first by modeling how to do it yourself. Then practice it beside your child and offer some encouraging words.

**Step 1:** Stand with your jacket on the floor in front of you (collar facing towards your feet, zipper side up and jacket open)

**Step 2:** Bend over and place your hands at the opening of your sleeves

**Step 3:** Push your arms through your sleeves as you flip your jacket up and over your head, and behind your back

**Step 4:** Enjoy the look on your child's face as they are able to feel a sense of achievement at being able to dress warmly for the weather.



## French Vocabulary ~ Les vêtements d'hiver

Practice using these French words with your child while you dress for the colder weather.

Snow Pants – un pantalon de neige

Boots – des bottes

Scarf – un foulard

Neck warmer – un cache-cou

Sweater – un chandail

Jacket – un manteau

Toque – une tuque

Ear muffs – un cache-oreilles

Mittens – des mitaines

Gloves – des gants

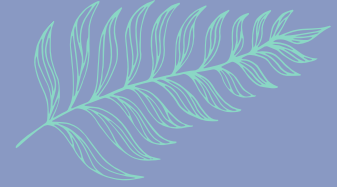


# wellness together

## Helping Children Relax the Mind & Body

Did you know that relaxation is a learned skill? Relaxation can improve a child's early learning experiences by assisting them through challenges. By calming the nervous system and loosening muscles, relaxation exercises promote better sleep and boost the immune system. It helps children to realize that they can be in control of their own bodies and feelings rather than letting their feelings control them. There are many different activities that can assist children in developing these skills, the birthday candles calming activity is one that families can try!

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



## BIRTHDAY CANDLES CALMING ACTIVITY

Inviting each child to hold up their fingers on one hand.

Ask them to imagine that each one is a birthday candle.

One at a time, ask them to blow out the candles on the cake using a long breath.

Between each, have the child inhale a slow, deep breath.

We can also count the number of candles as we blow them out.

As each candle is blown out, that finger can curl back into the palm of their hand until they have a closed fist.

### BREATHING EXERCISE



**INHALE:  
SMELL FLOWER**



**EXHALE:  
BLOW CANDLE**



**AND REPEAT...**

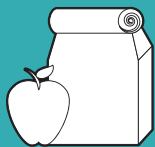
#### References:

10 Activities that Help Children Relax Mind & Body and Develop Self Regulation Skills. [www.raepica.com](http://www.raepica.com)

Visit the Zero to Three website for more easy mindfulness activities to do with young children.  
<https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>



# 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](http://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](mailto:vincentplacepr@shaw.ca).

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

**[www.triplepalgoma.ca](http://www.triplepalgoma.ca)**



### 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; @socialservicessmd**



**EarlyON Child and Family Centre Prince Township  
@EarlyONCentre; Social Services SSM @Soc\_Serv\_SSM**



[www.childcarealgoma.ca](http://www.childcarealgoma.ca)



Indian Friendship Centre  
in Sault Ste. Marie

[www.ssmifc.ca](http://www.ssmifc.ca)



[www.princetownship.ca](http://www.princetownship.ca)



[www.socialservices-ssmd.ca](http://www.socialservices-ssmd.ca)