

# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



## *re-opening soon*

We thank you for your patience and understanding as we get everything ready for the re-opening of our local EarlyON centres. Your family's safety is important to us. We have missed seeing each and every one of you in person, and we can't wait to see you again!

Over the next month, the centres will begin to open and we want our families and friends to be the first to know. Please keep checking our social media and websites (listed on the back of the newsletter) for any announcements with re-opening dates.

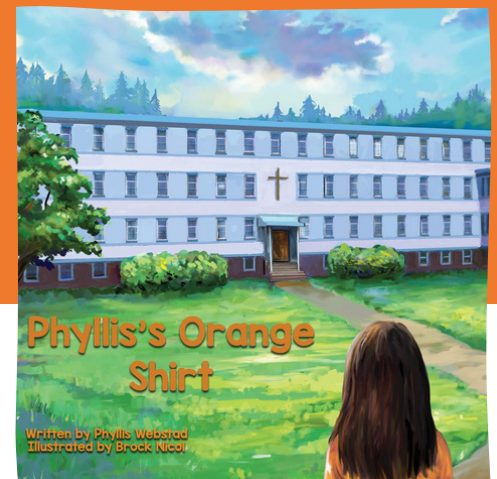
We understand that everyone has had different comfort levels throughout this pandemic and we want to keep providing you with options. Virtual programming will still be available as we continue to open centres, and outdoor programming will be offered as well, depending on weather.



# Kina go Binoojii'ag Gch nendaagoziwag Every Child Matters

The Urban Indigenous EarlyON has dedicated the week of September 28th to October 1st to the Every Child Matters movement; raising awareness and honouring those who survived and those who did not survive Indian Residential School.

*To hear a reading of the story "Phyllis's Orange Shirt," read by Phyllis Webstad, visit the Urban Indigenous EarlyON Facebook page.*



## cultural opportunities

**Aaniin! Boozhoo! Hello!**

Our Urban Indigenous EarlyON staff have been busy developing an outdoor program schedule while continuing to provide daily online/virtual programming on our Facebook page. We are excited to launch our 5 Week Family Challenge (calendar seen below). Participate daily to earn ballots into a draw at the end of the challenge for a deadly prize! Entries of photos or videos can be emailed to [earlyon@ssmifc.ca](mailto:earlyon@ssmifc.ca) or to our Urban Indigenous EarlyON Facebook messenger. Updates, reminders and rules can also be found on our Facebook page. Our new language initiative began September 22 and will continue every Tuesday and Thursday for the next coming months. Aambe Anishnaabemodaa - "Come speak the Anishnaabe language!" We are also offering in-person outdoor programming every Wednesday; pre-registration is required so please reach out if you are interested in attending!

### Urban Indigenous EarlyON

241 Albert St. W. Sault Ste. Marie, Ontario.

October 2020

## 5 WEEK FAMILY CHALLENGE

.....

**Post, email or send a photo/video through Facebook Messenger of you participating in the daily activity for your name to be entered into our contest!**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28 Get Reading!</b> 	<b>29 Cloud Watching.</b> 	<b>30 Tell us one thing you learned about Indian Residential School.</b> 	<b>1 Build Paper Airplanes. Fly them.</b> 	<b>2 Take a hike somewhere new!</b> 
<b>5 Go for a 20 minute walk.</b> 	<b>6 Make a healthy meal or snack together.</b> 	<b>7 Leaf Hunting!</b> 	<b>8 Get Reading!</b> 	<b>9 Choose a song and make a dance routine.</b> 
<b>12 Play a board game.</b> 	<b>13 Get Reading!</b> 	<b>14 Draw a family portrait.</b> 	<b>15 I Spy Game.</b> 	<b>16 Family movie night.</b> 
<b>19 Play 'Simon Says'.</b> 	<b>20 Have a picnic outside or inside.</b> 	<b>21 Get Reading!</b> 	<b>22 Do yoga together.</b> 	<b>23 Pyjama Day.</b> 
<b>26 Make a blanket fort.</b> 	<b>27 Tell knock-knock jokes.</b> 	<b>28 Dice Workout.</b> 	<b>29 Make a collaborative drawing.</b> 	<b>30 Get Reading!</b> 

# *National Family Week is October 5-11*

The word Hygge (pronounced hoo-ga), is the Danish word that roughly translates to all forms of “coziness”. As the weather cools off and we experience more rainy and cold days, now is a nice time to practice Hygge in our homes by slowing down and enjoying the simple things with our families.

**Here are some ideas for creating cozy memories with your family:**

1. Lay down blankets and pillows, pop some popcorn (or make your favourite snack) and enjoy a movie night!
2. Set aside some time where you put away all electronic devices and give your child you full attention.
3. Play board games.
4. Do some baking: try a recipe that has cinnamon, apple, pumpkin or any other seasonal ingredient.
5. Snuggle up on the couch and look at old family photos together.
6. Enjoy a warm drink such as hot cocoa or apple cider.
7. Go for a walk and talk about your senses (smell the crisp fall air, look at the colours, listen to the crunch of the leaves).
8. Find a cozy space to read and enjoy reading together during the day.
9. Turn off all bright lights and set up a calming atmosphere with some flameless candles or string lights.
10. Take a “Sunday drive” or walk to see all of the beautiful colours of fall.

*The goal of hygge as a family are:*

- *Bonding Time*
- *Creating feelings of safety and security*
- *Establishing a cozy and homey atmosphere*



## *Child Care Worker and Early Childhood Educator Appreciation Day*



**October 22nd, 2020** is the 20th annual Child Care Worker & Early Childhood Educator Appreciation Day. This year's theme is Rising Up! This day recognizes the qualifications, dedication and hard work of Early Childhood Educators (ECEs) and all staff who work with young children.



# wishing everyone a Mino Dgwaagan “Happy Fall!”



Looking for Halloween Activities for  
Toddlers, Preschoolers, & Big Kids?  
Check out [www.bustytoddler.com](http://www.bustytoddler.com)



The leaves are changing colour and the temperatures are getting cooler. We all know what this means...Fall is here. As the season changes from Summer to Fall, it creates different emotions in each of us. Some love sweater weather and all things pumpkin. Others miss the extra sunlight and reminisce over the memories of summer, not looking forward to the Winter ahead. While Fall may not be everyone's favourite, there is much to be grateful for. "Gratitude is the key to happiness".

## Fall Gratitude List:

- The Perfect Weather
- The Vibrant Colors of Falling Leaves
- Pumpkin Spice Lattes
- Apple Picking and the First Bite of a Fresh Apple
- Picking and Carving Pumpkins
- Watching Your Favourite Halloween Movies
- Cozy Blankets
- Fall Sunsets
- Warm Hugs
- Hot Cocoa
- Good Books
- Soups & Stews
- Time Spent in Nature
- Fireplace Crackles
- Family, Always
- Friends, Same

<http://loelizabeth.com/100-things-grateful-fall/>

<https://www.theodysseyonline.com/10-things-grateful-this-fall>

**P**ick a pumpkin  
**U**se your creativity  
**M**ake pumpkin pie  
**P**lan a scavenger hunt  
**K**eep making memories  
**I**nclude children in baking  
**N**ever stop imagining!



## Thankful Pumpkin

**All you need to make one is  
a pumpkin, a permanent marker  
and a heart full of gratitude.**

<https://www.amylattacreations.com/2012/11/thankful-pumpkin-tradition.html>



# How to celebrate Halloween safely during COVID-19

For many kids, Halloween is the most exciting holiday of the year. But with the COVID-19 pandemic, there's an extra layer of precaution that needs to take place in order to celebrate safely.

Whether you're hitting streets in your costumes or staying in for a spooky movie night, celebrating Halloween is about having fun. Here's a look at some common Halloween activities and how safe they are. Of course, whatever you do, be sure you are following the public health guidance for our area.

## 5 Ways to Celebrate Halloween during COVID-19:



**Festive Virtual Call:** Dress up the family and set up a video call with extended family or a group of friends. Have some Halloween-themed snacks on hand and make sure you allow each child a chance to show off their costume.



**Limited Trick or Treat:** Plan ahead with a few neighbours and only have your respective kids go to those houses. You're limiting interactions to just a few people that you trust have been taking similar precautions you have.



**Costume Parade:** Load the kids up in the car the day of Halloween and pop by friends or family's houses to show off costumes from the porch or sidewalk. If you wish, bring small bags of treats to deliver to cousins and friends.



**Scavenger hunt:** Make a list of common Halloween decorations—a pumpkin, witch, spider's web, etc.—and go out with your kids to find them around the neighbourhood.



**Movie night:** If your comfort zone is right inside your house, then stay in with your family or bubble and watch a Halloween-themed movie or show. Serve festive snacks and drinks and encourage everyone to wear costumes.

<https://www.todayparent.com/family/how-to-celebrate-halloween-safely-during-covid-19/>



## Pumpkin Apple Muffins

### Ingredients

- 2 cup flour
- 3/4 cup sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 tsp salt
- 2 large eggs
- 15 ounce pumpkin, canned
- 1/2 cup oil or applesauce
- 1 cup apple, chopped

### Instructions

1. Preheat oven to 350 degrees F.
2. Chop apples (will need 1 cup).
3. Mix flour, sugar, pumpkin spice, baking soda, baking powder and salt in a large mixing bowl. Set aside.
4. Beat eggs in separate bowl. Mix in pumpkin puree and oil.
5. Fold wet ingredients into dry ingredients until just combined. Do not overmix. Fold in chopped apple.
6. Line muffin pan with baking cups or spray each tin with cooking spray. Fill each muffin cup 3/4 full and bake 25-30 minutes, or until toothpick inserted in muffin comes out clean.

<https://www.superhealthykids.com/recipes/pumpkin-apple-muffin-recipe-for-kids/>



## OCTOBER DRAW



For your chance to win all you have to do is....

- 1) Like our home page.
- 2) Like and share this post.
- 3) Tag a friend or family member who would like this basket.

Draw will take place on October 16 at 12:00pm.

EarlyOn Child and Family Centre  
Prince, SSM & Sault North

NEIGHBOURHOOD  
HALLOWEEN  
SCAVENGER HUNT

☐

A fake spider web

☐

A gravestone

☐

Hanging ghosts

☐

Halloween blow up

☐

Scary skeleton

☐

A fake bat

☐

Spooky carved pumpkin

☐

Decoration that makes noise

☐

A Witch`s hat or broom



# wellness together

## Setting Up a Nature Table

Children are great at finding interesting items from the outdoors – we call them “Nature Treasures”. Help them to understand the passage of time by setting up a Nature Table space that you can decorate together according to the month and season. This table can be used to appreciate nature’s gifts, tell stories, teach new vocabulary, and strengthen your family bond.

Autumn is a great time to get started on this activity! You could include colourful leaves, acorns, pinecones, apples, pumpkins, sunflowers, a book or art that relates to fall, seasonal toys, coloured fabric, fake candle etc.

### Here are some tips to set up a successful nature table:

- 1) Create a special space where your child can access the table to add/touch the items.  
Note: Please do not include anything that is unsafe for your child to play with.
- 2) Be creative and try to use as many natural items as possible.
- 3) Model how to be gentle with the items and show respect for nature.
- 4) Try telling stories about the items to help toddlers and preschoolers learn new vocabulary.
- 5) Colours help to teach the moods of the seasons. For autumn – use warm red, orange, and brown. For winter – use white, dark blue, and royal purple. For spring – use light green, bright yellow, and sky blue. For summer – use pale yellow, bright green, and Robin’s egg blue.

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



## NURSERY RHYME

### Pomme de reinette

Pomme de reinette et pomme d’api  
Petit tapis rouge,  
Pomme de reinette et pomme d’api  
Petit tapis gris.



## French autumn vocabulary:

A scarecrow – un épouvantail

A pumpkin – une citrouille

A gourd – une courge

An apple – une pomme

A sunflower – un tournesol

A scarecrow – un épouvantail

A pumpkin – une citrouille

A gourd – une courge

An apple – une pomme

A sunflower – un tournesol

# community resources



## Lunches for Learning

### St. Vincent Place new 'Lunches for Learning' program

In order to ensure no child has to go to hungry at school, St. Vincent Place is now offering a brand new 'Lunches for Learning' program. Parents and guardians of school-age children (4 to 17) will be eligible to receive a package of school-safe lunch foods that will allow them to send their child to school with a lunch every day. The packages will contain such foods as granola bars, yogurts, sandwich bread, cheese strings, fresh fruit and vegetables, and juice boxes, with enough for one to two weeks' worth of lunches (depending on the child's age and appetite).

The packages can be picked 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. Those receiving the packages will be required to show identification for any eligible children. To receive a Lunches for Learning package, please call Sara at 705-253-2770 ext. 4 or email [vincentplacepr@shaw.ca](mailto:vincentplacepr@shaw.ca).

If you'd like to donate in support of Lunches for Learning, you can by visiting <https://www.vincentplacessm.ca/index.php/lunches-for-learning/>

If you can volunteer to help out with the Lunches for Learning program, they're currently looking for volunteers to help out either 9:45am-12pm or 12-2:15pm on Fridays, every few weeks on a rotating schedule. If you can help out, or to find out more about what's involved, get in touch today.



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