



# EarlyON Child and Family Centre

Spring

Mar-May 2020

EarlyON Child and Family Centre

## Outdoor Play

Why is outdoor play important? Playing outside gives your child the chance to explore the natural environment and have adventures. They can play games, test their physical limits, express themselves and build their self-confidence.

It is a great place to incorporate messy play and explore without physical walls. When your child is outside, they probably have more space and freedom for big movements, like running, jumping, kicking and throwing. Physical activities like these are good for your child's health, fitness and physical development.

Ideas to get outdoors this spring:

- Go on a spring scavenger hunt
- Explore nature, what is budding, growing or changing?
- Throw on some boots and jump in a rain puddle
- Fly a kite
- Explore your local parks
- Start a vegetable garden

## Special Points of Interest

- ☺ Program Updates
- ☺ Facebook QR code
- ☺ Upcoming Events
- ☺ Healthy Recipe
- ☺ Inclusion Support Services
- ☺ Great Beginnings
- ☺ How to reach us

## Contents

Art Activity	2
Program Updates	2
Healthy Recipe	2
Inclusion Support Services	3
Great Beginnings	3

Facebook QR code



## Art Activity

### Salt Paint Recipe

1 cup of flour  
3 teaspoons of baking soda  
1 teaspoon of salt  
about 1-1/4 cup of water  
food coloring

Start by mixing the flour, baking soda, and salt together. Then gradually add in the water. Pour enough water in until it starts to look like pancake batter. Then mix in your color. I made 6 batches of this recipe so I could have 6 different colors to fill my bottles. You could divide this mixture and then add food coloring so you can make multiple colors out of one batch.



## Program Updates

Satellite Programs will be closed during march break; March 13-20th.  
Parry Sound, South River and Burks Falls will remain open!

**\*\*Kearney EarlyON Program will be open March 13th!\*\***

All Programs will be closed April 10th & 13th for Easter, May 18th for Victoria Day  
Upcoming School PD Days: April 27th—Satellite programs at Powassan and Magnetawan will be closed.

Please check out your local township websites for upcoming events in your area.

## This month's healthy recipe: Sausage & White Bean Casserole

- 1 red or yellow pepper, deseeded and cut into chunks
- 2 carrots, cut into thick slices
- 2 red onions, cut into wedges
- 8 chipolatas, cut into thirds
- 400g can peeled cherry tomatoes
- 400g can white beans, drained
- 200ml low-salt chicken stock
- 2 tsp Dijon mustard
- 100g frozen peas
- potatoes, pasta or rice, to serve

1. Heat oven to 220C/200C fan/gas 7. Roast the pepper, carrots and onion in a deep baking dish for 15 mins. Add the sausages and roast for a further 10 mins.

2. Reduce oven to 200C/180C fan/gas 6, tip in the tomatoes and beans, then stir in the stock. Cook for another 35 mins. Stir in the mustard and peas and return to the oven for 5 mins. Rest for 10 mins, then serve with potatoes, pasta or rice.



## Inclusion Support Services

### What do we do?

Inclusion Support Services offers Resource Teachers to assist children and their families in obtaining their goals.

Resource Teachers use the Person Centered Planning approach. This means making the goals of the children and their family their priority.

Goals may be planned to support any area of development (speech and language, cognitive, self help skills, fine motor, gross motor, and social and emotional) for your child.

Support is provided to any child aged 0-6 requiring additional support (and their family). Child must attend a licensed child Care Program or EarlyON to be eligible for service. There is no fee for this service.

### How to Refer?

Referrals are accepted from families, preschool programs, schools, and community agencies within the District of Parry Sound. Referral forms can be obtained from your local EarlyON facilitator a Resource Teacher or The District of Parry Sound Social Services

Administration Board website at <http://www.psdssab.org>.

### Who are your Resource Teachers?

West Parry Sound:  
1-866-850-8855

705-746-9522

Tim McWhirter ext. 4356  
Shepherd Winfield ext. 4357  
Jennifer Fares ext. 4358

East Parry Sound:  
1-800-563-4201

705-386-2552

Janice Furchner ext. 5432  
Diane Donahue ext. 5434  
Kristy Simms ext. 5433

## Great Beginnings Parent/Child Program

Great Beginnings are a group of parents and their children who get together to learn and play. Learn about: family health, nutrition, community services and other topics. Pregnant women of any age or mothers with infants up to 6 months of age are eligible to attend the **Prenatal Program**. Parents with children 6 months and up are eligible to attend the **Growing Up Program**. Programs are hosted by an experienced Facilitator.

Great Beginnings East Parry Sound: please call 705-384-5225 x 2211 to register with Lori.

Great Beginnings West Parry Sound: please call 705-746-4293 x 4231 to register with Krista.

## Program Information

### Our EarlyON team:

Lana Whetham– Supervisor

April Gagnon– Team Lead

Connie McCaig– Literacy Facilitator– East/West

Lori Girard– Resource – West Satellites

Annette Lyons– Sound Community Hub

Jean MacGregor- Sound Community Hub

Donna Brimbacombe– South River & East Satellites

Jennifer Griffiths– East Satellites

Jasmin Schell– East Satellites

Carolann Moore– Land of Lakes

### Word of the Month

March– Fortunate

April– Renewal

May– Awaken

### Topic of the Month

March– Open Snack & Self Regulation

April– Establishing Routines

May– Physical Literacy

For more information about many of our programs and services please visit our website at:

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

Follow us on

Facebook

or call 705-746-9522  
ext 4350