



EarlyON Child and Family Centre

Sept - Nov 2018

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Program Updates

All Satellites will re-open the week of September 17th– Hope to see you there. We welcome Jasmine Schell to the team. Jasmine will be facilitating the Sundridge, Magneta-wan, Callander and Kearney sites. We are thrilled to be opening a new program in Trout Creek at the Community Centre. Miss Donna will facilitate this site Tuesday mornings from 9:30– 12:30. We are also pleased to re-open a site at Argyle Public School in Port Loring. Miss Jenn will facilitate this site Thursday mornings from 10:00 –12:30. You will notice a change in our site calendars– we have been planning our programs around the four foundations: Belonging, Well-Being, Engagement and Expression which is reflected in our planning. If you have any questions please speak to a Facilitator.

Special points of interest:

- ☺ Program Updates
- ☺ Facebook QR code
- ☺ Fun Facts
- ☺ Something to ponder
- ☺ Healthy recipe
- ☺ Inclusion Support Services
- ☺ How to reach us

Fun Facts

Fact 1:

On average, a 4-year-old child asks 437 questions a day.

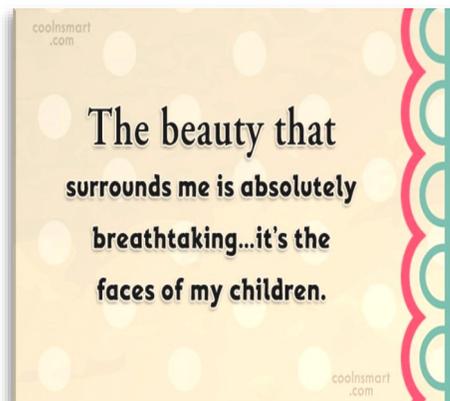
Fact 2: Fathers tend to determine the height of their child, mothers their weight.

Fact 3: Like fingerprints, everyone's tongue print is different.

Fact 4: Most people fall asleep in seven minutes

Contents

Something to Ponder	2
Upcoming Community Events	2
Healthy Recipe	2
Inclusion Support Services	3
Great Beginnings	3



Something to Ponder....

"It is not what YOU DO
FOR your children,
but what you
have TAUGHT THEM
TO DO FOR THEMSELVES,
that will make them
successful human beings."
-Anne Landers

Upcoming Events

West Parry Sound

Calling all racers! The Town of Parry Sound invites you to design and build your own soap box car, then put it to the test in the Parry Sound Soap Box Derby! **When:** September 15, 2018 (rain date is September 16) **Where:** William Street Hill, Parry Sound **Cost:** \$20 registration fee to be paid at the time of registration. Please see Town of Parry Sound website for more information.

Oct.13,20,27 Kids Zone—Parry Sound Public Library 2:00pm.- 2:45 pm. Drop by the Library for Storytime, games, crafts, & snacks!

Oct 27 10:00 am—2:00 pm Bring your kids downtown to trick or treat at participating businesses. Look for the orange balloons.

Nov. 3, 10, 17,24 Kids Zone -Parry Sound Public Library 2:00 pm. - 2:45 pm. Drop by the Library for Storytime, games, crafts, & snacks!

East Parry Sound

Powassan Fall Fair- Sept 1 & 2

Armour, Ryerson and Burk's Falls Fall Fair- Sept 2 & 3

South River-Machar Fall Fair- Sept 8

Sundridge Fall Fair- Sept 15

Baked Creamy Garlic Parmesan Chicken

Ingredients

4 boneless, skinless chicken breasts

1 1/2 teaspoon seasoned salt

1/4 teaspoon black pepper

1/2 cup mayonnaise

1 container (5.3 oz) plain Greek yogurt

1/2 cup parmesan cheese

1 teaspoon garlic powder

Instructions



Heat oven to 375 degrees. Spray a cookie sheet (12"x18") with cooking spray. If you are making a smaller half batch, then you will just need a 9x13 baking dish. Whatever you use, you don't want the chicken overlapping at all.

Slice each chicken breast in half lengthwise to form 2 thinner pieces from each one. You will end up with 8 thin pieces of chicken breasts. Arrange them on the cookie sheet.

** If your chicken breasts are smaller to begin with, you may not have to slice them to form thinner pieces. You may just want to use 6 chicken breasts Cutting them in half lengthwise works best for larger pieces of chicken **

In a small bowl, stir together the seasoned salt and black pepper. Sprinkle it over the chicken pieces. In a separate bowl, combine the mayo, yogurt, parmesan cheese and garlic powder. Evenly divide the mixture among the chicken pieces. Spread it out over the entire piece of chicken so that it stays moist.

Bake for 25-35 minutes or until internal temperature reads 165 degrees. The cook time will vary depending on the thickness or thinness of the chicken breasts.

JUMBI

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.

Who can we support?

Support is provided to any child aged 0-6 requiring additional support (and their family). Child must attend a licensed child Care Program or Early Years 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 Early Years 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 side of District:

1-866-850-8855

Tim McWhirter

Shepherd Winfield

Jennifer Fares

East side of District:

1-800-563-4201

Janice Furchner

Diane Donahue

Kristy Sims

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 for the
program with Krista.

Check us out on Facebook!

HandsTheFamilyHelpNetwork.ca

Program Information

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

www.foreverychild.ca

on Facebook

or call 705-746-9522
ext 4350

Word of the Month:

Sept — Harvest

Oct — Thankful

Nov — Remembrance

Topic of the Month:

Sept -Technology vs play

Oct -Affection: The Child's

Perspective

Nov -Sleep and Your Little One