

FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

OUR EARLYON TEAM: ARANI, BALBIR, CINDY, HALEY, KIWON, LISA, MAIS, MARIE, SOPHIA, VIRGILIA, YANNIE.

Hello EarlyON - Lumenus Families!

We hope you and your family have been enjoying and benefitting from our virtual programming so far! We will continue to offer new ways of virtual programming in the future! Our next newsletter will be posted on Sept 7, 2020.

Take care and stay healthy!

QUOTE OF THE WEEK:



CONNECT WITH US

Email: earlyon@adventureplace.ca

Phone: 416-494-1579 ext. 4301

Website: <http://adventureplace.ca/services/earlyyears/>

Subscribe: <http://eepurl.com/gY5Mnf>

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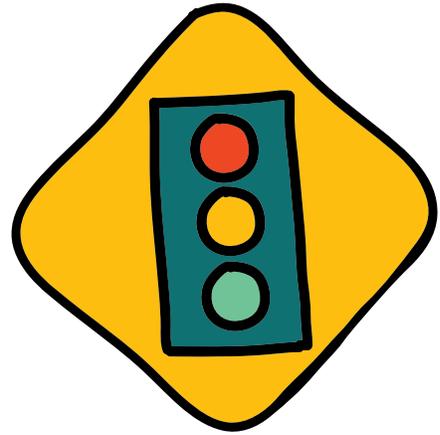
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FAMILY SAFETY

AROUND THE CITY



ROAD SAFETY



How to be a safe pedestrian

It's never too late to teach your children to be street smart. All it takes is a little time to plan, prepare, and teach your child how to be safe on the road.

SET A GOOD EXAMPLE

Never Jaywalk or run across the street. Always cross at an intersection with pedestrian marked crosswalk

Be seen. Wear reflective materials or bright clothes



MAKE IT FUN!

Quiz your child on traffic signs when approaching marked crosswalks, crossing lights and intersections.

Create a game to encourage your child to follow your footsteps.

PARKED VEHICLES



Avoid shortcuts through parking lots or around parked cars where it's harder for drivers to see small children.

MAP IT OUT

Plan your child's walking route, review street names and landmarks while walking together.



LOOK AND LISTEN

LOOK- Make sure all vehicles have stopped before entering the road. Make eye contact with drivers

LISTEN- Put away electronic gadgets and headphones so you can hear upcoming traffic

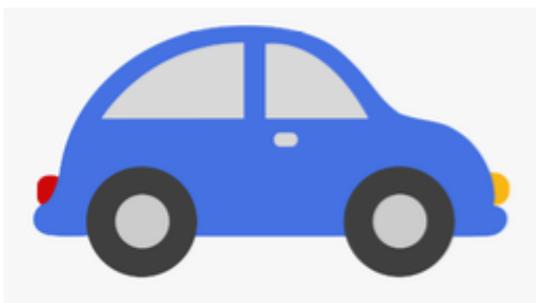


Railway crossings:

Only cross railway tracks at designated signals or signs and watch your step. Discourage play around or on railways.

Sidewalk/ No Sidewalk:

Walk on the inside edge of the sidewalk away from the road. Walk facing oncoming traffic if there is no sidewalk so you can see approaching vehicles.



DID YOU KNOW?

Reducing or controlling the speed of a vehicle can reduce the chances of an injury during an accident. For every 1km/h that is reduced in a driving speed mitigates the risk of an accident by 2%.

FAMILY ADVENTURES

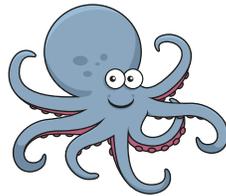
AROUND TORONTO AND GTA

Summer Spectacular 2020 <https://thewordonthestreet.ca/toronto/summer-spectacular/>

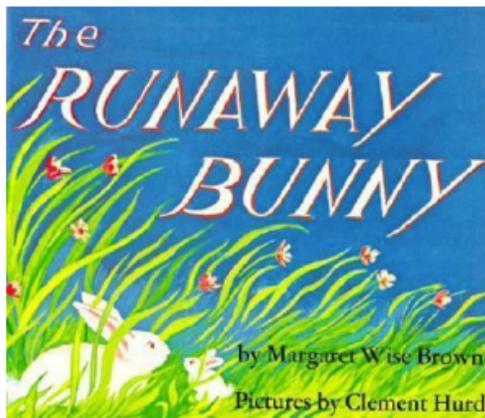
The Reptilia Kingdom <https://reptilia.org/>

Ripley's Aquarium <https://www.ripleyaquariums.com/canada/tickets/>

TDSB - Join The Conversation <https://bit.ly/31RwMcq>



FAMILY LITERACY



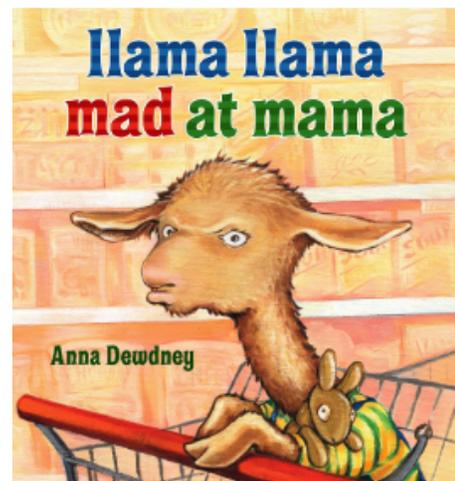
Once there was a little bunny Who wanted to run away

So he said to his mother: "I am running away!"

**"If you run away, i will run after you
For you are my little bunny"**

The Runaway Bunny
Margaret Wise Brown, HarperCollins, 2017

<https://youtu.be/bsYj1wu7u8k>



**Llama llama having fun
Blocks and puzzles in the sun
Time to shop! It's Saturday!
Llama Llama wants to play**

Llama Llama Mad at Mama
Anna Dewdney, Penguin Young Readers Group,
2007

<https://youtu.be/oaXfk5QC5rE>

FAMILY ADVENTURES

INDOOR

DIY Paper Plate Memory Game

Make your own matching memory game with paper plates. Simply create matching pairs of plates with different ideas!

What You Will Do:

Alphabets: Write an uppercase letter on one plate and the corresponding lowercase on another.

Numbers: Draw sets of numbers. To make it more challenging draw the numeral on one plate and the quantity on another. So the numeral 4 would be matched to a plate with 4 dots, for example.

Shapes: Paste on coloured cutouts of shapes.

Animals: Cut out photos from magazines. Photos don't necessarily have to match.



Pom Pom Drop

What You Will Do:

Save your toilet paper or paper towel rolls. Tape them to a door or wall and let them drop the pom poms through.

Make it harder:

Give them tongs or a clothespin to make picking up the pom poms more challenging.

Let them tape the tubes up and see if they can get the angles right so the pom poms go through all the tubes on the way down.

You drop the pom poms from the top and see if they can catch them in the bottom in a small bowl.



FUN WITH INFANTS

DIY Simple Fine Motor Activity: Feed A Monster

All items for infants should be larger than a toonie size. Always supervise your child when exploring activities.

Materials:

Pompoms

Buttons

Plastic bottle lids (any small child-safe-materials can fit in the wet tissue container)

An empty wet tissue container.

Instruction:

There are no specific instructions on how to make the monster!

Enjoy with your bigger children or with your infants decorating the face or body of monster! Just try to use a variety of materials for infants to explore.

For example it could be different sizes of materials (small and big or thick and thin) and different textures and colours! It is going to help your infant to practice fine motor skills!



DID YOU KNOW?

Children learn through active engagement with concrete materials and by using their senses. By providing various materials with different textures to sort and compare extends their knowledge through exploration are endless.

FAMILY WELLNESS

NATURE

Make a Nature Bracelet

Most of the kids are spending more and more time in front of the screens and less and less time outdoors. As a family get your children out of the house and explore nature, get creative and make a nature bracelet. This project is an easy and fun way to explore the many colours and textures available outside. Just make sure to familiarize everyone in your family with poison ivy and poison oak before you set out, and remind kids that unidentified berries should never be eaten.

What You Will Need:

Duct tape

What You Will Do:

Step 1: Tape a piece of duct tape comfortably around your kids' wrists like a bracelet, sticky side out.

Step 2: Take a walk outside together, and search for small leaves, acorns, flowers, and other natural artifacts to adorn their bracelets.

Step 3: While you're walking, look for birds, insects, and other wildlife. See how many different kinds of trees you can count.



DID YOU KNOW?

The word bracelet comes from Greek word “brachile” meaning “of the arm” Leis (wreath of flowers – necklaces, bracelets and anklets) were originally worn by ancient Polynesians and some Asian people as part of custom. Native Hawaiians, who are Polynesian, brought the tradition of lei making. On the first of every May, an event called Lei Day is celebrated to honor the act of lei making and the custom surrounding it.

FAMILY WELLNESS

HEALTHY EATING

Blueberry Crisp

Blueberries are high in fibre, Vitamin C, and Vitamin K. They are good sources of vitamins, minerals, and nutrients. Rolled oats are also good sources of fibre. Children can help mix the ingredients for the blueberry filling and the topping.

Ingredients:

Filling:

2 ½ cups blueberries (fresh or frozen)

1 tbsp sugar

1 tsp lemon juice

1 ½ tbsp flour

Topping:

½ cup rolled oats

2 tbsp flour

1 tbsp butter, softened

¼ cup brown sugar

⅛ tsp cinnamon



Instructions:

Preheat oven to 375°F.

Make the filling by mixing the blueberries with the sugar, lemon juice, and flour.

Pour the filling into a baking dish.

Make the topping by mixing together the oats, flour, butter, brown sugar, and cinnamon.

Cover the blueberry filling evenly with the topping.

Bake for 45 minutes, or until the top is golden brown.

Serve warm, and if desired, add some plain Greek yogurt or ice cream on top.



DID YOU KNOW?

Blueberries are Canada's most exported fruit. A single blueberry bush can produce as many as 6,000 blueberries per year. One large handful (1/2 a cup) of juicy blueberries contains just 44 calories but has 2 grams of dietary fibre and 10% of your daily recommended vitamin C content.