

# FAMILY NEWSLETTER

EARLYON - LUMENUS

## UPDATES FROM US

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Hello EarlyON - Lumenus Families!

We hope you all enjoyed the summer as much as possible!

We hope you and your family to stay safe when school starts again! Our team will continue to facilitate livestreams everyday, please take a look at our September schedule on our website for details! Take care and stay healthy!

## QUOTE OF THE WEEK:



EVERYDAY IS A NEW  
BEGINNING  
— TAKE A DEEP BREATH —  
SMILE AND  
START AGAIN

## CONNECT WITH US

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

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

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# FAMILY SAFETY

AROUND THE CITY



## BACK TO SCHOOL SAFETY

Make your child's safety a priority



### HAND HYGIENE

Practice frequent hand washing at home with your children so that it becomes a habit. When using hand sanitizers, teach your child to rub it all around their hands, between fingers and at the fingernails. Keep in mind that even though hand sanitizers kill germs, they will not clean dirty hands. Washing hands with soap should always be the first option.



### NORMALIZE MASK WEARING



Kindergarten and grades 1-3 are encouraged but not required to wear a face covering. All grade 4 and above students and adults should wear cloth face coverings that cover the nose and mouth. If you're buying a mask, try child-friendly designs. Motivate kids to get used to mask wearing by pairing it with something that they enjoy. Find out if your child has any fears or anxieties regarding mask wearing.

### TRANSPORTATION



Walking, cycling or driving to school is encouraged. If none of the above is an option, teach your children school bus safety rules and practice with them:

1. Stand 6 feet away from the curb when waiting for the bus
2. Practice physical distancing and stay in your seat
3. Keep face covering on at all times inside the bus
4. Wash hands before and after riding

### ROUTINES



Set a bedtime- and or wake up time  
Set a screen curfew- For example 8 pm for school aged kids  
Consider posting a family calendar with the school start date marked down  
Write down the new school year schedule with wake up time, leave for school, homework time, free play time, etc.



### LISTEN TO YOUR CHILD'S CONCERNS

It is important that your child feels comfortable expressing any concerns or anxiety he or she may have about returning to school during the pandemic. Try to be as available and prepared as possible. Ask about their fears and try to reassure them or problem solve. Validate and accept your child's feelings about the situation. Give your child a sense of control. Model healthy coping such as following public health recommendations. Attach positive meaning to the pandemic. For example, how the pandemic may have given some families more time together or an opportunity to learn new things.

# FAMILY ADVENTURES

AROUND TORONTO AND GTA

**Fort York (Toronto) Walking Tours** <https://www.fortyork.ca/>

**Go to the CNE Virtually!** <https://theex.com/>

**Brooks Farms Fall Fun Festival** <https://www.brooks farms.com/fallfunfestival>

**Apple Picking** <https://www.toronto.com/things-to-do/apple-picking-in-toronto-the-gta/>



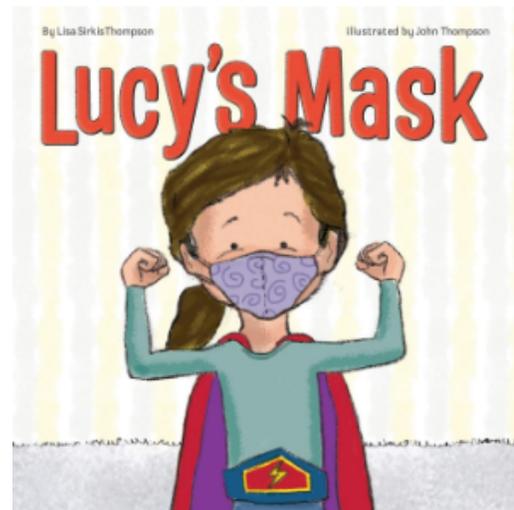
# FAMILY LITERACY



**“Why do I have to go to school?  
I already know everything!”  
Well... I know almost everything...”**

The pigeon has to go to school  
Mo Willems, 2019

[https://youtu.be/\\_B5Jhdlx\\_KA](https://youtu.be/_B5Jhdlx_KA)



**“I love masks! With a mask I can be  
whatever I want and nobody will know  
it's me. I can be a detective. I will solve a  
mystery”**

Lucy's Mask  
Lisa Sirkis Thompson 2020

[https://youtu.be/R5jHkKW\\_IHY](https://youtu.be/R5jHkKW_IHY)

# FAMILY ADVENTURES

## INDOOR



### Build a Family Fort

#### What You Will Do:

Grab all the pillows, blankets, and sofa cushions and build a fort big enough for your whole family.

Once your fort is built, fill it with board games, snack food, sleeping bags, and blankets and snuggle up as a family.



#### Required Materials:

Pillows, blankets, bed sheets, chairs, jumbo blocks, lights, anything you can think of to make it safe and comfortable.

### Fun Riddles

1. What can you catch but not throw?
2. What begins with T, finishes with T, and has T in it?
3. I'm tall when I'm young, and I'm short when I'm old, what am I?
4. What's black and white and blue?
5. What has hands but doesn't clap?
6. What has to be broken before you can use it?

*Answers: 1. A cold. 2. Teapot. 3. A candle 4. A sad zebra. 5. A clock. 6. An egg.*



# FUN WITH INFANTS



## Sensory Activity: Box and String Light

(Adult supervision is needed for all activities)

### Materials:

Moving box, String light

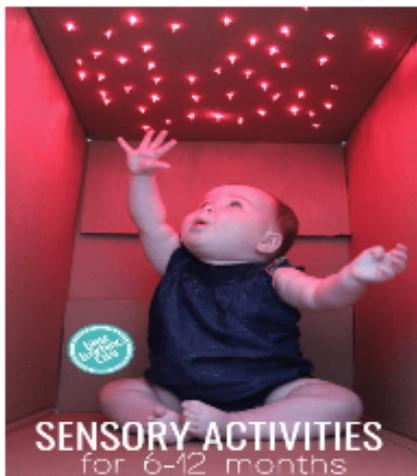
### Instruction:

First, poke a few holes in the top.

Then, add some string lights through the holes.

If your child is too young to sit up on their own, you can put some safe padding down in the box and the child can see the lights in the lying down position.

Additionally, you can attach ribbons of varying lengths, widths and textures to the box and letting your child crawl in and out, feel the ribbons passing over their body, drag the box around, and play peek-a-boo with it.



## DID YOU KNOW?

Did you know that infants stare at lights because his or her long-range eyesight are still developing (depending on the age, of course), and lights provide wonderful contrast between bright and dark.

# FAMILY WELLNESS

## NATURE



### Nature Colors

Take a walk with your child and gather a variety of colourful items that can be found in nature (such as flowers, plants, leaves, weeds, etc.) The more colours you can find, the better! When you return home, spread out your findings and have your child draw a picture of each item on a piece of paper using crayons that match the colour of each. This simple activity is a great way for your child to learn his colours, and to see how colourful nature can be!

### What You Will Need:

Plants and flowers collected on a walk

Crayons

Paper

### What You Will Do:

Go on a walk with your child, and bring home a variety of plants and flowers, such as grass, leaves, dandelions, sticks and so on.

Spread them out on a table in your home.

Encourage your child to draw a picture using only crayons in colours that match the items you have collected.



### DID YOU KNOW?

Leaves change colour during the autumn because the amounts of pigments change as the leaves prepare to fall from the trees. All leaves gradually lose chlorophyll during the growing season, and this loss accelerates before leaf fall.

# FAMILY WELLNESS

## HEALTHY EATING

### Carrot-Pineapple Cake

This carrot, pineapple, and applesauce cake is a delicious source of fibre, vitamins, and minerals. No oil is needed. Children can help mix all the ingredients together.

#### Ingredients:

- 1 ¼ cups unsweetened applesauce
- 1 cup sugar
- 3 eggs
- 1 tsp vanilla extract
- 2 cups whole wheat flour
- 1 tsp baking soda
- 1 ½ tsp baking powder
- ½ tsp salt
- ½ tsp cinnamon
- 2 cups freshly grated carrots
- 1 cup crushed canned pineapple in juice (not drained)



#### Instructions:

Preheat oven to 350° F.

Grease or line two 8-inch round cake pans with parchment.

Combine applesauce, sugar, egg and vanilla extract in a bowl.

Combine flour, baking soda, baking powder, salt, and cinnamon in a separate bowl.

Add the flour mixture to the applesauce mixture.

Pour in the freshly grated carrots and crushed pineapple.

Stir until evenly mixed. Pour cake batter into the prepared cake pans.

Bake for 35 – 40 minutes, or until a toothpick inserted into the centre of each cake comes out clean.

