

# FAMILY NEWSLETTER

EARLYON - LUMENUS

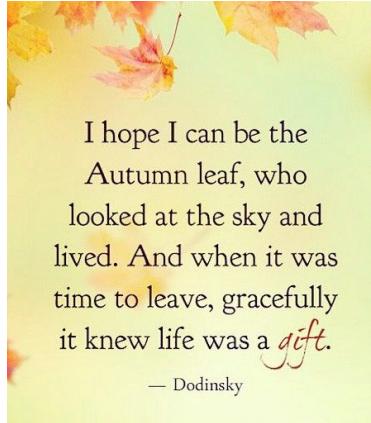
## UPDATES FROM US

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

Hello EarlyON - Lumenus Families!

We hope you are all doing well and staying warm as the weather is getting cooler each day. Take some time to enjoy all the fun activities that fall has to offer! Let's enjoy the beautiful weather and coloured leaves while we can! Take care and we miss you all!

## QUOTE OF THE WEEK:



## CONNECT WITH US

**Email:** [earlyon@lumenus.ca](mailto:earlyon@lumenus.ca)

**Phone:** 416-494-1579 ext. 4301

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

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

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# FAMILY SAFETY

## AROUND THE CITY

### CELEBRATING NATIONAL FAMILY WEEK

October 5-11, 2020



#### GO APPLE PICKING

Apples are in season for the next few weeks! Visit these beautiful farms with your family

- Downey's Farm
- Archibald's Orchards & Estate Winery
- Applewood Farm
- Big R's Apple Farm
- Albion Orchards
- Carl Laidlaw' Orchards



#### GET LOST IN A CORN MAZE!

Gather your family, pack some masks, visit a farm and do a corn maze

- Pingle's Farm Market
- Forsythe Family Farms
- Reesor Farm Market
- Knox's Pumpkin Farm
- Whittamore's Berry Farm
- Hane's Corn Maze



#### START MAKING YOUR OWN HALLOWEEN COSTUME!

Use all the cardboard, markers, paint, and tape found around the house and get creative

For a list of DIY Halloween Costumes, visit:  
[www.goodhousekeeping.com](http://www.goodhousekeeping.com)  
[www.countryliving.com](http://www.countryliving.com)  
[www.diynetwork.com](http://www.diynetwork.com)



#### BAKING WARMES THE HOUSE

October is all about baking pumpkin bread, pumpkin biscuits, sweet potato and apple pies!

For kid-friendly recipes, visit:  
[www.popsugar.com/family/kid-friendly-recipes](http://www.popsugar.com/family/kid-friendly-recipes)  
[www.superhealthykids.com](http://www.superhealthykids.com)  
[www.momjunction.com](http://www.momjunction.com)

#### TRY FAMILY NIGHT GAMES

Even if it requires Zoom to get a big enough group together, it is still a family celebration

Play Charades, Conkers, Boardgames, Chess, Pictionary, Jenga, Scavenger hunt, trivia, Heads Up



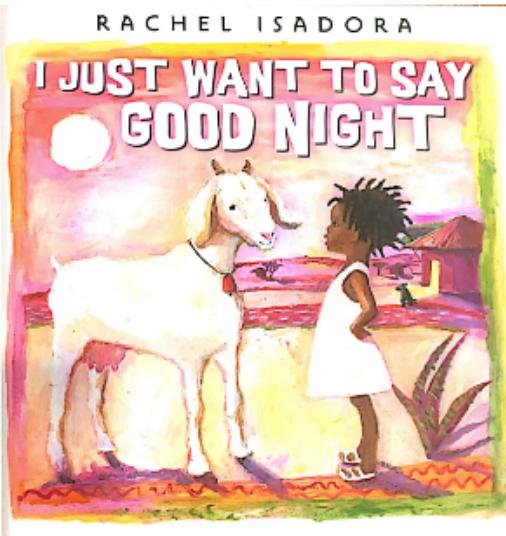
For a list of resources, visit: [www.familiescanada.ca](http://www.familiescanada.ca)



#### DID YOU KNOW?

Some mazes are created to tell a story or portray a theme; some are inspired by books, movies, or time periods.

# FAMILY LITERACY

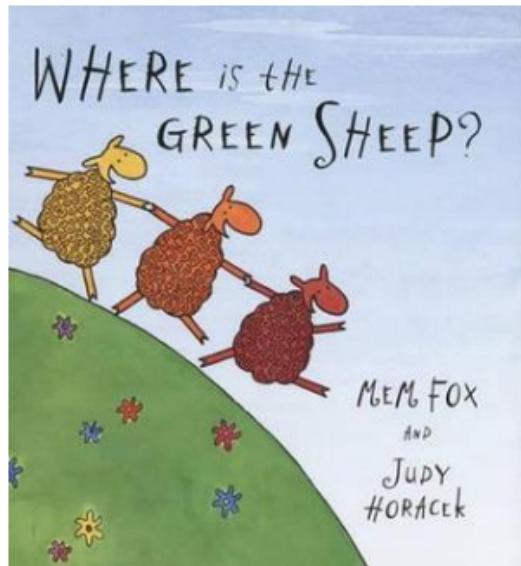


**"Yes, yes, I am coming. I just want to say good night to the rock" Lala says**

I just want to say good night

Written and illustrated by Rachel Isadora  
Published by Penguin, 2017

<https://youtu.be/DnHi-HX-gms>



**"Here is the band sheep and here is the clown sheep but where is the green sheep?"**

Where Is the Green Sheep?

Author: Mem Fox  
Illustrator: Judy Horacek  
Published 2004

<https://youtu.be/xDv0J9V4kRI>



## DID YOU KNOW?

Studies have shown that playing the sport of ping pong has positive effects on the brain! It is considered to be the number one leading brain sport.

# FAMILY ADVENTURES

## INDOOR

### Ping Pong Ball Toss

#### Materials Required:

Ping pong balls (or any small object) and plastic cups



#### Instructions:

Get out those plastic cups and a few ping pong balls (or any small object that will fit in the cup) and have your kids toss the ball in the cups.

Start out close and then keep taking a step backwards to increase the challenge.

# FUN WITH INFANTS

### DIY Salt Dough Handprint Ornament

(Adult supervision is needed for all activities)

#### Materials:

1 cup flour, 1 cup salt,  $\frac{1}{2}$  cup water, 2 bowls (one for mixing, another for cutting out your circle), 1 spoon



#### Instruction:

First mix the salt and flour in a large bowl and make a well in the salt/four mixture and add the water.

Knead until smooth and shape into a ball.

If you want to colour your salt dough, simply mix in a few drops of food colouring while you are kneading it.

Then you can do either air dry it or bake it in the oven at 200F (Thin flat one: 40-50 minutes, thicker one: 2-3 hours or more)

# FAMILY WELLNESS

## NATURE

### Fall Leaf Pine Cone Turkey

Making fall leaf pine cone turkey is fun for toddlers, preschoolers, and kids of all ages. There are so many leaves on the ground at this time of year. Keeping this activity natural makes it a wonderful way to REALLY appreciate nature and the wonderful colors of fall.

#### What You Will Need:

- Leaves and pine cones
- Googly eyes
- Scissors
- Hot glue gun



#### What You Will Do:

Sort through the leaves you collected and choose a pattern for the leaf turkey's plumage.

Glue in place with the hot glue gun.

Cut out a leaf beak and wattle.

For the beak, cut a diamond shape and make sure the “central line” of the beak is along the stem of the leaf.

Think about which way your pinecone should face – Add a big blob of glue to your turkey’s leaf plumage and then squeeze it onto the back of your pine cone.

Add a little glue to the beak diamond and glue the turkey’s beak shut.

Then find a piece of pine cone that the beak and wattle can sit naturally on.

Add glue to it and position the leaves in place. Finally, add another “big blob” of glue to the top of the beak and position the nature turkey’s googly eyes into an upright position into the glue.

Your leaf pine cone turkey craft is finished! Isn’t it lovely!!!



#### DID YOU KNOW?

The main function of a pine cone is to keep a pine tree’s seeds safe.

# FAMILY WELLNESS

## HEALTHY EATING

### **Roast Pumpkin and Pumpkin Seeds**

Pumpkins are a tasty type of winter squash. They are a great source of Vitamin A, as well as many other nutrients and fibre. Children can help scoop the seeds out from the pumpkin before baking.

#### **Ingredients:**

1 medium-sized pie pumpkin  
1 tbsp maple syrup  
1/8 tsp cinnamon  
Salt to taste

#### **Instructions:**

##### **1. Roast Pumpkin**

Preheat oven to 400°F.  
Cut the top off the pumpkin with a knife, leaving about 2 inches around the stem.  
Remove the top and set aside.  
Use a spoon to scrape out all the seeds.  
Remove the stringy pieces stuck to the seeds and rinse seeds with water.  
Lay the seeds to dry on a towel or paper towel.  
Cover the insides of the pumpkin with maple syrup.  
Sprinkle cinnamon inside the pumpkin.  
Place pumpkin on a baking sheet and place the top beside it.  
Bake for 40 minutes or until tender.

##### **2. Roast Pumpkin Seeds**

Preheat oven to 375°F.  
Grease a baking sheet with some oil.  
Spread the pumpkin seeds evenly on the baking sheet.  
Sprinkle salt on the pumpkin seeds to taste.  
Bake for 15 minutes, then cool and serve.

