

# EARLYON NEWSLETTER

EARLYON - LUMENUS

QUOTE OF  
THE MONTH:

FAMILY IS NOT AN  
IMPORTANT THING

*it's everything*

## TABLE OF CONTENTS

UPDATES FROM US  
QUOTE OF THE MONTH  
- 1 -

FAMILY SAFETY  
- 2 -

FAMILY LITERACY  
- 3 -

FAMILY ADVENTURE  
- 4 -

FAMILY RECIPE  
- 5 -

## UPDATES FROM US

OUR EARLYON TEAM:

ARANI, HALEY, KATHERINE, KIWON, LISA, MAIS,  
MARIE, SADAF, SOPHIA, VICTORIA, VIRGILIA,  
YANNIE, ZAHRA.

Hello EarlyON - Lumenus Families!  
Hopefully you are all still keeping safe. We are always  
so happy to see you every day during our Livestream  
programs, and we hope you have as much fun as we  
do. Enjoy this month's newsletter!

### 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>

# FAMILY SAFETY

## CHILD SAFETY SKILLS

### 6 THINGS YOUR CHILD NEEDS TO KNOW IN CASE THEY GET LOST

Teach your child to follow the safety steps below if they ever get lost so that you can be reunited quickly.



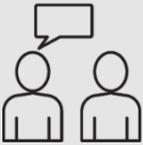
#### 1 THEIR NAME AND YOURS

Teach your child their first and last name. Also, teach them your full name...Not just "Mom" or "Dad".



#### 2 YOUR PHONE NUMBER

Help your child memorize your phone number so someone can call you if you ever get separated.



#### 3 A MEETING SPOT

Anytime you go out in public, pick a place to meet in case anyone gets separated. Visit your spot at the beginning of your outing and tell children to come back there if they get lost.



#### 4 IT'S OKAY TO YELL

Reassure kids if they are lost, it's totally okay to yell -LOUD- even if they are in a usually quiet place. Tell them to yell your name loud and clear.



#### 5 STAY PUT

Teach your child that if they ever realize they are lost, and you haven't set a meeting spot (or they don't remember it) they should stay put. Tell them YOU will find THEM.



#### 6 FIND A MOM

Teach your child that if they still can't find you after calling out to you, they should look for a mother with kids. Tell her they are lost and ask for help.

# DID YOU KNOW?



The Toronto Islands weren't always accessible by ferry or via a pedestrian tunnel that opened in 2015, they were once a peninsula. Two powerful storms in 1852 and 1858 separated the islands from the mainland and created the body of water now known as the Eastern Gap.

# FAMILY LITERACY

## THE VERY HUNGRY CATERPILLAR

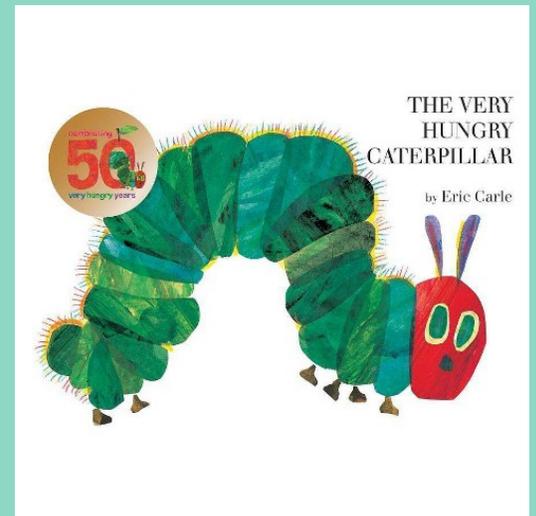
by Eric Carle

Illustrator: Eric Carle

Published 2018 by Philomel Books

*In the internationally acclaimed The Very Hungry Caterpillar, a tiny caterpillar eats and eats...and eats his way through the week. Based on Eric Carle's picture book.*

<https://youtu.be/btFCtMhF3il>



## LLAMA LLAMA TIME TO SHARE

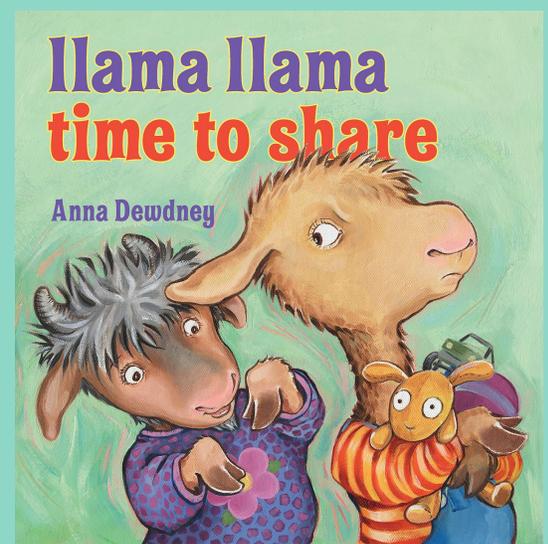
by Anna Dewdney

Illustrator: Anna Dewdney

Published 2012 by Viking Books for Young Readers

*Fun to read aloud and helpful to children and parents alike, Llama Llama Time to Share is for any child who needs a little encouragement in sharing.*

<https://youtu.be/YJ3OzOlqr6k>



# FAMILY ADVENTURE

## COLOUR SCAVENGER HUNT

You can plan to do it anywhere, inside or outside. At this time, because of Covid-19 we suggest you make a plan to do Stay-at-Home Scavenger Hunt in order to stay safe and healthy.

Here are different types of scavenger hunts you can enjoy with your little ones: Colour Hunt, Traditional Neighbourhood Hunt, Rainbow hunt, Alphabet Hunt, Number/Counting Hunt, or Shape Hunt.



### What you will need:

- Markers, colour pencils or crayons
- White paper bag or White Paper

**Note:** If you use white paper lunch bag, children can store all of their new treasures in it but if it is not available, do not worry. You can just use white paper to scribble colours and use any type of bag to store the items.

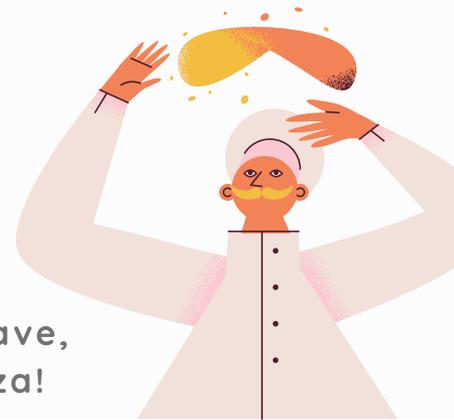
### How to Play?

1. At the top of the bag/paper write "Colour Scavenger Hunt".
2. Use colourful markers to scribble small squares of each colour that you want the children to hunt for.
3. Ask children to find an item that matches each of the colours, and to place it in the bag. They will enjoy finding all of the colours on the bag by searching the home.
4. When everyone is finished, you can sit all together to show and talk about all of the items everyone found.

# FAMILY RECIPE

## HOMEMADE PIZZA

Making pizza at home is a fun way to have children helping in the kitchen, and they can be proud of what they made. Get creative with your toppings! Use your favourite foods or try something new! Depending on what you have access to or the amount of time you have, here are three different ways to make homemade pizza!



**Easy** - use store bought tortillas as your pizza base and add your toppings

**Medium** - buy a premade pizza dough and add your toppings

**Hard** - make homemade pizza dough, [recipe here!](#)



## TOPPING IDEAS



### HAWAIIAN PIZZA

PIZZA SAUCE  
SHREDDED MOZZARELLA  
TOMATO SLICES  
BACON  
PINEAPPLE CHUNKS

### VEGGIE PIZZA

PIZZA SAUCE  
SHREDDED MOZZARELLA  
TOMATO SLICES  
GREEN PEPPER  
MUSHROOM  
OLIVES

### CHARCUTERIE BOARD

OLIVE OIL  
GOAT CHEESE  
ROASTED PEAR OR APPLE  
CARAMELIZED ONIONS  
BALSAMIC DRIZZLE

### BBQ PIZZA

BBQ SAUCE  
SHREDDED MOZZARELLA  
CHICKEN  
BACON  
ONION

### MEDITERRANEAN PIZZA

OLIVE OIL  
SHREDDED MOZZARELLA  
ROASTED GARLIC CLOVES  
KALAMATA OLIVES  
CHICKEN  
ARTICHOKES

### DESSERT PIZZA

CHOCOLATE SPREAD  
SLICED BANANA  
SLICED STRAWBERRIES  
MARSHMALLOWS