



ST. JAMES-ASSINIBOIA
Parent Child
Coalition



summer
2019

FAMILY FOCUS

Bringing families and the community together to help our children reach their full potential

ANNUAL FAMILY PICNIC

(Families with
children 0-6
years)

SPECIAL VISIT:
Fire & Police
Departments!

Tuesday, June 18th from 10:00 a.m. - Noon

★ **Westwood Community Church Gym (401 Westwood Dr)** ★



Featuring: ★
★ Free Lunch: Build-a-Pita
Crafts, Face painting,
Bouncer and More! ★

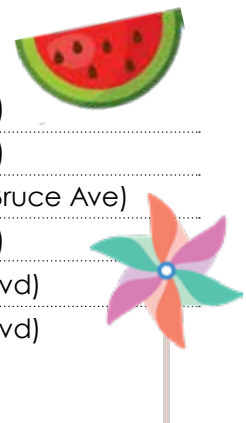


Parent Child Drop In Centres!

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week we offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community. **All programs are FREE and no registration is required.** For the well-being of your own child as well as others, please do not come to the Centres if you or your child are ill. We'll be happy to see you again when you are well.

The last days for Drop-Ins before the summer break are:

May 28 – Tuesday	6:00 p.m. – 7:30 p.m.	Sansome School (181 Sansome Ave)
June 17 – Monday	9:30 a.m. – 11:00 a.m.	Sansome School (181 Sansome Ave)
June 19 – Wednesday	9:30 a.m. – 11:00 a.m.	Deer Lodge Community Club (323 Bruce Ave)
June 20 – Thursday	9:30 a.m. – 11:00 a.m.	Crestview School (333 Morgan Cres)
June 20 – Thursday	1:30 p.m. – 3:00 p.m.	Buchanan School (815 Buchanan Blvd)
June 21 – Friday	9:30 a.m. – 11:00 a.m.	Buchanan School (815 Buchanan Blvd)



Parent Child Drop – In Centres will re-open the week of September 9th – 13th, 2019



Family Gym Drop In offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, bouncer, climber, tunnels, slides, floor hockey and so much more. Children have loads of fun as they gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience.

****Last day for gym drop-in will be Tuesday, June 18th, 2019 with a FAMILY PICNIC from 10:00 a.m. – Noon****

Tuesday Mornings
9:30 – 11:00 AM
Westwood Community Church
401 Westwood Dr.

Family Gym will re-open Tuesday, September 10th, 2019.

- Please bring indoor shoes to wear during Family Gym



Here are a few of our favorite children's books to read this summer!

JACKIE:

Mouse's First Summer by Lauren Thompson

Mouse and his sister, Minka, are ready to enjoy a summer picnic. From rolling down the grassy bank, to laying everything out for their picnic, right through to twilight fireworks in the park, this charming story offers a summertime dose of the signature magic and whimsy that has made the series such a success.



KRISTA:

Stella: Fairy of the Forest by Marie Louise Cay

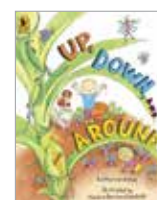
“Stella's little brother, Sam, wonders whether fairies are invisible. Stella assures him that she has seen hundreds of them and says that if she and Sam venture across the meadow and into the forest, they are likely to find some . . . “



TERI:

Up, Down, and Around by Katherine Ayres

From dropping seeds into the soil and splashing water to cucumbers climbing and green beans winding this book comes alive as it introduces children to the amazing world of plants, food and gardening.



SANDRA:

Big Red Barn by Margaret Wise Brown

This delightful story keeps children engaged by using simple rhyming text about a day on the farm where animals play and sleep.



Visit our website at www.sjapcc.ca to view our informational video



Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, finger plays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year.



Summer 2019 Session:

Wednesday Mornings
July 3, 10, 17, 24 & 31
 10:00 – 11:30 a.m.
 Heritage Park Children's Programs
 1 Braintree Crescent



Thursday Mornings
July 4, 11, 18, 25 and August 1
 10:00 – 11:30 a.m.
 Westwood Community Church
 401 Westwood Drive

To register, email: literacylinks@sjsd.net or call 204-885-1334 ext 2304



Tuesdays at the Park!

Join us Tuesday mornings from 9:30 – 11:00 a.m. as we take our play outside. Each week we will meet at the playground and explore nature. Pack your hats, sunscreen, bug spray, water bottles and imagination for endless fun and adventure. (Snack Provided)

Pinehurst/Byron Park (41 Pinehurst Cres) (Program cancelled if raining)



July Activities		August Activities	
July 2	Fizzing Fireworks	August 6	Nature Stampers
July 9	Nature Jewelry	August 13	Leaf it to Us & Library at the Park
July 16	Let it Grow & Family Yoga in the Park	August 20	Eye Spy & Family Yoga in the Park
July 23	Butterfly Boutique & Library at the Park	August 27	Noodle Nonsense
July 30	Sticks & Stones		



Loose Parts Creation Table

Create an outdoor loose parts table with a variety of items found in nature. Provide a piece of wood, felt or an old cookie sheet and let your child's imagination do the rest.



MOVE & GROOVE

We are excited to announce our new summer gym program. Each week we will offer exciting games and activities as well as the open gym experience. Moving is learning!

Thursdays, 10:00 – 11:00 a.m.

Westwood Community Church (401 Westwood Dr)
 July 4, 11, 25 & August 1, 8, 15, 22

**No program July 18*

Homemade Bubbles

- 4 cups warm water
- 1/2 cup blue Dawn dish soap
- 1/2 cup sugar

Whisk the sugar into the warm water until the sugar dissolves. Add the dish soap and whisk to combine. Let the solution sit for a couple of hours or overnight for the best bubbles.

Homemade Bubble Wands

- Pipe cleaners
- Fly Swatter
- Coat Hanger
- Kitchen strainer
- Plastic funnel



The Bubble Song

One little, two little, three little bubbles
 Four little, Five little, Six little bubbles
 Seven little, Eight little, Nine little bubbles
 Ten little bubbles go pop, pop, pop.
 Pop those, pop those, pop those bubbles
 Pop those, pop those, pop those bubbles
 Pop those, pop those, pop those bubbles
 Ten little bubbles go pop, pop, pop.



Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

Guidelines:

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.



Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:



A variety of activities in different environments;



Activities that develop movement skills;



Progression toward at least 60 minutes of energetic play by 5 years of age.



More daily physical activity provides greater benefits.

Being active as an infant means:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

Being active as a toddler or preschooler means:

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

The older children get, the more energetic play they need, such as hopping, jumping, skipping and bike riding.

Being active can help young kids:

- Maintain a healthy body weight
- Improve movement skills
- Increase fitness
- Build healthy hearts
- Have fun and feel happy
- Develop self-confidence
- Improve learning and attention

**Any way, every day.
Get active together!**





Packing for a Picnic: 5 Healthy Tips

With days filled with warm sun, flowers blooming, and grass growing, the summer is a perfect time for a family picnic! Here are five healthy tips to try at your next picnic:

1. Leave the Electronics at Home

Playing outside stimulates a child's imagination, creativity, problem solving skills and reduces stress. Each week, children spend twice as much time using electronics than outside. Use picnic time for tuning into nature, the food you are enjoying and family time together, instead of tuning out with electronics. And remember, a parent's use of electronics teaches a child what is normal – keep your electronics tucked away too!



2. Be Sun Aware

The warm rays of the sun can feel good on our skin but too much sun can be harmful. Avoid the hot rays of the sun between 11am and 4pm by packing a picnic for breakfast or late afternoon snack. If you are going outside midday, bring a shade umbrella or retreat under the cover of a tree. Remember that water is the best drink to quench a child's thirst during these warm summer months and every child needs sun protection, including sun glasses, a wide brim hat, and sunscreen.

3. Keep Food Safe

Bacteria in food can grow very quickly in warm temperatures. Keep foods safe by planning ahead. Bring food that needs to be kept cold in a cooler with ice or frozen ice packs. At the picnic, keep the cooler in the shade. If running water is not available, wash fruits and vegetables ahead of time and use disposable wet wipes or hand sanitizer to clean your hands before eating.



4. Enjoy Movement

Bring a frisbee, soccer ball, kite, water balloons, or hula hoop. Start a scavenger hunt or tag game. Create a new dance or go for a walk. The options are endless to enjoy movement during a picnic. Movement helps your child build muscles and coordination, boosts confidence and self-esteem and is a great way to spend time with your child.

5. Pack Nourishing Food

Picnics don't have to be a grab and go affair. Sometimes you might want to enjoy a bag of chips or a frozen dessert with your family, but fresh foods like fruits and vegetables, nuts and seeds, whole grain sandwiches, boiled eggs and pita and hummus, can be just as easy and rewarding. Let children serve themselves from the foods that you offer. To reduce waste, bring plates, cups and cutlery that you can wash and use again.



THREE BEAN SALAD *Recipe*

Preparation Time: 15 minutes
Servings: 4 large helpings

INGREDIENTS:

3 15-ounce cans of your favorite beans (example: chickpeas, green beans, cannellini, mixed, black, kidney beans, drained and rinsed)
2 celery stalks, finely chopped
1/2 red onion, finely chopped
1 cup fresh parsley, finely chopped
2 tsp. dried oregano
2 tsp. dried basil
3 Tbsp. fresh lemon juice
1/4 cup olive oil
1 tsp. salt
1/2 tsp black pepper



HOW TO MAKE:

STEP 1- In a large bowl, combine the beans, celery, onion, parsley, oregano and basil.

STEP 2- In a small bowl, whisk together the lemon juice, oil, salt, and pepper to make a dressing.

STEP 3- Drizzle the dressing over the salad and toss. Serve at room temperature or make ahead and refrigerate for 24 hours for better flavor.

Submitted by: Kaylee Michnik, Public Health Dietitian
Winnipeg Regional Health Authority, St. James & Assiniboine South



Berry picking is a great activity for the whole family. Go to the link below for a list of U-Pick farms in Manitoba.

www.pickyourown.org/MB



AROUND THE COMMUNITY

St. James Assiniboia 55+ Centre



3 – 203 Duffield St., Winnipeg, MB R3J 0H6
Phone: 204-987-8850 Email: info@stjamescentre.com
Website: www.stjamescentre.com

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

Neighbourhood Immigrant Settlement Worker (NISW)

Support for Newcomers - St. James Assiniboia

Fatima Labib and Lee Lederer

Phone: 204-202-4574

Cell: 204-470-9325 or 204-470-9326

nisw.stjames@familydynamics.ca

Jameswood Community School
1 Braintree Cres.



www.familydynamics.ca

BREASTFEEDING SUPPORT GROUP

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Sturgeon Heights Community Centre
210 Rita Street Call 204-940-2040

Thursdays
10:00 - 11:30 a.m.

Summer Programming Lineup at Westwood Library!

Registration begins June 18, 10:00AM.

Enjoy our selection of free programs this summer by registering for each program. Library memberships are not required. We are located at 66 Allard Ave next to the Kinsmen Allard Arena.

Please register for all programs by visiting us, looking online at wpl.winnipeg.ca/library/ or by contacting us at **204-986-4747**.

ROBOTICS LAB – July 2, 9, 18 & 25

Drop in to experience Robotics as a family in many ways, shapes and forms.

BABIES LOVE BOOKS – July 16

For babies newborn to 18 months

Enjoy rhyming, reading, and a rollicking good time with your baby.

BLUSTER BUSTERS – July 18

Weather can be wonderful even when it's wet and windy. Stories, and rhymes about all kinds of weather. Make a sun catcher to take home. Geared for children ages 3-5 and their families. Older siblings welcome.

NFB FILM CLUB FOR KIDS – August 13

Drop in to experience several short films by the National Film Board of Canada. Bring the family and your popcorn too! *For families*

CALL OF THE WILD – August 16

Have you heard a wolf howl, a seal bark, or a whale groan? Learn about the different sounds that wild animals use to communicate. Decorate an animal mask to take home. Ages 5-8



ERIN LAMB – August 20

Sing along and dance with Erin Lamb. Listen to the warm sounds of the Irish flute and let the live music sweep you away. *For families.*

SJAPCC is committed to Truth & Reconciliation



The St. James-Assiniboia Parent Child Coalition acknowledges that the community of St. James-Assiniboia sits on Treaty One land, the traditional territories of the Anishinaabe, Ininiw and Dakota peoples, and the homeland of the Métis Nation. It is also the current home of the Dene and Oji-Cree peoples. We live with respect on this land.

CANADIAN MUSEUM FOR HUMAN RIGHTS 85 Israel Asper Way



This summer plan to take the family to the Canadian Museum for Human Rights and visit the Truth and Reconciliation Exhibition. This exhibit reflects on the Indian Residential School System in Canada and the violation of rights for First Nations, Inuit and Métis children. The museum offers free admission every Wednesday from 5:00 – 9:00 PM.
204-289-2050 www.humanrights.ca

Outdoor Water Play Around St. James Wading Pools:

Amherst Park
340 Amherst St.

Marjorie Park
245 Marjorie St.

Bruce Park
1966 Portage Ave

St. Charles Park
3684 Ness Ave

John Steele Park
300 Westwood Dr.

King Edward Park S
334 King Edward St.



Splash Pads:

St. James Assiniboia
Centennial Pool Spray
Pad 644 Parkdale St

Sturgeon Heights
Spray Pad
210 Rita St



GREAT EXPECTATIONS (Prenatal to 12 mths)

CLOSED JULY 29 – AUG 9

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family.

Tuesdays 9:30 - 11:15 a.m. Sturgeon Heights Community Centre, 210 Rita St
Thursdays 1:15 - 3:15 p.m. Heritage Victoria Community Club, 950 Sturgeon Rd

For more information call Traci traciw@mts.net

TRAILS:

Yellow Ribbon Greenway Trail:

Runs along Silver Ave. from Hamilton to Ferry.

Sturgeon Creek Greenway Trail:




runs along the creek from Woodhaven to Saskatchewan

Assiniboine Park:





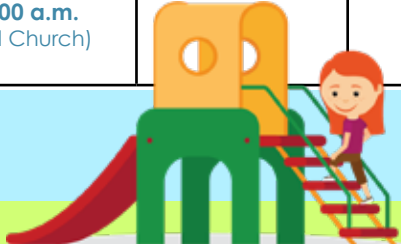
Portage Ave footbridge entrance



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2 	3 Sansome 9:30-11:00 am	4 Family Gym 9:30 - 11:00 am	5 Deer Lodge 9:30-11:00 am	6 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	7 Buchanan 9:30-11:00 am	8
9	10 Sansome 9:30-11:00 am	11 Family Gym 9:30 - 11:00 am	12 Deer Lodge 9:30-11:00 am	13 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	14 Buchanan 9:30-11:00 am	15
16 Father's Day	17 Sansome 9:30-11:00 am	18  Family Picnic 10:00 - Noon	19 Deer Lodge 9:30-11:00 am	20 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	21 Buchanan 9:30-11:00 am	22
23/30	24	25	26	27	28	29
CENTRES CLOSED						

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tuesday at the Park - Pinehurst/ Byron Park	2 Fizzing Fireworks 9:30 - 11:00 a.m.	3	4 Move & Groove 10:00 - 11:00 a.m. (Westwood Church)	5 	6
7	8 	9 Nature Jewelry 9:30 - 11:00 a.m.	10	11 Move & Groove 10:00 - 11:00 a.m. (Westwood Church)	12	13
14	15	16 Let it Grow 9:30 - 11:00 a.m. Family Yoga in the Park	17	18 PROGRAM CANCELLED	19 	20
21	22	23 Butterfly Boutique 9:30 - 11:00 a.m. Library in the Park 	24	25 Move & Groove 10:00 - 11:00 a.m. (Westwood Church)	26	27
28	29 	30 Stick & Stones 9:30 - 11:00 a.m.	31			


August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Tuesday at the Park - Pinehurst/ Byron Park</p>				1 Move & Groove 10:00 – 11:00 a.m. (Westwood Church)	2 	3
4	5	6 Nature Stampers 9:30 – 11:00 a.m.	7	8 Move & Groove 10:00 – 11:00 a.m. (Westwood Church)	9	10
11	12 	13 Leaf it to Us 9:30 – 11:00 a.m. Library in the Park	14	15 Move & Groove 10:00 – 11:00 a.m. (Westwood Church)	16	17 
18 	19	20 Eye Spy 9:30 – 11:00 a.m. Family Yoga in the Park	21	22 Move & Groove 10:00 – 11:00 a.m. (Westwood Church) (Last Session)	23	24
25	26	27 Noodle Nonsense 9:30 – 11:00 a.m. (Last Session)	28	29 	30	31

FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent
 Child Coalition online at
www.sjapcc.ca

 Connect with us on Facebook

EDITORIAL BOARD



ST. JAMES-ASSINIBOIA
**Parent Child
 Coalition**

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Family Focus Fall Issue will be available September 2019