

North Hastings Children's Services- Ontario Early Years NEWS

Ontario Early Years Centres



A Place For Parents And Their Children.

January February
2012

Volume 1, Issue 1



**Wishing you a New Year filled
with peace and happiness.**



At NHCS, our staff understand that children are born to learn. For young children, play is a fundamental mode of learning. An infant's playful babbling teaches them to create all the sounds needed to speak their native tongue or any language. A toddler learns that when you bang a metal spoon or wooden spoon, you get two very different sounds. A child learns through dramatic play that some children are bossy, others, timid. In playing board games, a child learns not only strategy, but also to read the body language and vocal tones of other children. And, in seeing how others respond to him or her during play, the child learns about self.

We offer inviting play areas that will nurture a confident, positive self-identity for each child; where all children, regardless of ability, will have opportunities to learn, create and explore in a loving, safe, and challenging environment; to bring discovery into their lives each day they are here.

We are dedicated to our families and want NHCS to be an enriched and satisfying experience for both you and your child. As a parent, you need to be confident that your child is in a healthy, safe and happy environment. You also want the best child care environment to meet your child's needs as he or she grows and learns.

NHCS staff are pleased to work with you and encourage you to share your concerns and questions. We encourage parents to be involved in their child's care. You are an important part in enhancing your child's care by supporting the relationship between caregiver and child. Keeping our staff informed of any special needs or concerns will help us work collectively to support the child.

We also offer other services to help support families including offering Triple P (Positive Parenting Program), prenatal education, provide information on other support services in our community, resources for lend, and many others. Speak with our



staff, and if we don't know the answer,

Farewell to Bob:(

We wish Bob a very happy retirement . You will be greatly missed by the parents, staff and all of the children who lovingly called you "Bobby".

We wish you safe travels in Mexico....enjoy! xoxox



For More Information :
Please feel free to give
us a call
Phone: 613 332 0179



Please note
If buses are cancelled,
due to bad weather..
ALL playgroups are
cancelled as well.

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Drop In to your OEYC Mon-Thurs 9:30-3:00</p>			<p>1 Family Swim Bancroft Sword 10:30-11:30 (must pre-register) Maynooth 10-1</p>	<p>2 Cardiff Playgroup Building Healthy Families 10:00-1:00</p>	3	4
5	<p>6 Birds Creek Playgroup "Literacy on the Move" 10:00-12:00</p>	<p>7 Curious Crawlers "Sensory Science" 10:00-12:00</p>	<p>8 Family Swim</p> 	<p>9 Building Healthy Families 10:00-1:00</p>	10	11
12	<p>13 Birds Creek Playgroup "Literacy on the Move" 10:00-12:00</p>	<p>14 Curious Crawlers "Sensory Science" 10:00-12:00</p> 	<p>15 Family Swim</p> 	<p>16 Building Healthy Families 10:00-1:00</p>	<p>17 United Way Soup of the Day Bancroft Legion</p>	18
19	<p>20 CLOSED HAPPY FAMILY DAY</p>	<p>21 Curious Crawlers "Sensory Science" 10:00-12:00</p>	<p>22 Family Swim</p> 	<p>23 Building Healthy Families 10:00-1:00 Parent Ed. Night</p>	24	<p>25</p> 
26	<p>27 Birds Creek Playgroup "Literacy on the Move" 10:00-12:00</p>	<p>28 Curious Crawlers "Sensory Science" 10:00-12:00</p>	<p>29 Family Swim</p> 			

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January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy	2 Holidays	3 Happy	4 Holidays	5 Happy	6 Holidays	7
8	9 Birds Creek Playgroup "Mom's Cooking Group" 10:00-12:00	10 Curious Crawlers 10:00-12:00 Moms & Tots Skating 1-2 (arena)	11 Early Learning Group 10:00-12:00	12 Building Healthy Families 10:00-1:00	13	14
15	16 Birds Creek Playgroup "Mom's Cooking Group" 10:00-12:00	17 Curious Crawlers 10:00-12:00 Moms & Tots Skating 1-2 (arena)	18 Early Learning Group 10:00-12:00	19 Building Healthy Families 10:00-1:00	20	21
22 Early Literacy Week	23 Birds Creek Playgroup "Mom's Cooking Group" 10:00-12:00	24 Curious Crawlers 10:00-12:00 Moms & Tots Skating 1-2 (arena)	25 Early Learning Group 10:00-12:00	26 Building Healthy Families 10:00-1:00	27	28 Sleigh Riding Party @ NHCS 10-1:00pm
29	30 Birds Creek Playgroup "Mom's Cooking Group" 10:00-12:00	31 Curious Crawlers 10:00-12:00 Moms & Tots Skating 1-2 (arena)				





Family Literacy Day® 2012 is January 27th

Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together. The day encourages Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

Why spend time reading with your child every day?

The research says....

- Having a parent or other caring person read aloud with their children helps children learn listening skills, vocabulary and language skills, as well as develop imagination and creativity (*Family Literacy Foundation, 2001*).
- Studies show beyond dispute that children's achievements in school improve with increased parent involvement in education (*Henderson, 1998*).

Parents and children say....

It's fun!

You don't always need to read books word for word.

Children benefit greatly when you look and talk about the pictures too.



Use a magnifying glass to look closely at books with your child.

- Look for the title and author of the book.
- Look for clues on the front cover to guess what the story will be about.
- Notice picture details as you read the story or flip to different pages.
- Find letters on the page that are in your child's name too.
- Find pictures that show your child's favourite colour. Count them.



Susan Ramsay,
Early Years Literacy Specialist
sramsay@klandskills.ca



FAMILY LITERACY WEEK is January 21- February 27! Families will be encouraged to read together each day of Family Literacy Week by picking up a book sharing chart at local schools, public libraries and North Hastings Children's Services. Drop of completed forms at your local public library by February 3, 2012 for your book coupon.

North Hastings Children's Services Childcare News

Infant/Toddler Room

It's hard to believe another year has come and gone. We have enjoyed watching your children learn and grow in our program. We wish all the best to you and your family in 2012.

Here is one of our favorite finger plays:

Three little monkeys swinging in a tree,

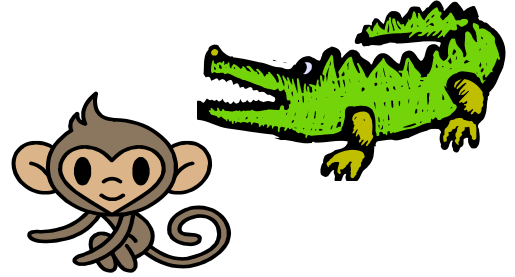
Teasing Mr. Alligator, "You can't catch me!"

Along came Mr. Alligator as quiet as can be and SNAP!

2 little monkeys...(repeat)

3 little monkeys (repeat)

*Oh, Oh! You missed me!



Junior/Toddler Room

We have experienced many changes in our room over the past few months, and have welcomed many new faces to our program.

We look forward to receiving some new children from the younger toddler room in the new future, and being able to share our fun activities with them. The children's favorite activity is to make playdough as a group. Enjoy our recipe at home.

2 cups of flour

1 cup of salt

2 tbsp. of cream of tartar/alum

2 tbsp. oil

2 cups of hot water

Food colouring (optional) Combine ingredients for hours of fun!



Senior Room

WOW! Another year has come and gone. The preschooler have had some amazing adventures. We made a recycled dragon and entered it in to the Coe Hill Fair, we got third prize!

We made soft pretzels for snack and created our own instruments from a variety of materials. We are looking forward to the upcoming year. Lori, Diane, Rhonda are looking forward to answering any questions you may have.



North Hastings Children's Services would like to thank the United Way of Quinte for their ongoing support to the families of North Hastings. Please contact us for information if you would like to make a donation.

Breastfeeding and early brain development

Health and well-being at every stage of the life course is influenced by nutrition, beginning with the mother's pre-conception nutritional status, continuing through pregnancy to early infancy and beyond. Research shows that a child's tastes and eating habits are formed early in life with consequences for later obesity and also academic achievement.

The macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins and minerals) are particularly important during prenatal and early development, when brain development and body growth is rapid.

The World Health Organization and others emphasizes the importance of breastfeeding in the first six months for lifelong health. A recent study indicates a strong relationship between breastfeeding and cognitive outcomes. Breastfeeding for as little as four weeks showed a positive and significant effect on academic test scores.

***Need a place to feed your baby...drop in to your Early Years Centre, we have a private room and a soft rocking chair.**

P.O. Box 1232
20 Hastings Heritage Way
Bancroft, Ontario
K0L 1C0

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OEYC News

The Ontario Early Years Center is excited to offer new programming in 2012 for families in North Hastings. Be sure to stop in to the center and pick up our calendars and newsletter. You can also access updates on our FACEBOOK page and in the free section in the "Bancroft This Week".

Mondays we will offer "KIDS ZONE", 10-12pm at the Pentecostal Church. Each month we will be focusing on a different theme in order to offer a variety of programming. January we will be offering "Mom's Cooking Group" and February we will switch gears and offer "Literacy and Physical Activity".

Tuesdays we will offer "Food for You- Food for Two", 10-12pm in partnership with The Health Unit at our Bancroft location. We will also be offering "CURIOUS CRAWLER", 10-12pm which will be age appropriate for toddlers. Each month we will be focusing on a different theme in order to offer a variety of programming. January we will be offering "Puppet Mania" and February we will switch gears and offer "Sensory Science".

Wednesdays we will offer "EARLY LEARNING", 10-12pm at our Bancroft location. Each month we will be focusing on a different theme in order to offer a variety of programming. Early Learning will focus on specific programs such as "Readiness to Learn" and "Sum Fun". January we will offer "Music & Movement" and February we will offer "Family Swim", 10:30-11:30 at the Bancroft Sword Motor Inn. We can also be found the first Wednesday of each month in MAYNOOTH, 10-1pm at the Community Center.

Thursdays we will offer "BUILDING HEALTHY FAMILIES", 10-1pm at our Bancroft location. This program will run much like our "Healthy Busy Bodies" but we will be offering on a different day. We can also be found the first Thursday of each month in CARDIFF, 10-12pm at the Cardiff Elementary School.

During January we will be holding a "FAMILY FITNESS CHALLENGE" we will be at the arena January 9,16,23,30, encouraging families to participate in free skate. If your family participates every member can enter to win a special family prize!