

Lettre mensuelle de l'École Sans-Frontières Janvier 2017



Mot de la directrice

Nous voilà déjà en 2017! Que la santé, le bonheur et la réussite vous accompagnent dans tous vos projets cette année.

Au nom du personnel, je tiens à remercier les parents qui ont fait du bénévolat dans l'école depuis le début de l'année scolaire.

Mercredi le 25 janvier à 17h45 nous vous invitons à un souper partage suivi du concert d'hiver de l'école. C'est une belle occasion pour voir vos enfants et leurs amis partager leurs talents.

Comme activité physique, nous avons de la natation et de la gymnastique.



Sommaire du mois de décembre

Mme Alphonsine s'est jointe à notre équipe au début du mois et Katarina, notre aide-élève stagiaire, a complété sa formation.

Nous avons eu plusieurs excellents diners chauds en décembre : pizza, soupe et spaghetti.

Trois fois nous sommes allés patiner à la patinoire Russ Robertson et une fois sur le lac du parc Bud Miller. Des joueurs de l'équipe des Bobcats se sont joints à nous la première fois pour montrer comment patiner à ceux qui en avaient besoin. Par la suite, ces derniers sont venus voir la classe de 2-3-4 car les élèves leurs ont écrits des lettres de remerciement.

Tous les élèves ont participé à la campagne de SADD (Students Against Drunk Driving) en décorant des sacs qui ont été distribués dans des magasins d'alcool de la ville. Vous en verrez quelques exemples dans les photos à la fin de cette lettre circulaire.

Le salon d'hiver a accueilli plusieurs visiteurs à l'école et nous a permis de ramasser des fonds pour l'activité de fin d'année et d'autres projets.

Les livres ont été mis de côté la dernière journée. Nous sommes allés glisser à Anniversary Park, et avons décoré des biscuits de pain d'épice et regardé un film, tout ceci en pyjamas!



Activités extérieures

Nous allons dehors à tous les jours. Certaines enseignantes font des activités d'éducation physique à l'extérieur. Assurez-vous que vos enfants soient habillés adéquatement pour passer une demi-heure ou plus dehors. Même les grands ont besoin de porter des vêtements chauds.

École Sans-Frontières 4204—54 Avenue, Lloydminster, AB T9V 2R6 Téléphone: 780-875-0251



Natation et gymnastique



Nous allons à nos cours de natation pendant 8 jours, soit du 9 au 12 janvier et du 16 au 19 janvier. Le 12 janvier, vers 14h20, vous pourrez venir à la piscine rencontrer le formateur de votre enfant et discuter son progrès.

Les 26 janvier et 2 février, nous allons à Explosion Gymnastics. Un formulaire de participation qui doit être signer par un parent avant de participer vous a été envoyé. S'il vous plait nous le retourner avant le 24 janvier.



Conseil d'école

La prochaine rencontre du conseil d'école se tiendra le 11 janvier à 18h45 à la cafétéria.



La course aux étoiles

L'équipe des Dinosaures brillants a remporté la plus récente manche de la Course aux étoiles. Pour célébrer leurs bons choix, les membres de l'équipe ont eu droit à un diner pizza. Bravo aux membres de cette équipe! Continuez à nous montrer vos gestes positifs.



Souper partage et concert d'hiver

Notre concert d'hiver se tiendra le 25 janvier à 18h30. Si votre enfant participe au concert, il ou elle devrait arriver à l'école au plus tard à 18h15. La soirée débutera avec un souper partage à 17h45. S'il vous plait, pas de noix dans vos délicieux plats. Si possible, indiquez si les plats contiennent du gluten ou des produits laitiers.



Autobus

S'il vous plait avisez Laura si votre enfant ne prendra pas l'autobus, surtout si vous vous absentez pendant plusieurs jours. Même si vous prévoyez que les récréations seront à l'intérieur, assurez-vous que votre enfant est habillé chaudement au cas où l'autobus aurait une panne en route.



Cours de couture

Laura Gervais va offrir des cours de couture aux élèves de 2^e année en montant, les samedis après-midi. Des détails suivront bientôt.



Natation – du 9 au 12 janvier et du 16 au 19 janvier

Journée des parents à la natation – 12 Janvier à 14h20

Conseil d'école – 11 janvier à 18h45 dans la cafétéria

Souper-partage et concert d'hiver – 25 janvier

Gymnastique – 26 janvier et 2 février

Soirée cinéma en pyjamas — 27 janvier à 18h30, l'Âge de glace 5

Congrès des enseignants – 8 et 9 février, pas d'école

Bon mois de janvier!





École Sans-Frontières Newsletter January 2017



English Summary

Potluck and winter concert – Our winter concert will be on January 25th at 6:30. The evening will start at 5:45 with a potluck supper. Please make sure there are no nuts in the dishes you bring and, if possible, please label the dishes that contain gluten or dairy products. If you are not joining us for the potluck, your child needs to be here by 6:15.

Swimming and gymnastics – Our physical education activities this month are swimming and gymnastics. On Thursday, January 12th, you will be able to speak to your child's instructor. This will be at around 2:20. Please make sure you have returned the waiver form for the gymnastics by January 24th.

Busing – Please contact Laura if your child will not be taking the bus, especially if it is for an extended period. Even if you expect the recesses to be indoors because of the extreme cold, please make sure your child is dressed warmly in case of a breakdown on the road.

Outside clothing – We go outside every day. Some teachers do their physical education classes outside. It is therefore very important for your children to be dressed appropriately for the weather conditions. Even older students need to be warm, not cool.

Thank you to all the parents who volunteered at all our recent activities. Your help greatly enhanced the children's activities.

Sewing classes – Laura Gervais will be offering sewing classes on Saturday afternoons to students in grades 2 and up. Details will follow soon.

Coming events

Swimming lessons – January 9 to 12 and January 16 to 19

Parent day at swimming lessons – Thursday January 12 at 2:20

School council – next meeting January 11

Potluck and winter concert – January 25

Gymnastics – January 26 and February 2

Pyjama Movie night — January 27 at 6:30, Ice Age 5

Teachers' convention – February 8 and 9, 29 No school

Enjoy January!

janvier 2017

DIM.	LUN.	MAR.	MER.	JEU.	VEN.	SAM.
1 Jour de	2	3	4	5	6	7
nouvelles années						
8	9	10	11 Conseil d'école	Parents à la natation	13	14
		Cours de				
15	16	17	18	19	20	21
22	23	24	Concert d'hiver et potluck	26 Explosion Gymnastics	Soirée cinéma 18h30	28
29	30	31	1	2 Explosion Gymnastics		



A Photos de notre école































Transport scolaire en hiver...

Que faire en cas de retard ou annulation?

- Vérifier sur notre site web au www.centrenord.ab.ca dans le menu
 Programmes et services/Transport/Retard et annulation » ou connectez-vous sur notre compte Twitter, @CSCNTransport, pour voir si un retard ou annulation est annoncé.
- Si vous n'avez pas reçu d'avis de retard, et que l'autobus n'est toujours pas arrivé 10 minutes après l'heure prévue, appelez la compagnie de transport en mentionnant votre numéro d'autobus et votre arrêt.
- Si l'autobus est annulé pour la journée et que vous décidez de conduire votre enfant à l'école, vous serez responsable de son transport à la fin de la journée.
- Soyez prêt, ayez un plan B pour les imprévus. Lors de grand froid, vous demeurez responsable de vous assurer que votre enfant est habillé adéquatement et qu'il reste en sécurité jusqu'à ce que l'autobus arrive et après qu'il en descende en après-midi.

Soyez prévoyants... informez nous d'un changement!

- Pour tout changement d'adresse, maison ou garderie, ou numéro de téléphone, remplissez le formulaire de changement que vous trouverez au www.centrenord.ab.ca/Programmes et services/Transport/ Formulaires ou contactez immédiatement l'école qui avisera le service de transport ensuite.
- Prévoyez au-moins 3 semaines pour tout changement. Un arrêt temporaire pourrait vous être assigné dans un délai d'une semaine en attendant qu'un nouvel arrêt, satisfaisant les critères établis par le conseil scolaire, vous soit assigné.
- Si votre enfant doit prendre un autobus différent à cause d'une urgence, communiquez directement avec le service de transport au 780-468-6440, pour obtenir la permission d'utiliser un autobus ou arrêt différent.
- Vos numéros de téléphone sont la façon avec laquelle nous vous communiquons les retards et annulations d'autobus. Il est très important de les tenir à jour. Remplissez le formulaire de changement en y notant les nouveaux numéros ainsi que le nom de la personne auxquels ils se rapportent. Spécifiez également si c'est pour la maison ou cellulaire ou autres.

Des enfants en santé Bulletin pour les parents Janvier 2017

Protéger les dents à l'aide du fluorure

Même si les dents sont dures, elles sont aussi poreuses, ce qui signifie que des minéraux peuvent s'infiltrer dans les dents de vos enfants et en ressortir. L'un de ces minéraux est le fluorure qui permet de garder la surface extérieure des dents (l'émail) dure et sans caries.

Le fluorure fonctionne le mieux quand il entre en contact direct avec les dents de votre enfant. Une exposition quotidienne à une petite quantité de fluorure est l'un des meilleurs moyens de renforcer les dents. Pour ce faire, votre enfant peut boire de l'eau contenant du fluorure, utiliser un rince-bouche avec fluorure et se brosser les dents avec un dentifrice fluoré. Les dents ont parfois besoin d'une protection supplémentaire contre la carie. Il est possible que le dentiste de votre enfant recommande un traitement au fluor professionnel comme l'application d'un gel, d'une mousse ou d'un vernis fluoré.

Souvenez-vous de ce qui suit pour tirer profit au maximum de l'utilisation du fluorure :

- Buvez de l'eau contenant du fluorure quand vous le pouvez.
- Veillez à ce que votre enfant se brosse les dents deux fois par jour en utilisant seulement une petite quantité (de la grosseur d'un pois) de dentifrice fluoré.
 - Dites-lui de cracher quand il a fini de se brosser les dents et de ne pas se rincer la bouche.
- Demandez au dentiste si les dents de votre enfant ont besoin de plus de fluorure.



Parler à votre enfant de santé mentale – partie 1

Tout le monde a une santé mentale qui peut varier d'un jour à l'autre. Il s'agit de votre gamme d'émotions et influence ce que vous pensez et ressentez à propos de vous-même et des autres et la façon dont vous affrontez les difficultés de la vie. Les problèmes de santé mentale peuvent influencer votre façon de penser, vos sentiments, votre humeur et votre comportement. Les troubles mentaux peuvent également les influencer, mais ils doivent être diagnostiqués par un médecin et nécessitent un traitement. Au nombre des troubles mentaux diagnostiqués le plus souvent, on compte la dépression et l'anxiété.

Les problèmes de santé mentale et les troubles mentaux sont courants. Même s'ils ne touchent pas votre famille directement, vous connaissez probablement quelqu'un qui en est atteint. Parler à votre enfant de santé mentale peut sembler difficile, mais cela permet de contrer la stigmatisation qui l'entoure. Plus vous êtes ouvert, plus vous encouragez votre enfant à se préoccuper de sa propre santé mentale, à demander de l'aide et à soutenir ses amis.

Il est important pour les enfants de savoir qu'ils peuvent vous parler au sujet de leur santé mentale ou de celle de quelqu'un d'autre. Être ouvert à l'idée de parler de santé mentale montre à votre enfant que vous vous souciez de lui. Avant de vous lancer dans une conversation, rappelez-vous ce qui suit :

- Les petites discussions sont aussi importantes que les longues.
- Il n'est pas nécessaire d'avoir tous les renseignements ou de tout savoir; vous n'avez pas à être expert.
- Avoir une bonne santé mentale ne signifie pas que vous êtes toujours heureux. On peut avoir un problème de santé mentale sans avoir de troubles mentaux. Encouragez les stratégies d'adaptation saines comme faire preuve de créativité, manger des aliments sains, dormir suffisamment et passer du temps avec autrui.
- Essayez de prendre l'habitude de parler de choses et d'autres comme les loisirs, la journée à l'école ou les amis.
 Cela peut faciliter les conversations quand des sujets plus ardus se présentent.
- Si votre enfant n'a pas envie de parler, attendez jusqu'à ce qu'il soit prêt.

Traduction d'une adaptation des ressources offertes sur ce site : http://www.time-to-change.org.uk/

Pour obtenir une version électronique de ce bulletin, consultez www.aibertaheaithservices.ca/csh.asp



Healthy Children Parent Newsletter January 2017

Protecting Teeth with Fluoride

Even though teeth are hard they are porous too, which means minerals pass in and out of your child's teeth every day. One of these minerals is fluoride. Fluoride helps to keep the outer surface of teeth, called enamel, hard and decay free.

Fluoride works best in direct contact with your child's teeth. Daily, constant exposure of small amounts of fluoride is one of the best ways to strengthen teeth. This happens when your child drinks water with fluoride, uses a fluoride mouth rinse and brushes with fluoride toothpaste. Sometimes teeth need additional protection from tooth decay. Your child's teeth may benefit from professional fluoride treatments like fluoride gel, foam or varnish from their dentist.

Remember to get the best benefits from using fluoride:

- · Drink water with fluoride when available
- Make sure your child brushes twice a day with only a pea-size amount of fluoride toothpaste. Spit when finished brushing and don't rinse
- · Ask your child's dentist if your child's teeth would benefit from additional fluoride



Talk to Your Child About Mental Health - Part 1

Everyone has mental health and it changes daily. It's about your range of emotions and affects the way you think and feel about yourself and others and how you cope with life's challenges. Mental health problems can affect your thinking, feelings, mood and behaviour. Mental illnesses also affect your thinking, feelings, mood and behaviour but need a diagnosis from a doctor and treatment. Commonly diagnosed mental illnesses are depression and anxiety.

Mental health problems and illnesses are common. Even if your family isn't directly affected by them, you're likely to know people who are. Talking to your child about mental health may seem like a hard topic, but talking about it breaks down the stigma surrounding it. The more open you are, the more you encourage your child to look after his or her own mental health, ask for help, and help support friends.

It's important for children to know that they can talk to you about their own or someone else's mental health. Being open to talk about mental health shows your child you care. Before you begin your conversation, keep in mind the following:

- Small chats are just as good as long ones.
- You don't need to have or know all the information. It's okay if you aren't an expert.
- Having good mental health doesn't mean you're happy all the time. People can have a mental health problem
 without having a mental illness. Encourage healthy coping strategies like being creative, being active, eating
 healthy food, getting enough sleep and spending time with others.
- Try and get in the habit of talking about everyday things like hobbies, school day or friends. This can make it easier if harder topics come up.
- If your child doesn't feel like talking, just wait until he or she does.

Adapted from resources available at: http://www.time-to-change.org.uk/

To find an electronic copy of this newsletter, visit: www.albertahealthservices.ca/csh.asp



January PROGRAMS FOR PARENTS



Pre-registration is required for all programs

Please call 306-825-5911 or 1-866-651-5911 (toll free) to register



Triple P Group



Focuses on ages 2-12

Tuesdays, Jan. 17, 24 & 31 and Feb. 7 & 14

6:00 pm to 8:00 pm

Join us for 5 weeks to look at ways to decrease behaviors in your children that you do not want to see, while also learning ways to help everyone get along, follow the rules and have fun! This program was featured on a CBC Television documentary called: "Angry Kids & Stressed Out Parents."

Held at: Lakeland College, Lloydminster Campus

2602-59 Avenue

Stepping Stones Group

Focuses on ages 2-12

Wednesdays, Jan. 18 & 25 and Feb. 1, 8 & 15 6:00 pm to 8:30 pm

This series covers the same topics as Triple P Group (see above) and focuses on parents whose children have developmental disabilities.

Held at: College Park School

2115-56 Ave



Infant Massage

Fridays, January 13, 20 & 27 10:00 am-11:00 am

Do you have a baby who is three weeks or older? In this set of three sessions, we will look at information and massage techniques that can: help deepen the bond with your child, improve communication with your baby, stimulate your baby's growth and development and learn how to help relieve stress in both your child and yourself.

Held at: Midwest Family Connections

103 4910-50 Street

Programs are free and open to all families!

Government of Alberta = Human Services Albertan Human Services







January & February 2017 NEWSLETTER & PROGRAM INFORMATION







Suite 103, 4910-50th Street, Lloydminster, SK S9V 0Y5

Office Hours: Tuesday – Thursday 9 am to noon & 1 to 4 pm Friday 9 am to noon & 1 to 3 pm



- Learning thru PLAY
- Parenting tips & programs
- Family support & networking
- Developmental screening
- Information & referrals

Daytime, evening and weekend hours!

Programs are FREE & open to ALL families!

www.midwestfamilyconnections.ca









CALL 306-825-5911 FOR MORE INFORMATION

or if you need assistance with transportation to our Centre or programs.



Learning through PLAY Programs

Programs are led by knowledgeable Program Facilitators and are "drop in" so there is no need to pre-register. Children must be accompanied by an adult to attend. FREE to participate and ALL FAMILIES ARE WELCOME!

Day	Program	Time	Location
Tuesdays	Family Play in Learn Each session consists of 1 hour and 45 minutes of Free Play in engaging play stations, an optional craft, and 15 minute play based activity led by one of our knowledgeable staff.	9:30 to 11:30 am January 10, 17, 24 & 11 February 7, 14, 21 & 28	Midwest Family Connections (MFC) Indoor Playground Suite #103 4910-50 th Street
Wednesdays	Parenting Tips and Playtime Come on down to the Indoor Playground just for fun and playtime and/or to access parenting information. Each week a different Tip Sheet will be available for parents and facilitators are onsite to answer questions. Other Tip Sheets available upon request.	9:30 to 11:30 am Jah. 11- Mealtimes Jen. 12- Promoting Development Jen. 25- Beddime Problems Feb. 1- Going Scepping Feb. 8- Home Safety Feb. 15- Whiming Feb. 22- Interrupting	MFC Indoor Playground Suite #103 4910-50 th Street
Evening programs	Little Sneakers Yogal Let's twist, stretch and bend as we learn simple yoga poses with our children. These activities can be incorporated into their busy days to help them learn to relax and calm themselves.	6:00 to 8:00 pm January 11, 18 & 25	MFC Indoor Playground Suite #163, 4910-50 th Street
M	Little Footprints From Around the World Join us as Lloydminster families teach us songs, stories and games from different cultures!	6:00 to 8:00 pm February 1, 8, 15 & 22	MFC Indoor Playground Suite #103, 4910 50 th Street
Thursdays	Little Footprints From Around the World Join us as Lloydminster families teach us songs, stories and games from different cultures!	9:30 to 11:30 am January 17, 19 & 75	MFC Indoor Playground Suite #103, 4910-50 th Street
	Let's Play-Little Sneakers Let's get moving! Be ready to stretch, jump and play while We storore different ways to move our bodies and get active. Don't forget your sweat bands and leg warmers!	9:30 to 11:30 am February 2, 9, 16 & 23	MFC Indoor Playground Suite #101, 4910-50 ²⁵ Street
Fridays	Family Play and Learn in the Fun Zone Join in the fun for playtime, games, activities for parents, caregivers and their infants, toddlers and preschoolers	10:00am to 12:00 pm January 27 February 17	Servus Sports Center SCU Fieldhouse 5202-12 Street
Saturdays	LET'S PLAY in the Indoor Playground Come and Play! Activity stations target infants, toddlers and pre-schoolers. Families also have time to network.	11:00 am to 2:00 pm January 14, 21 & 28 February 4, 11 & 25	MFC Indoor Playground Suite #103, 4910-50 th Street



We would like to extend a huge THANK YOU to Phyllis, Susan, Doreen, Kay, Ellie, Dorothy, Mae, Bernice and Doreen of the Dr. Hemstock Residence for helping with the preparation of program craft materials.



Parenting Programs



For extents of habies who are over 3 weeks of age. Join us for information and massage techniques that can: help deepen the bond with your child, improve communication with your baby, stimulate your baby's growth and development, and learn how to help relieve stress in both your child and yourself.

Fridays January 13, 20 & 27 from 10:00 to 11:00 am
Held at Midwest Family Connections Call 306-825-5911 to pre-register.

Triple P Positive Parenting Group



Join us for 5 works to look at ways to decrease behaviours in your children that you do not want to see, while also learning ways to help everyone get along, follow the rules and have fun! This program was leatured one CBC Television documentary called:

"Angry Kids and Stressed Gut Parents".

Tuesdays January 17, 24 & 31 and February 7 & 14 from 6:00 to 8:00 pm Held at Lakeland College, Lloydminster Call 306-825-5911 to pre-register



This 5 session series covers the same topics as Triple P Group and focuses on parents whose children have developmental disabilities.

Wednesdays January 18 & 25 and February 1, 8, & 15 from 6:00 to 8:30 pm Held at College Park School Call 306-825-5911 to pre-register

Kids Have Stress Too!



Recognize and understand children's successful the impact on their health and development. Learn approaches to help children deal with stress and behaviours that may be stressing you out! Focuses on ages 2-12

Wednesdays February 1, 8 & 15 from 9:30 to 11:30 am
Held at Midwest Family Connections Call 306-825-5911 to pre-register

Timmy's and Tips!



Are you looking to help our child develop the skills they need to do well at school, build friendships and fool good about themselves? Enjoy a cup of Lim Horton's coffee and treats on well review the live basic Positive Parenting stoding and ways to incorporate them into your family's life. Time for questions and discussion available after the presented information. Have little ones at home with you? Toys will be available to play with for those children who need to attend with their parents.

Focuses on ages 2-12

Monday February 13 from 9:30 to 11:00 am

Held at Mother Teresa Early Learning Centre 5216-44 Street Lloydminster, AB

Please call 306-825-5911 to pre-register Spaces are limited, so register early!



You already know what your child can do! What comes next? Ages and Stages Questionnaires focus on the strengths that your child has. These can provide you with ideas on what skills they will experience next as they grow and provide activities that encourage those skills. These will also help identify any areas your child needs additional support. Assistance is available to complete the questionnaires.

NATIONAL CHILD'S DAY CELEBRATIONS A GREAT SUCCESS

With over 600 participants in the various events and activities the Lloydminster & Area Early Years Coalition extends appreciation to the member organizations and individuals involved in making this year's celebrations possible. Special thank you to



Home & Community Based Services

These services are individualized to meet unique needs. Self-referrals are welcome. All referrals must be made with the consent of the family or provider. For more information contact one of our Service Coordinators: Arlene Orban or Tami Smith at 308-825-5911.





NCLUSIVE CONSULTATIVE SERVICES



PRESCHOOL HEALTH



Supporting mothers who struggle with alcohol and addictions to give their children the best start in life.

Working with child care centers, family day homes and playschools to successfully include ALL children.

Supporting familles of preschool aged children who are experiencing or at risk for developmental delays in the areas of child development, family dynamics or parenting, and community connections.

Encouraging Social Emotional Development from Birth to 6 (Six)

- Parent Education
- Enhanced Home Visitation
- Community Capacity Building

Family Support & Networking - all sessions held at Midwest Family Connections Connecting with other families to share information & experiences.

HEY PARENTS!

GETTING READY FOR BABY AS A COUPLE



New and expectant mothers and fathers explore how to cope and adjust. emotionally, and in their relationship, with an expanded family. Ways to develop a secure attachment with their infant and to nurture healthy social. and emotional development will be discussed.

Gain knowledge and family-to-family connections in this four session series.

Thursday 6:00 to 8:00 pm January 19, 2017

Call 306-825-5911 to pre-register

MOTHERS FIRST



A weekly group for new mothers to connect with one another, share experiences & to learn about and practise self-care. Discussions will focus on the experiences and needs of new mothers who are concerned about or experiencing anxiety, stress or Postpartum Depression (PPD).

For more information or to register for child minding with the Cuddle Crew call 306-825-5911.

Thursdays: 1:30 to 3:00 pm

Call 306-825-5911 to pre-register

TEENS & TOTS



Are you a TEEN MOM or DAD? Are you a TEEN expecting a BABY? YOU ARE INVITED TO A FUN AND INTERACTIVE EVENING! COME FOR SUPPER, PLAYTIME with your little one and a CHANCE TO MEET OTHER. TEEN PARENTS. Please call 1-866-651-5911 (toll-freel or text) 780-871-2139 for more information or to register.

Mondays 5:00 to 7:00pm January 16 February 13

LITERACY PROGRAMS by the Lloydminster Learning Council Association

Books for Babies Tuesdays, January 24 to February 14 from 10:00 to 11:00 am A program for parents/caregivers of babies (newhorn to 1 year) which recognizes, supports and celebrates parents as their children's first teachers. Families can register by calling the Learning Council at 780-875-5763. Family Literacy Programs are free for everyone!

English Language Program for Women

Wednesdays, February 1 to April 5 from 1:00 to 3:00pm

Learn in a day to day conversational English environment: pronunciation, reading, writing for your everyday activities such as going to work, doctor appointment, children's school, bank transaction, shopping etc. Transportation and childcare available free of charge. Please call the Learning Council at 780-875-5763 to register.

Walking Through Crief

Children's Grief Support

Starts in January. dates to be announced.

This group is designed to support children, ages 6 to 18, experiencing grief and loss. due to a death of a special person. Cost: \$20 per family, subsidy available. To register or for more information, contact Shirley at 780-846-2576.



Parent Link Outreach Programs

Kitscoty Family Play & Learn Come & Play! This program is open to preschool aged children and their parents/caregivers. Each session includes free playtime in engaging play stations, an optional craft, and a 15 minute play based activity load by the Program Facilitator. Developmental screening available upon request.

Mondays, 10:30 to 11:30 am January 9, 16, 23 & 30 and February 6, 13 & 27

No program February 21 Held @ Kitscoty Community Church

Timmy's and Tips

Are you looking to help your child develop the skills they need to do well at school, huild friendships and feel good about themselves? Enjoy a cup of Tim Horton's coffee and treats as we review the live basic Position. Parenting strategies and ways to incorporate them into your family's life in January. We will review the six basic strategies to help your child become emotionally resilient in February as one of the most important tasks of parenthood is helping our children deal with their emotions and output with their feelings. Time for questions and discussion available after presented information.

Focuses on ages 2.12



Wednesdays
9:30 to 11:00 am
January 18
February 15
Kitscoty Public Health
4922- 49 Ave

Please call 305-825-5511 to register

Clandonald Kids Connections



Preschool aged children and their parents/caregivers come together for stories, crafts and activities to support literacy. Fridays, January 20 and February 17 from 10:00 to 11:30 am @ the Clandonald School

Triple P
Discussion Group
Dealing with
Disobedience



We all know what it is like to face that moment when our children struggle to do what we ask them to do. This discussion group will give some positive parenting suggestions to help teach your child to accept limits and follow instructions. You will go home with a plan that you have developed to try with your family.

Focuses on ages 2.12 Friday, February 17 from 1:00 to 3:00pm Clandonald School, 213-1st Avenue West

McLaughlin Family Play & Learn Come & Play! This program is open to

preschool aged children and their parents/caregivers. Each session includes time for free play in engaging play stations, an optional craft, and a 15 minute play based activity lead by the Program Facilitator.

Thursdays, January 26 and February 16 from 10:30 am to 12:00 pm Held @ the McLaughlin Community Hall



Fun family activities!

Parenting tips!

Connections with other families!

 Developmental screening available upon request.

Parenting tip sheets available.



Tuesday mornings
9:30 to 11:30 am
January 10, 17, 24 & 31
February 7, 14 & 28
No program February 21
No cost & all families are welcome!
5702 College Drive, Vermillon, AB

Vermilion Kids Connections



Preschool aged children and their caregivers come together for stories, crafts and activities to support literacy. There is no cost & everyone is welcome.

Wednesdays, January 11, 18 & 25 and February 1, 8 & 15 10:30 am to 12:00 pm No program February 22

Lashburn Teddy Bear Picnic You are invited to our Teddy Bear Picnic! Bring your babias, toddlers and preschoolers for games, songs and fun activities in the gym. Don't forget their favorite Teddy and a snack!

Friday, January 20 from 10:00 to 11:30 am @J.H. Moore School

Marshall Teddy Bear Picnic You are invited to our Teddy Bear Pionic! Bring your bables, toddlers and preschoolers for games, songs and fun activities in the Kindergarten room. Don't forget their favorite Teddy and a snadcl Friday, February 3 from 9:30 to 11:00 am @ Marshall School

Rural Fresh Food Box



First Frost Food Box contains frost vegetables, fruits and grains as well as a reweighter which provides recipes un haw to use the Ingrediente. The cost for cost Frost Food Pox is \$15.00. If you like in the Vermillon area & would like to participate as I Vermillon 2 to its Food Box 853 6770.

For more information call 306-825-5911.