



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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



FAMILY FOCUS

Play and Discover the Outdoor Way!

Join us Tuesday mornings from 9:30 – 11:00 a.m. as we take our play outside. Each week we will meet at a different location throughout St. James. Pack your hats, sunscreen, bug spray, water bottles and imagination for endless fun and adventure.

TUESDAYS at the PARK



July 2015

Date:	Park:	Location:
July 7	Suzanne-Jeanette Park (St. Charles) Visit by Westwood Library (Games & Storytime)	400 Gagnon St.
July 14	Moray & Bruce Park (Silver Heights)	Corner of Bruce Ave and Moray St.
July 21	Robert Browning School Playground (Westwood) Visit by Westwood Library (Games & Storytime)	130 Browning Blvd
July 28	Bourkevale Community Centre (Deer Lodge) Visit by St. James Library (Games & Storytime)	100 Ferry Rd.

August 2015

Date:	Park:	Location:
Aug 4	MB School for the Deaf Playground (Assiniboia)	242 Stradford St.
Aug 11	Linwood School Playground (East St. James) Visit by St. James Library (Games & Storytime)	266 Linwood St.
Aug 18	Harvlong & Topaz Park (Crestview)	2 Topaz Dr.
Aug 25	Living Prairie Museum Playground (Sturgeon Creek)	2795 Ness Ave.

Back to the Basics of Play!

Thursdays

Messiah Lutheran Church 400 Rouge Rd.
 9:30 a.m. - 10:30 a.m.

THROWBACK Thursdays



This free summer program is open to all families with children birth – 6 yrs of age. Join us each week as we discover and explore some homemade fun!

No registration is required and sessions will start promptly at 9:30 a.m. Bring your own water bottle, sunscreen and hat.

Date:	Theme:	Date:	Theme:
July 9	Summer Kick Off	Aug 6	Horsin' Around
July 16	On A Roll	Aug 13	Animal Stompers
July 23	Hula-Baloo	Aug 20	Jump To It
July 30	Having a Ball	Aug 27	Movin'and Grovin'

"A person's a person, no matter how small"
 Dr. Seuss



www.sjapcc.ca

INFANTS & TODDLERS

Summer BBQ!

Families are invited to join members of the 55+ Centre for a free lunch, games and activities. There will be a special make your own Sundae Bar for dessert!

Friday, August 14th

11:30 a.m.

St. James Assiniboia 55+ Centre
3 – 203 Duffield Street



Heritage Park Family Resource Programs & St. James-Assiniboia Parent Child Coalition

FAMILY PICNIC

Date: Thursday June 18, 2015

Time: 10:30 a.m. to 12:30 p.m.

Location: 1 Braintree Crescent

Hotdogs, Entertainment, Bouncers and More!

Bring your sunscreen, bug spray and blanket/lawn chair. Cancelled if Raining.

Registration required, please email familyresource@sjsd.net (include how many adults and children will be attending)

BREASTFEEDING SUPPORT GROUP

Unit 8-2015 Portage Ave
Call 204-940-2040

Fridays 10:00 - 11:30 a.m. (except holidays)

GREAT EXPECTATIONS

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. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

Please call one week prior to session if child care is required. (Prenatal to 12 months)

Tuesdays

9:30 a.m. - 11:15 a.m.
Sturgeon Heights
Community Centre
210 Rita Street

Thursdays

1:15 p.m. - 3:15 p.m.
Heritage Victoria
Community Club
950 Sturgeon Road

For more information call
Traci 204-885-5415

Closed from July 27th - 31st
and August 3rd - 7th.

Wading Pools

in St. James-Assiniboia

Amherst Park

340 Amherst St.

Bruce Park

1966 Portage Ave.

Golden Gate Park

210 Rita St.

John Steele Park

300 Westwood Dr.

King Edward Park S

334 King Edward St.

Marjorie Park

245 Marjorie St.

St. Charles Park

3684 Ness Ave.

St James Assiniboia Centennial Pool

Spray Pad

644 Parkdale St.

Insect Bite Prevention

Under 6 Months

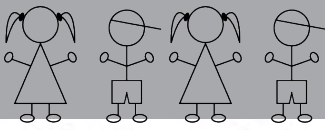
Do not use any repellent. Cover child with mosquito netting, avoid being outside at dawn and dusk when mosquitos are most active.

6 Months - 2 years

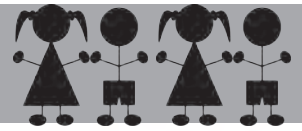
Use repellent with no more than 10% DEET once a day (application will last approximately 3 hours). *Apply sunscreen before bug spray.

2 - 12 Years

Use repellent with no more than 10% DEET, up to 3 times a day (application will last approximately 3 hours) (Health Canada Guidelines)



THE PRESCHOOLER



A Play Creation by Sandra J. Stone



Discovery Children's Centre
Field and Forest Nature School

Hampton Street & Silver Ave
(near Polo Park)
CALL TODAY 204 889-2689

**New Program
for September
2015**

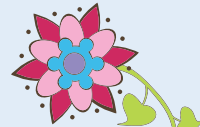
3 afternoons per week

\$5.00 or less per session

**** Full Subsidies Available****

A predominately outdoor program includes;

- Trained professional staff
- Play based program
- Off site every Wednesday (at Living Prairie Museum)



Rock & Read

A five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, fingerplays 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 always cherish. To register for one of the summer sessions call 204-885-1334 ext. 2304.



Tuesday Evenings

July 7, 14, 21, 28, Aug. 4
6:00 – 7:30 p.m.

Bord-Aire Community Centre
471 Hampton Street

Wednesday Mornings

July 8, 15, 22, 29, Aug. 5
10:00 – 11:30 a.m.

Heritage Park Children's Programs
1 Braintree Crescent

Thursday Mornings

July 9, 16, 23, 30, Aug. 6
10:00 – 11:30 a.m.

Westwood Community Church
401 Westwood Drive

PARENTING

Parent Child Drop - In Centres - **LAST DAYS**



Sansome School – June 15

Crestview School – June 11

Lakewood School – June 16

Buchanan School - June 12

Deer Lodge Community Club – June 17

Restitution Parent Workshop

Time: 9:00 am - 4:00 pm

Wednesday, August 19th, 2015

Location: Sturgeon Heights Collegiate
2665 Ness Avenue

Free registration for parents in St. James

Presenter: Rebecca Gray

Caught in the cycle of ever-increasing punishments to motivate your children? Tired of bribing your children to behave? Want your children to be self-motivated? Learn why children behave, how to set them up for success, and learn concrete tools for tough situations. Learn to encourage children to take responsibility for their actions & be self-disciplined. (No Prerequisite) (Complimentary book included)

RESTITUTION IVC Restitution For Parents



Restitution
Self-Discipline

(Almost)
Everything I Need to Know
About Being a Parent
in
25 Words or less

- ***Always:*** be **BIGGER, STRONGER, WISER, and KIND.**
- ***Whenever possible:*** follow your child's need.
- ***Whenever necessary:*** take charge.



HEALTHY LIVING



Keep Your Child Hydrated this Season



As the weather warms up and the sun shines, you can hear the hum of children playing outside. Whether it's running around the park, playing baseball or heading to the soccer field, how do you keep your child well hydrated?

During exercise, the body sweats to cool itself. This is especially important in children because their bodies can heat up very quickly and need to be cooled. Because of this, be sure your child drinks water regularly throughout the day and during the activity. Water is nature's perfect refresher and re-hydrator.

During activity water should be available at all times and regular water breaks should be scheduled about every 15 or 20 minutes. The amount of water needed can vary depending on the child's age, weight, intensity of the activity, and weather conditions. For most young children, water is all that is needed.

If your child has been exercising in the heat or produces a lot of sweat during prolonged exercise (over an hour), should a sports drink be offered? For most young children, along with water, consider offering foods that contain additional nutrients and the electrolytes sodium and potassium. Great snack options include a banana, apple or orange, one or two fig newton cookies, a few whole grain crackers or some chocolate milk.

Sports drinks do contain additional electrolytes and are sweet, which might aid in hydration for children who might not drink otherwise. Of course, these drinks contain calories from sugar, and can increase the risk of excess weight gain or dental caries if consumed regularly. If your child is active and drinks these in moderation, this shouldn't be a problem. However, sports drinks are not necessary for most young children playing sports and should not be consumed on a regular basis.

Submitted by Martina Gornik-Marion, RD
Public Health Dietitian with Winnipeg Regional Health Authority

Adapted from: <http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/Sports-Nutrition.aspx> and http://kidshealth.org/parent/sports_medicine_center/q_a/power_drinks.html#

"Frog" Smoothie

This is a smoothie that will appeal to a kids' sense of humour and taste buds. You can't even taste the spinach with the great taste of bananas and berries.

Ingredients (Makes 3 servings)

- Vanilla soy beverage 375 mL (1 1/2 cups)
- Lightly packed spinach 250 mL (1 cup)
- 1 ripe banana
- Fresh or frozen raspberries 125 mL (1/2 cup)
- Fresh or frozen blueberries 125 mL (1/2 cup)
- 2 ice cubes

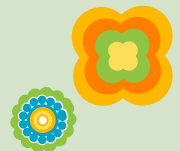
Directions

1. In a blender, combine soy beverage, spinach, banana, raspberries, blueberries and ice cubes. Cover with lid and puree until smooth.
2. Pour into glasses and serve

Nutritional Information:

- Calories: 108 kcal
- Protein: 4 g
- Fat: 2 g
- Carbohydrate: 20 g
- Fibre: 2 g
- Sodium: 63 mg

From: <http://www.eatrightontario.ca/en/Articles/Child-Toddler-nutrition/Ground-up-Frog-Smoothie.aspx>



FAMILY GYM DROP-IN

**Last day before summer holidays is
Tuesday June 16, 2015.**

**We will resume on Tuesday
September 15, 2015.**



AROUND THE COMMUNITY



WINNIPEG PUBLIC LIBRARY PROGRAMS

ST. JAMES-ASSINIBOIA LIBRARY 1910 Portage Ave 204-986-3425

WESTWOOD LIBRARY - 66 Allard Ave - 204-986-4747

Friday, July 17 10:30 – 11:00 a.m. Ages 3-5	Play Music Join us for stories, songs and a craft with a musical theme. Let's have a jamming good time!
Thursday, July 23 2 – 3 p.m. For ages 6 - 8	Beach Fun Don't miss this splashing good time, with stories, games and a beach treasure craft. You won't want to miss this wave!
Wednesday, July 29 2 – 3 p.m. For ages 9 - 12	Catch the Breeze Play with the wind like never before! Challenge yourself with games and puzzles about kites, and create a kite that soars high in the sky.
Wednesday, August 5 2 – 3 p.m. For ages 6 - 8	Pop-Up Play Fun will pop up all over the place in this activity-filled hour! Come create and play an "I Spy" game, and so much more.
Wednesday, August 12 1:30 – 2:30 p.m. For all ages	GoLdeyes Visit The Winnipeg GoLdeyes Baseball Club supports children's literacy by visiting library branches to read stories, meet their fans, answer questions and give autographs.
Thursday, August 13 2 – 4 p.m. For grades 7 - 12	Sewn Circuits Show off your circuitry skills and create a funky light-up bracelet! Learn basic techniques to create simple circuits using conductive thread and LEDs, then add your own inspiration!
Friday, August 21 10:30 – 11 a.m. For ages 3-5	Outdoor Adventures Do you love to play outside? Come in from the heat for some stories, rhymes and a craft about outdoor fun.
Friday, August 21 2 – 3 p.m. For all ages	Magician Ryan Price Join Ryan Price for a one of a kind magic show!

Welcome to our Westwood library column! My name is Terry and I am the friendly lady you'll meet when you visit the Children's department at the Westwood library branch.

This year's theme is PLAY and our club strives to encourage, and engage all children with the joy of reading throughout the summer months. We have some cool prizes, each child gets their very own reading kit, and we have some wonderful programming throughout July and August.

- Pre-schoolers can enjoy Tots and Pals story time (bring your favorite stuffed animal!), and an Under the Sea family story time and crafts.
- We offer two one-hour programs for ages 6-12: Superheroes Unite! featuring crafts and activities for comic book fans, and Pirates- Ship Ahoy with stories, jokes, and time to create your own pirate ship with recyclables!
- Two very special Manitoban musical guests will join us this summer: Mr. Mark and Lulu and the Tomcat.

Ask us about our tween and teen programs too!

To register, and to get more details on these and other programs, please visit our website at www.winnipeg.ca/library or call us at 204- 986-4747!

Tuesday, July 7: 2:00 - 2:30 p.m. For ages 3 – 5	Tots and Pals Join us at Westwood Library and bring your favorite stuffed animal along for all the fun! Celebrate the summer with silly stories, games and more!
Thursday, July 9 10:30 – 11:30 am	Mr Mark (musical performer)
Tuesday, July 14: 2:30 – 3:30 p.m. For ages 6 - 12	Superhero's Unite Calling all superhero's and comic book fans! Join us for an action packed afternoon of crafts and activities.
Thursday, July 23: 2:30 – 3:30 p.m. For ages 6 - 12	Pirates - "Ship-Ahoy!" Walk the plank with some pirate stories, riddles and create your own unsinkable pirate ship to take home using recyclables and your imagination!
Thursday, July 30: 2:00 – 2:45 p.m. For the whole family	Under The Sea Join us for stories with an ocean theme, a swishy fishy craft, rhymes and songs too! Family style, siblings and grown-ups welcome.
Tuesday, August 4: 2:00 - 3:30 p.m. Ages 9-12	Cubeletes Robotics Get creative with Cubelets, magnetic robot blocks that snap together in hundreds of different ways! Without wiring or programming, you can build a robot that responds to light, sound, temperature and movement.
Tuesday, August 11 2:00 – 3:00 pm	Lulu and the Tomcat (musical performer)



HERITAGE PARK FAMILY RESOURCE CENTRE

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs)

1 Braintree Cres.


Registration Required Contact Jackie at 204-895-2519
Email: frcjackie@mts.net





June 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sansome 9:30 - 11:00	2 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	3 Deer Lodge 9:30 - 11:00	4 Crestview 9:30 - 11:00	5 Buchanan 9:30 - 11:00	6
7	8 Sansome 9:30 - 11:00	9 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	10 Deer Lodge 9:30 - 11:00	11 Crestview 9:30 - 11:00 (Last Day)	12 Buchanan 9:30 - 11:00 (Last Day)	13
14	15 Sansome 9:30 - 11:00 (Last Day)	16 Family Gym 9:30 - 11:00 (Last Day) Lakewood 6:00 - 7:30 (Last Day)	17 Deer Lodge 9:30 - 11:00 (Last Day)	18 Family Picnic 10:30 - 12:30 Heritage Park Family Resource Centre 1 Braintree Cres	19	20
21 Fathers Day Centres Closed 	22	23	24 	25	26 	27
28 Centres Closed	29	30 				

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		TUESDAYS at the PARK 9:30 - 11:00 AM	1	2 THROWBACK Thursdays 9:30 - 10:30 AM	3	4
5	6	7 Suzanne- Jeanette Park 400 Gagnon St Stories/Games by Westwood Library	8	9 Summer Kick Off	10	11
12	13	14 Moray & Bruce Park Bruce Ave/Moray St	15	16 On A Roll	17	18
19	20	21 Robert Browning School Playground 130 Browning Blvd Stories/Games by Westwood Library	22	23 Hula-Baloo	24	25
26 	27 	28 Bourkevale Community Club Playground 100 Ferry Rd Stories/Game by St James Library	29	30 Having a Ball	31 	





August 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 MB School For the Deaf Playground 242 Stradford St	5	6 Horsin' Around	7	8
9	10	11 Linwood School Playground 266 Linwood St Stories/Game by St James Library	12	13 Animal Stompers	14	15
16	17	18 Harvlong & Topaz Park 2 Topaz Rd	19	20 Jump To It	21	22
23	24	25 Living Prairie Museum Playground 2795 Ness Ave 9:30 - 11:00 AM	26	27 Movin' and Grovin'	28	29
30	31					



FAMILY FOCUS

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



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