



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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

FALL
2016

FAMILY FOCUS

THANK
YOU

Thank you for taking time to complete the St. James-Assiniboia Parent Child Coalition Survey this past April. We have reviewed and evaluated your responses to the survey questions and were humbled by the many kind words and praise for our staff and programs. We also identified areas to enhance and have implemented new and exciting changes. This fall we have added more evening sessions including new programs about nutrition, taking time for your own well-being and a family music program. Look for the New symbol inside this newsletter for program details.

Parent Child Drop - In Centres

(For Families with Children birth – 6 years of age)

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.



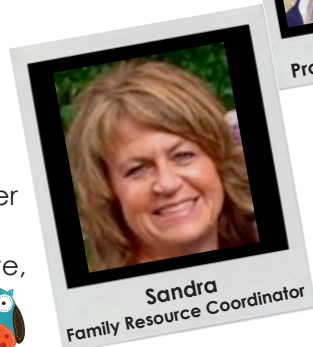
Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 - 11:00 a.m. Sansome School 181 Sansome Ave.	6:00 p.m. - 7:30 p.m. Sansome School 181 Sansome Ave.	9:30 - 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	9:30 - 11:00 a.m. Crestview School 333 Morgan Crescent	9:30 - 11:00 a.m. Buchanan School 815 Buchanan Blvd.

Please Note:

- Sansome School front doors will only be open from 6:00 – 6:15 PM so early arrival on Tuesdays is advised.
- Reminder to please bring indoor shoes during the winter months.

Meet the Staff

The St. James-Assiniboia Parent Child Coalition Staff welcomes all families to their Parent Child Drop In Centres and programs. Moms, Dads, Grandparents and other caregivers are warmly embraced by our staff. Parents are a child's first and most lasting teacher and we are here to support you. Our staff draws on their knowledge and experience to provide interactive, quality programming for you and your little ones!



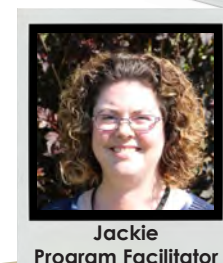
Sandra
Family Resource Coordinator



Joanna
Program Facilitator



Teri
Program Facilitator



Jackie
Program Facilitator

FALL PROGRAMS

Families are invited to join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world! "Rhythm and Rhyme" enhances the social, emotional and intellectual world of the child while improving their motor, language and literacy skills through the gift of music!

Fall Theme: "Jungle Beat"

Dates: Thursday Evenings,
October 6, 13, 20, 27

Time: 6:00 – 7:00 p.m.
Doors open at 6:00 p.m.
Program starts at 6:15 PM

Location: Messiah Lutheran Church
(400 Rouge Rd)

Registration Required:

Online: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

Please join us for a series of sessions to guide you on a journey towards a greater sense of well-being. These interactive sessions will introduce participants to the six ways to well-being including being: active, social, curious, mindful, purposeful, and positive.

Having a sense of well-being can mean many things. It can include feeling satisfied, happy and healthy. Well-being also includes: being connected to others in positive ways through meaningful relationships, having a sense of purpose, learning new things, being resilient and even having fun; all important aspects of well-being.

A Mental Health Promotion Facilitator with the WRHA will facilitate this insightful new program. Participants are invited to join us for all or any of the above sessions.

Registration is preferred and available:

Online www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

*Child minding will be provided but requires pre-registration

Topic: Introduction to Well-being

Date: October 27th

Time: 6:00 – 8:00 pm

Location: 2nd Floor Multi-Purpose Room
Jameswood School (1 Braintree Cres)

Topic: Be Mindful

Date: November 17th

Time: 6:00 – 7:30 pm

Location: 2nd Floor Multi-Purpose Room
Jameswood School (1 Braintree Cres)



Nutrition Night

The St. James-Assiniboia Parent Child Coalition is pleased to partner with the WRHA Public Health to present Nutrition Nights. We have selected a variety of nutrition topics based on your responses from our recent survey. Each session will provide you with the opportunity to gain nutrition knowledge that will empower you to make healthy food choices for you and your family. This program will coincide with our evening Family Gym and child minding will be available.

Registration for child minding is required:

Email: familyresource@sjsd.net Phone: 204-998-8400

Date: Monday November 14th

Topic: Picky Eaters

Date: Monday December 5th

Topic: Menu Planning

Time: 6:15 – 7:15 pm

Location: Westwood Community
Church (401 Westwood Dr)



Book & Cook Club

Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave). No registration required.

Date: September 28th

Book: Ten Red Apples

Cook: Apple Turnovers

Date: October 26th

Book: Plumply, Dumpy, Pumpkin

Cook: Pumpkin Pie in a Jar

Date: November 30th

Book: Bear Snores On

Cook: Granola Snack Bites



Shake, Rattle & Roll

Shake, Rattle & Roll promotes the importance of physical activity in pre-school play and offers a variety of games and equipment to develop children's gross motor skills. ** Registration is not required, just drop in and join the FUN!

Fridays

September 23rd & 30th

October 7th & 14th

9:30 – 10:30 a.m.

Westwood Community Church
401 Westwood Drive



Family Chefs

Family Chefs is a five-week cooking program for families with children 3-5 years of age. Together, adults and children prepare tasty and nutritious recipes as well as participate in fun interactive activities.

Mondays,

October 17th, 24th & 31st

November 7th & 14th

9:30 – 11:30 a.m.

Bourkevale Community Centre
100 Ferry Road

Registration Required.

Register online www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

Intergenerational Event

Try out
Floor Curling
and More!

Free Exercise
Bands!

**Family FUN
for Everyone**

November 22

Hop, Skip and Jump to Fun!
Activities For All Ages facilitated by:
Fit Kids Healthy Kids



St. James Assiniboia 55+ Centre & St. James Parent and Child Coalition invite you to a Free community event with activities for all ages.



Date: Tuesday, November 22nd

Time: 5:30 p.m. - 7:30 p.m.

Location: Civic Centre Gymnasium (2055 Ness Ave)

FREE: Pizza Dinner

To Register:

Families of the Parent Child Coalition
please RSVP to familyresource@sjsd.net

Members of the 55+ Centre please RSVP to meaghan@stjamescentre.com

Let us know how many will be attending

PARENTING



PARENTING TODAY WORKSHOPS

(Sponsored by the St. James-Assiniboia Parent-Child Coalition)



Workshops held from 6:00 p.m. - 8:00 p.m.

Jameswood School

(1 Braintree Crescent, off Olive & Ness)
Educational Support Services

To register please contact Arlie Williams-Taylor
at 204-885-9555 or email ptregistrations@sjsd.net



FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. Free pizza supper will be offered from 6:00 - 6:30 p.m. with the session taking place from 6:30 p.m. - 8:00 p.m.

Tuesday October 4th

Concussions in Students and their Impact on School Performance

Presented by: **Nicole Beauchesne**- Occupational Therapist,
Concussion Care Community Clinic



Tuesday October 11th

Triple P- Seminar 1: 'The Power of Positive Parenting'

Presented By: **Kristy Wake**, Behavior Intervention Resource Teacher,
Educational Support Services, St. James-Assiniboia School Division

Tuesday October 18th

Triple P- Seminar 2: 'Raising confident, competent children'

Presented By: **Kristy Wake**, Behavior Intervention Resource Teacher,
Educational Support Services St. James-Assiniboia School Division

Tuesday October 25th

Triple P- Seminar 3: 'Raising Resilient Children'

Presented By: **Kristy Wake**, Behaviour Intervention Resource Teacher,
Educational Support Services, St. James-Assiniboia School Division

Tuesday November 1st

Coaching for Confidence

Presented By: **Dr. John Walker**



Tuesday November 15th

Families are where our stories begin

Presented by: **Alison C. Arnot, M.D., CCFP, FCFP.**



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.

Program Starts Tuesday September 13th

Tuesday Mornings 9:30 - 11:00 a.m.
Westwood Community Church
401 Westwood Drive

Program Starts Monday November 7th

Monday Evenings 6:00 - 7:30 p.m.
Westwood Community Church
401 Westwood Drive

Manitoba Parent Line

Parents can access the Manitoba Parent Line to receive free, confidential parenting support, tips and strategies by trained counselors Monday to Friday from 8:00 AM – 8:00 p.m.

CALL 204-945-4777

Toll free 1-877-945-4777

Manitoba Parent Zone Website

The Manitoba Parent Zone website provides parents with plainly written, trusted parenting and child development information that they can use to make informed decisions on behalf of their children and families. The website includes links to resources on Manitoba-based public education and public health campaigns. It also includes an Ask an Expert forum that allows parents to submit questions to subject matter experts for response.

www.manitobaparentzone.ca

Support children's
social and physical
development by
reducing screen time.



HEALTHY LIVING



To snack or not to snack: that is the question.

We are bombarded with multiple nutrition messages daily in the newspaper, television and on social media. Sometimes this constant information stream makes parenting more difficult than it needs to be. I'm sure you've heard that snacks are important for children. Snacks provide a way for children with small appetites to get the various nutrients they need and enough calories daily to grow and develop. On the flip-side random, non-stop snacking can lead to problems with weight and appetite control. Children lose their natural ability to experience hunger and fullness if provided snacks all through the day. So what's a parent to do?

Keep the following principles in mind for smart snacking!

- Young children do need to eat more often throughout the day - usually every 3-4 hours.
- **Offer 3 meals per day at regular times** and at least 2 snacks.
- **Schedule snacks mid-way between each meal** allowing a couple hours before the next meal starts. This way children are coming to the table hungry and ready to eat. Children eat better at meal time and at snack time if there is a regular routine for eating.
- **Avoid snacking on the "run"**. Plan a sit-down snack at routine times where children stop and focus on the task at hand; which is eating! Children can miss the body's hunger and fullness cues when they eat while playing or watching television.
- **Don't give in to children begging** for foods right after meals. Even the smallest of eaters can wait until snack time to eat again. Offer water to quench thirst.
- **Consider nutrition to make the most from the snacks you provide.** A good rule to follow is to offer a serving from at least two of the food groups from Canada's Food Guide to Healthy Eating at each snack. For example; yogurt with berries, cheese cubes with raw veggies or whole grain crackers with hummus.

Submitted by Martina Gornik-Marion, RD., WRHA Public Health Dietitian



Healthy Smile Healthy Child

http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

Birth to 3 years:

use a rice grain size amount of toothpaste

3+ years:

use a green pea size amount of toothpaste

2 for 2

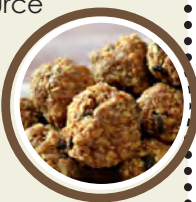
Remember to brush your kids' teeth for two minutes at a time, once before school or daycare and once before bed. Also, don't forget to floss before bedtime!

Keep helping your child brush and floss their teeth until 8-years-old

Children do not have the dexterity to properly brush and floss all surfaces of their teeth until this age. Help your child be healthy!

NO-BAKE GRANOLA BITES

These tasty granola bites are high in fibre, protein packed and offers a source of omega-3 fats from crushed flax seed. Made with nut-butter alternatives, like "SunButter" or "Wow Butter", makes these a great snack that can be sent to daycare or school.



Ingredients

- 1 cup Old-fashioned rolled oats
- $\frac{2}{3}$ cup Unsweetened coconut flakes
- $\frac{1}{2}$ cup 'SunButter™' or 'Wow Butter™'
- $\frac{1}{3}$ cup Ground flax seed
- $\frac{1}{4}$ cup Wheat germ (optional)
- $\frac{1}{2}$ cup Seeds (i.e. sunflower, pumpkin, hemp, or any combination - optional)
- $\frac{1}{3}$ cup Liquid honey (or melted honey)
- 1 tsp Vanilla extract
- $\frac{1}{2}$ cup Raisins or 'Craisins' or any combination of chopped dried fruit

Method

1. Stir all ingredients together in a medium size mixing bowl until thoroughly mixed.
2. Chill in refrigerator for half an hour.
3. Once chilled, roll into balls (approx. 2.5 cm (1") in diameter works best).
4. Store in an airtight container in the refrigerator for up to 1 week.

Tip

If you are not using flax seed or wheat germ, add an extra $\frac{1}{2}$ cup of oats.

Recipe Adapted from Comfort of Cooking: www.thecomfortofcooking.com/2013/02/no-bake-granola-energy-bites.html



AROUND THE COMMUNITY



CITY OF WINNIPEG FREE PUBLIC Swimming & Skating



Effective October 2 - December 10, 2016

Free Public Swimming

**ST. JAMES-ASSINIBOIA
CENTENNIAL POOL
644 PARKDALE ST**

Wednesdays
2:00 p.m. - 4:30 p.m.

**ST. JAMES-ASSINIBOIA
CIVIC CENTRE
2055 NESS AVE**

Fridays
7:30 p.m. - 9:30 p.m.

Free Public Skating

**ST. JAMES-ASSINIBOIA
CIVIC CENTRE
2055 NESS AVE**

Mondays
11:00 a.m. - Noon
Sept. 26 - Dec. 19

Saturdays
2:15 p.m. - 3:15 p.m.
Oct. 1 - Dec. 17

WINNIPEG PUBLIC LIBRARY PROGRAMS

Registration for All Programs Begins on Friday, September 9th
Register in person or by calling 204-986-4747

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

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

Baby Rhyme Time

Ages newborn to 24 months & caregiver.
Rhymes and stories for baby and caregiver, siblings welcome.

**Thursdays
at 1:30 p.m.**

Time for Twos

Ages 24-36 months & caregiver
Stories, songs and Rhymes, siblings welcome!

**Tuesdays
at 10:30 a.m.**

Family Story Time

Story time for children ages 3-5 years old. Stories, songs and Fun! Parents and siblings welcome!

**Thursdays at 10:30 a.m.
(Drop-In!)**

St. James Assiniboia 55+ Centre



**3 - 203 Duffield Street
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.

BREASTFEEDING SUPPORT GROUP

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

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

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



Un Centre de la petite enfance et de la famille (CPEF) est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le 204-885-8000 poste 133 ou par courriel à romeodallaire@cpefmb.org.



HERITAGE PARK FAMILY RESOURCE CENTRE

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

Registration Required

Contact Jackie at 204-895-2519 Email: frjackie@mts.net
1 Braintree Cres.



MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491

www.familyforce.ca/ / www.facebook.com/WinnipegMFRC

Kids Care Casual Child Care

Child Care on a casual basis for children 6 Months - 5 years of age. Register by calling 204-833-2500 ext. 2491 up to a week in advance.

Tuesdays and Thursdays

Hours: 9:00 - 12:00, 1:00 - 4:00 or 9:00 - 4:00
(Fees Apply)

CREATIVE TOTS

A free program that offers parents/caregivers and their children crafts, songs, stories and free play.

Thursdays 9:30 - 11:00 am
Westwin Children's Centre, 642 Wihuri Rd

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 mths)

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**



September 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 
4	5 Labor Day	6	7	8	9	10
11	12 Sansome 9:30 - 11:00 AM	13 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	14 Deer Lodge 9:30 - 11:00 AM	15 Crestview 9:30 - 11:00 AM	16 Buchanan 9:30 - 11:00 AM	17
18	19 Sansome 9:30 - 11:00 AM	20 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	21 Deer Lodge 9:30 - 11:00 AM	22 Crestview 9:30 - 11:00 AM	23 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	24 
25 	26 Sansome 9:30 - 11:00 AM	27 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	28 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	29 Crestview 9:30 - 11:00 AM	30 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 Sansome 9:30 - 11:00 AM	4 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	5 Deer Lodge 9:30 - 11:00 AM	6 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	7 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	8
9	10 Thanksgiving Day Programs Closed	11 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	12 Deer Lodge 9:30 - 11:00 AM	13 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	14 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	15
16	17 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	18 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	19 Deer Lodge 9:30 - 11:00 AM	20 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	21 Buchanan Closed	22
23	24 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	25 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	26 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	27 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM Ways to Well-being 6:00 - 8:00 PM	28 Buchanan 9:30 - 11:00 AM	29
30 	31 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM					



November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	2 Deer Lodge 9:30 - 11:00 AM	3 Crestview 9:30 - 11:00 AM	4 Buchanan 9:30 - 11:00 AM	5
6	7 Sansome 9:30 - 11:00 AM Family Chefs 9:30 – 11:30 AM Family Gym 6:00 – 7:30 PM	8 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	9 Deer Lodge 9:30 - 11:00 AM	10 Crestview 9:30 - 11:00 AM	11 Remembrance Day Programs Closed	12
13	14 Sansome 9:30 - 11:00 AM Family Chefs 9:30 – 11:30 AM Family Gym 6:00 – 7:30 PM Nutrition Night 6:15 – 7:15 PM	15 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	16 Deer Lodge 9:30 - 11:00 AM	17 Crestview 9:30 - 11:00 AM Ways to Well-being 6:00 – 8:00 PM	18 Buchanan 9:30 - 11:00 AM	19
20	21 Sansome 9:30 - 11:00 AM Family Gym 6:00 – 7:30 PM	22 Family Gym 9:30 – 11:00 AM (Sansome Cancelled) Fit FUN for Everyone 5:30 - 7:30	23 Deer Lodge 9:30 - 11:00 AM	24 Crestview 9:30 - 11:00 AM	25 Buchanan Closed	26
27	28 Sansome 9:30 - 11:00 AM Family Gym 6:00 – 7:30 PM	29 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	30 Deer Lodge 9:30 - 11:00 AM Book & Cook Club			

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**

Sandra Doell

Family Resource Coordinator
204-998-8400

Lynda McCausland
Copy Consultant



Family Focus Winter Issue will be available December 2016