

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



**Winter**  
2020-2021

# FAMILY FOCUS

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

*Greetings,*

With the end of 2020 quickly approaching, we hope families are keeping healthy and safe as we adapt to the realities of the Covid-19 pandemic. We have certainly seen our daily routines and interactions turned upside down. Unfortunately, all of our Parent Child Drop In Centres and in-person programming will remain closed until public health restrictions are lifted.

Our team has been hard at work developing new online programming and we encourage you to stay connected with the Coalition by joining us online. A complete list of our new programs and details can be found below.

Although we all miss playtime, hugs, smiles and visiting, we remain committed to do our part to keep our community safe. We look forward to seeing you all again in 2021.

**Happy Holidays** from Krista, Teri and Sandra.

## Virtual Storytime

While we are unable to gather as a group physically we can enjoy stories and rhymes together virtually!

Join us via Zoom each week as we share stories and rhymes live via your home computers, phones and tablets!



**Mondays at 2:00 p.m. & Fridays at 10:00 a.m.**

**November 23, 27 – Winter Friends**

**November 30, December 4 – Snow Much Fun**

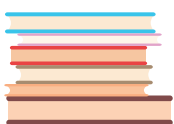
**December 7, 11 – Snowmen**

**December 14, 18 – Christmas**

**January 11, 15 – Proud to Be me**

**January 18, 22 – Family Fun**

**January 25, 29 – Fun To Be A Friend**



To participate email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca) and we will provide you with the Zoom link that you need!

**Log in and enjoy the fun ... Together while apart!**

## Zoom Music

While we are unable to gather as a group physically we can enjoy songs and rhymes together virtually!

Families are invited to join us via Zoom each week as we bring this special music program to you live via your home computers, phones and tablets!



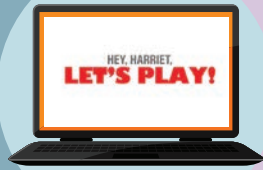
**10:00 a.m.**

**January 14, 21 and 28**

Just email your name and the name(s) and age(s) of your children to [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca) and we will provide you with the Zoom link that you need to participate!

**Log in and enjoy the fun as we sing and dance ... Together while apart!**

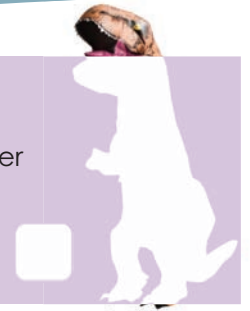




## "Hey, Harriet, Let's Play!" Videos

Join us for weekly adventures as we take our play outside and discover nature! You may even spot a TRex.

Videos will be posted on our facebook page,  
Tuesdays at 10:00 a.m.



## Wednesday's Wonderful Web-Finds:

**Running out of ideas?** Check out our Facebook page each Wednesday for links to online resources, games, crafts and more for you and your child to explore.



## ICE ART

### Supplies:

1. Bundt cake pan OR a round cake pan with a smaller round container and some rocks, or coins (something heavy to fill the small container)
2. Assortment of sticks, berries, acorns, pinecones, leaves, etc.
3. Ribbon or string

Arrange the items you found outside in your cake pan. If you are using a round cake pan, place the smaller container at the top about two inches from the edge and fill with something heavy.

Fill the cake pan with water and leave outside to freeze overnight.

The next day, bring the cake pan into the house for a couple minutes to thaw slightly so your Ice Art will pop out of the pan easily.

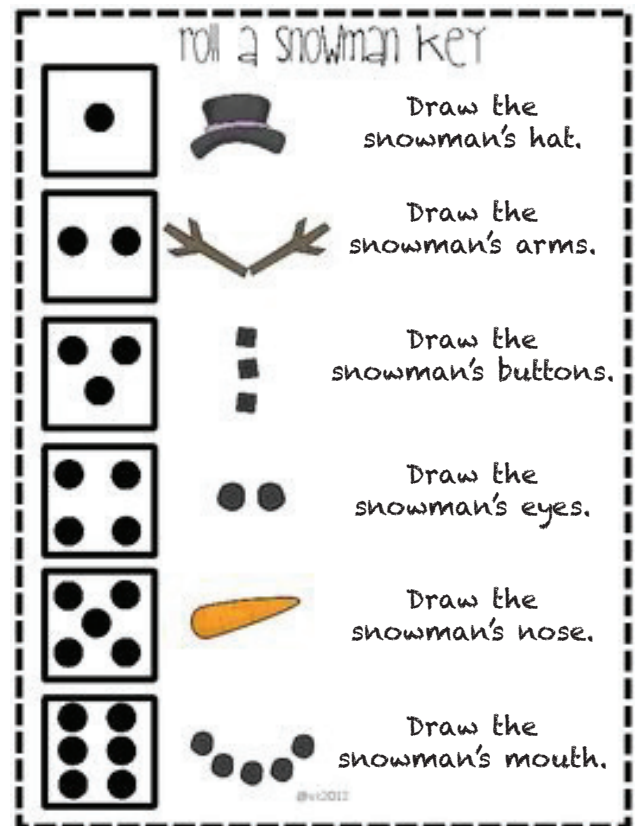
Tie a ribbon through the hole you made or through the center of the ice if you used a Bundt pan.

### Hang outside and enjoy!



## SNOWMAN DICE GAME

Grab a dice and have fun playing this game. Children can either draw the items or you could provide them with three white circles to make a snowman and have the snowman parts pre-cut for them. Each time the child rolls the dice they add the corresponding snowman part to their drawing. Continue to roll the dice until all parts of the snowman are completed.



@St. James-Assiniboia Parent Child Coalition or visit us online: [www.sjapcc.ca](http://www.sjapcc.ca)



## Snowman Snack

### Ingredients:

- Dried Cranberries or Craisins
- Pretzel Sticks
- Mozzarella Cheese

Cut circle shapes out of the Mozzarella Cheese and lay three out in a vertical line.

Press the Craisins gently into the cheese for the Snowman's eyes, nose and buttons.

Add more Craisins for the hat (Optional – and for the bottom of the ground).

Take 2 pretzel sticks and break them into thirds. Stick one longer piece for each of the arms and then place remaining two pieces at the end for the hands.

Enjoy!



## French Toast Mittens

### Ingredients:

- Whole Wheat Bread
- 1 egg
- ¼ Cup of Milk
- ¼ Cup of Sugar
- 1 Tbsp of Cinnamon



Using a mitten cookie cutter (or any other shaped cookie cutter) cut out shapes with the bread.

Whisk together milk and eggs.

Mix sugar and cinnamon and set aside.

Dip the mittens into milk and egg mixture.

Spray frying pan with cooking spray or melted butter.

Lay the dipped bread in the frying pan and cook slowly until golden brown, flip and do the same for the other side.

Move them to a plate and gently sprinkle with sugar/cinnamon mixture.

Serve with a little yogurt, applesauce or syrup for dipping.

Enjoy!



happyhooligans.ca

## Winter Yoga for Children

Take a little time out of the day to practise these fun yoga poses with your child. Yoga provides many benefits including; helping to manage anxiety, promotes self-esteem and develops strength and flexibility.

### Snowman Pose (Star Pose)

Stand with feet apart and arms stretched out to the side.

### Ice Skater Pose (Dancer Pose)

Standing, bend one foot up behind you and hold that foot with same side hand. Lift the other arm over your head and hold this pose.



### Ski Pose (Chair Pose)

Stand tall and feet together, bend your knees like you're going to sit down, reach arms up alongside your ears and move your hips side to side like you are skiing.

### Snowball Pose (Happy Baby Pose)

Lie on your back, bring your knees up towards your belly and hold your feet. Gently rock your body side to side.

### Snowboard Pose (Warrior Pose)

Raise your hands high over your head, palms facing together. Turn your back foot so toes are pointing away from your body and bend your front knee.

### Care for Your Mental Health

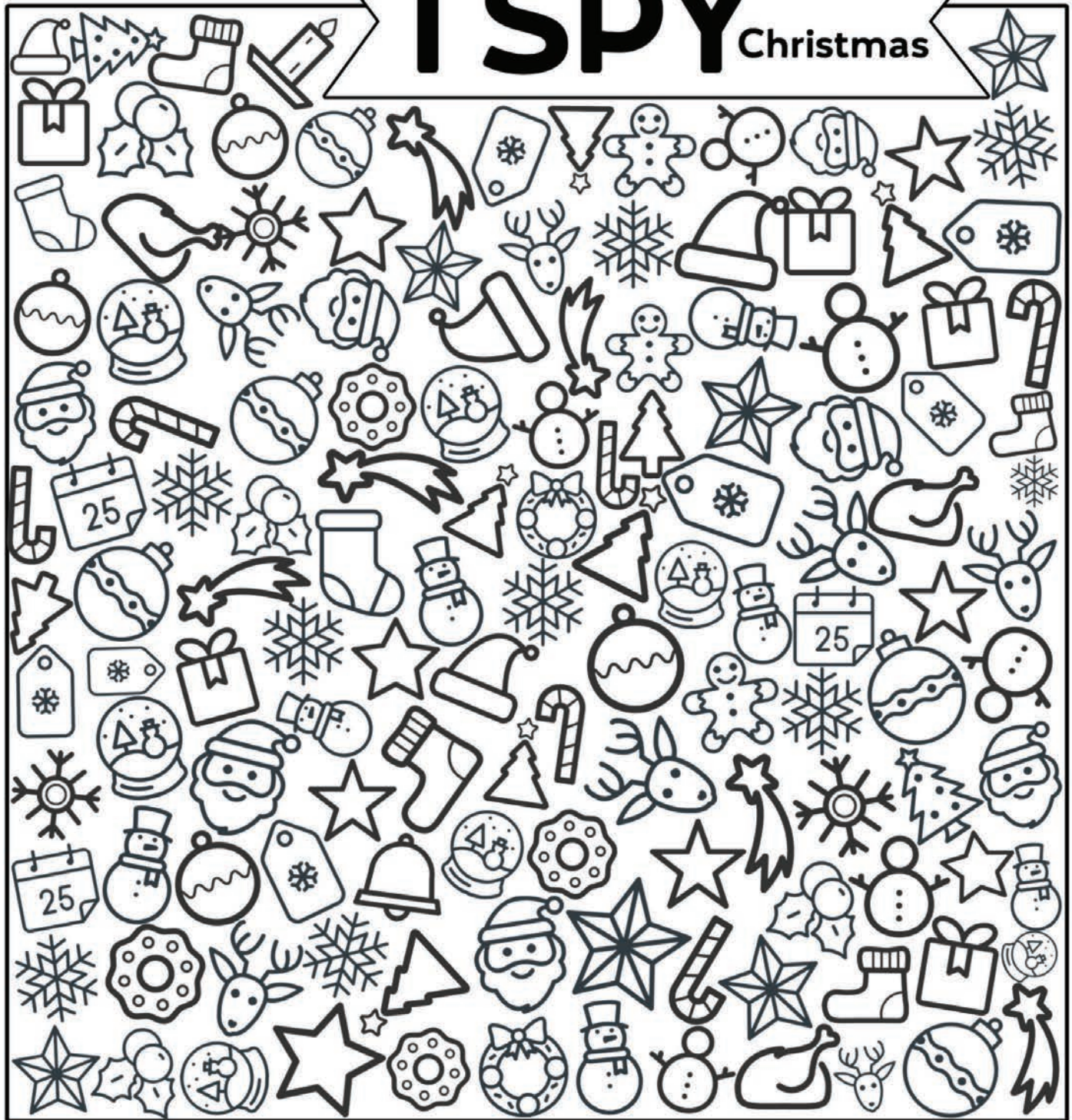
<https://www.gov.mb.ca/covid19/bewell/index.html>

### Mental Health Resources for Winnipeg

[www.mbwpg.cmha.ca](http://www.mbwpg.cmha.ca)



# I SPY Christmas



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
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| 3 |  | 2 |  | 4 |  | 6 |  | 2 |  | 7 |  | 3 |  | 9 |  | 6 |  | 3 |  |

[papertraildesign.com](http://papertraildesign.com)



# Songs/Fingerplays

## Snowkey Pokey

You put your mittens in, You take your mittens out,  
You put your mittens in and you shake them all about.  
You do the Snowkey Pokey and your turn yourself  
around.

That's what its all about.

### Additional Verses:

You put your scarf in  
You put your hat in  
You put your boots in  
You Put your whole self in.



## The Mittens on My Hands

(Tune: Wheels on the Bus)

The mittens on my hands  
Keep me warm,  
Keep me warm,  
Keep me warm,  
The mittens on my hands  
Keep me warm,  
All winter long.

### Additional Verses:

The hat on my head  
The jacket on my body  
The boots on my feet



## I Built a Snowman

(Tune: The Itsy Bitsy Spider)

I built a snowman (make a large circle with arms)  
He had a carrot nose (point to nose)  
Along came a bunny (holdup bent fingers)  
And what do you suppose? (shrug)  
That hungry little bunny (make bunny again)  
Looking for his lunch (hop bunny around)  
Ate the snowman's nose (pretend bunny is eating  
nose)  
Nibble! Nibble! Crunch! (pretend to be eating  
carrot)

## Snowflake on my Nose

(Have children point to body parts)

There's a snowflake on my nose, on my nose!  
There's a snowflake on my nose, on my nose!  
I caught this little flake,  
Now I give a little shake!  
There's a snowflake on my nose,  
On my nose!

### Additional Verses:

On my head  
On my knee  
On my foot  
On my elbow



## FAMILY FOCUS

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Visit St.James-Assiniboia Parent  
Child Coalition online at  
[www.sjapcc.ca](http://www.sjapcc.ca)



Connect with us on Facebook

## EDITORIAL BOARD



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*Supported by Child and Youth Services, Department of Families*

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