

Family Connections News Letter

May 2014

Simple Science

Plant Journey

Materials:

3 bean seeds
Cardboard box with dividers and lid
Small pot
Potting soil
Tape

Directions:

1. Plant the seeds in the pot and water them.
2. Cut 5cm diameter holes in the box dividers and one in the outside wall.
3. Place the pot of seeds in the box as far from the outside hole as possible.
4. Place the box in a sunny window and seal it up. Open the box to water the plants once in a while. The growing stems will find their way through the box to the outside.
5. Why? Shoots respond to light by growing towards it.

- B. McDonald and E. Grace



Rhyme Time

Houses

Here is the nest for the robin.

(Cup hands together)

Here is a hive for the bee.

(Make a fist)

Here is a hole for the bunny.

(Make a circle)

And here is a house for me!

(Hold up hands, palms facing, and bend fingers to make a roof)



Quoted

If I had my Child to Raise Over

Materials:

A small box (toothpaste etc.)

Nakusp Childcare Society/Success by Six

Box 285 Nakusp, B.C. V0G 1R0 20-8th Ave. N.W.

Phone: (250)-265-4666 Fax: (250)-265-4787 nccs@nakusp.net

Website: www.nakuspchildcare.com



Again

If I had my child to raise all over again,
I'd finger-paint more, and point fingers less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd build self-esteem, and the house later.
I would be firm less often, and affirm much more.
I'd teach less about the love of power, and more about the power of love.

- D. Loomans

Health Hints

Over 80 % of learning activities involve vision

Since a child's eye are constantly in use in the classroom and at play, undiagnosed vision concerns can seriously affect a child's abilities, success, and confidence at school.

Because vision changes can occur quickly during childhood and may not have any signs, children should be examined regularly through the school years. The earlier vision problems are identified the more successfully then can be treated. Children in kindergarten will be screened at their school by Interior Health vision Screeners.

All children can receive free eye care examinations (optometrist and ophthalmologist) under the BC Medical Services Plan. However, some eye care doctors may charge a small user fee.

Keep your child's eye safe and healthy

- Do not let your child play with sharp items (darts, scissors, or sharp toys.)
- Protect your children's eyes from flying objects.
- Keep children at least 3 metres (8-10 feet) from the TV.
- Wear a wide brim hat and sunglasses (99 – 100 % UVA and UVB protection) with a wrap-around design to cover eyes.
- Eat fruits and vegetables

Craftiness

A Priceless Gift

An easy keepsake that says "I love you".

Wrapping paper
Writing paper
Ribbon

Directions:

1. Wrap the box and tie with ribbon.
2. Write out the following poem.

I took an ordinary box
As empty as can be
I filled it with a special gift
And wrapped it carefully.

But please don't ever open it
Just leave the ribbon tied
And hold it tightly near your heart
Because my love for you is inside!



Trouble-free Recipe

Apple Ladybug Treats

A quick, fun and healthy snack.

Ingredients:

Apple
6 straight pretzels
Peanut butter
Raisins

Directions:

1. Slice the apple in half and remove the core.
2. Stick three legs on each side of one half, and two at the 'head' for antennae.
3. Use peanut butter to affix raisin 'spots'.



PROGRAM DESCRIPTIONS:

Strong Start – a school-based early learning program. Free drop-in for parents or caregivers and their preschool children. Locations at Nakusp Elementary School, Lucerne School/Preschool Room, Edgewood Elementary, Burton Elementary and Fauquier Communication Centre.

Nakusp: Monday/Wednesday/Friday 9 –12, Tuesday and Thursday's from 12:30 – 3:30.

New Denver hours: Monday and Friday's 9 –12, Tuesday and Thursday's is 2 –5pm and Wednesday's 11-2, and includes gym time and lunch. Gym time 11-12 on Monday/Wednesday/Friday

Southern Zone StrongStart: Monday 8:30 –11:30 @ EES & 12:15 – 3:15 @ Burton Learning Center, and Wednesday's 9-12 @ Fauquier Communication Center & 12:30 – 3:30 @ EES.

Parent Child Mother Goose - The Parent-Child Mother Goose program is a group experience for parents and their babies and toddlers, which focus on interactive rhymes, songs, finger plays and stories. **Programs in New Denver on Wednesday's at the Knox Hall and starting in Nakusp at Nakusp StrongStart on Thursday at 10:00 am.**

Pitter Patter Playgroup - This is a drop-in group for parents/caregivers and children ages 0-21/2 years of age. We hope this group will provide parents/caregivers of infants, crawlers and first time walkers a place to meet and exchange ideas about milestones, first foods and baby steps. This program is at Nakusp StrongStart. **Thursday's at 9:15 to 11:30 am.**

Visit Nakusp Public Library

Open hours:

Monday	6:00 – 9:00
Tuesday	12:00 – 5:00
Wednesday	12:00 – 5:00
Thursday	12:00 – 5:00
Friday	12:00 – 5:00
Saturday	12:00 – 5:00

Check out Nakusp Public Library for Gardening books and other wonderful books about spring!

Don't forget that library cards are free to all residents of Nakusp and area; it's YOUR library.

Ready Set Learn Sessions

You are invited to come to free sessions of free fun activities. (Learning activities, free play, snack and much more)

Who: For parents and their children born in year 2010.

When: May 5th, 12th & 26th.

(1:00 – 2:30 pm @ Nakusp StrongStart)

Watch for dates for Southern Zone and New Denver!

Nakusp Childcare Society/Success by Six

Box 285 Nakusp, B.C. V0G 1R0 20-8th Ave. N.W.

Phone: (250)-265-4666 Fax: (250)-265-4737 nccs@nakusp.net

Website: www.nakuspchildcare.com