

FORT GARRY/ST. NORBERT HEALTHY CHILD COALITION

WINTER NEWSLETTER

WHAT WE OFFER

Check out all the great programming that we will be offering this winter!

PAGE 2 & 3

WINTER CALENDAR

Want an overview of all our programs to print out and put on the fridge? Here's that page!

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THE BENEFITS OF FAMILY CENTRES

How are you helping your child by bringing them to our program? Here's the answer!

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Happy New Year and Welcome Back!

We are excited to be back!

Our winter line-up offers many options for families. There's programming for everyone's needs and interests. Programs with fun interactive songs and rhymes, special story times, arts and crafts, jumping, running and other fun ways of developing gross motor skills that will get your child's wiggles out! We also have a zoom option Monday mornings and Monday evenings if you are at home and can't attend in person.

Be sure to read on for descriptions of all the different programs available. Common elements in all our programming: They are interactive, literacy based, and most importantly we have fun! Our enthusiastic facilitators are looking forward to seeing everyone! Bundle up and drop-in and don't forget to bring your indoor shoes.

See you soon!

Coalition Team



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KINDERGARTEN INFORMATION EVENINGS.....PG 6

Fort Garry/St. Norbert
Healthy Child Coalition





OUR WINTER PROGRAMS

We are offering 3 fun, interactive literacy and numeracy based programs this winter. Check them out!

Parc la Salle Family Centre

Parc la Salle School
190 Houde Drive
Tuesday & Thursday mornings 9:15-11am

This program focuses on developing your child's literacy and numeracy skills through free play, crafts, songs and story time!

January 24th - March 16th, 2023



Waverley Heights - Tales for Tots

Waverley Heights Community Centre
1885 Chancellor Drive
Thursday mornings - 9:30-11:15am

This drop in-program focuses on developing your child's literacy skills through play, crafts, songs and interactive story time.

January 26th-March 16th, 2023



Let's Explore:

Bringing outdoor play inside

Dalhousie School
262 Dalhousie Drive
Wednesday mornings
9:30-11:15am

Ready to bring the outdoors in?

Join us, as we explore all the joys of winter through indoor play! We'll be playing with ice and snow, conducting kid friendly science experiments, doing arts & crafts and so much more!

Hope to see you there because winter is un-brr-lieveably fun!

January 25-March 15, 2023

ZOOM MONDAYS

January 30th - March 13th

ABC's & 123's Sing-along

Monday mornings

10:00-10:30am

Zoom

Each Monday morning we will learn about the alphabet and counting from 1-10 through fun songs, lively games and interesting books. Can we count on you to be there?

Bedtime Fun!

Monday evenings

6:30-7:00pm

Zoom

Join us as we learn soothing songs and read relaxing books as we help your little one get ready for bed and for the week ahead.

The Zoom links for both of these programs will be available through our Facebook page every Monday morning by 9am. Or you can email us for the link. (coalition.admin@fgsn.ca)

LET'S GET PHYSICAL!



We offer two great programs to get you and your little one moving...something we all need, especially during these cold winter months!

Richmond : Jumping Gym Time

Richmond Kings Community Centre

666 Silverstone Ave.

Friday mornings and afternoons

9:30-11:15am & 1:00-2:45pm

This program focuses on developing your child's gross motor skills through songs, stories and games!

January 27th - March 17th, 2023



Wiggle, Giggle & Munch

R.H.G. Bonnycastle School

1100 Chancellor Drive

Wednesday evenings

6:00-7:30pm

Our popular evening program is back again! A time for parents and children to have fun together through active play, games, songs and more!

January 25th - March 15th, 2023

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	23	24 Parc la Salle Family Centre 9:15-11am	25 Let's Explore Dalhousie Program 9:30-11:15am Wiggle, Giggle & Munch 6:00-7:30pm	26 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:30-11:15am	27 Richmond Jumping Gym Time 9:30-11:15am & 1:00-2:45pm	28 
29	30 Zoom Mondays 10:00-10:30am & 6:30-7:00pm	31 Parc la Salle Family Centre 9:15-11am	1 Let's Explore Dalhousie Program 9:30-11:15am Wiggle, Giggle & Munch 6:00-7:30pm	2 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:30-11:15am	3 Richmond Jumping Gym Time 9:30-11:15am & 1:00-2:45pm	4

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 Zoom Mondays 10:00-10:30am & 6:30-7:00pm	7 Parc la Salle Family Centre 9:15-11am	8 Let's Explore Dalhousie Program 9:30-11:15am Wiggle, Giggle & Munch 6:00-7:30pm	9 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:30-11:15am	10 Richmond Jumping Gym Time 9:30-11:15am & 1:00-2:45pm	11
12	13 Zoom Mondays 10:00-10:30am & 6:30-7:00pm	14  Parc la Salle Family Centre 9:15-11am	15 Let's Explore Dalhousie Program 9:30-11:15am Wiggle, Giggle & Munch 6:00-7:30pm	16 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:30-11:15am	17 Richmond Jumping Gym Time 9:30-11:15am & 1:00-2:45pm	18 
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Flu Season is Here!

The flu can spread easily from person to person through coughing, sneezing, or sharing food and drinks. You can get the flu by touching objects contaminated with the flu virus and then touching your mouth, eyes, or nose. Do your part in preventing the spread of the flu by staying home when you or your child are feeling ill.

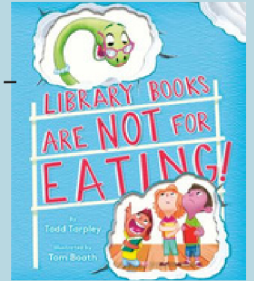
I Love to Read Month

BOOK RECOMMENDATIONS

Library Books are not for Eating!

by Todd Tarpley

"Ms. Bronte loves being a teacher, but she has one small problem . . . she also really loves eating books. Did I mention she's also a dinosaur?"--



BENEFITS OF ATTENDING PROGRAMS

Here are 9 reasons why you should be attending our FREE programs

We offer a wonderful opportunity and playful setting for parents and children to enjoy together.

Our story time and activities help create a love of literacy and learning

We provide fun games and activities that support numeracy and phonetic learning.

Socializing with other children helps with developing both social and emotional skills

Attending programming helps reinforce routine and structure that will give them a head start in kindergarten.

Our physical activity programs help develop your child's gross motor skills, such as jumping, running, throwing, catching, etc

Socializing with other children and adults helps support language development

We provide craft and other activities that aid in the development of your child's fine motor skills (development of these muscles supports writing, feeding oneself, buttoning, zipping, etc)

It's Fun!



Chubby Snowman



There was a chubby snowman
He had a carrot nose
Along came a bunny
And what do you suppose?

That hungry little bunny
was looking for some lunch



He ate that snowman's carrot nose
with a Nibble, Nibble Crunch!

Nibble, Nibble, Crunch!

Nibble, Nibble, Crunch!

He ate that snowman's carrot nose
with a Nibble, Nibble crunch!



I'm a little Snowman

I'm a little snowman short and fat.
Here are my buttons, here is my hat.
When the sun comes out I cannot play.
Slowly I just melt away.



Kindergarten Information Evenings

Please note:

Children registering should be turning 5 on or before December 31, 2023



Pembina Trails School Division	Date	Time
Bairdmore School	February 9th	6:00pm
Bison Run School	February 28th	5:30pm
École Bonnycastle School	February 15th	6:30pm
Chancellor School	February 1st	6:00pm
École Crane	February 23rd	6:00pm
Dalhousie School	February 9th	6:00pm
General Byng School	February 7th	6:30pm
Linden Meadows School	February 15th	6:00pm
Oakenwald School	February 9th	6:00pm
Prairie Sunrise School	February 7th	6:00pm
Ralph Maybank School	February 16th	5:30pm
École St. Avila	February 16th	6:00pm
École South Pointe School	February 9th	6:00pm
École Van Wallegghem School	February 8th	6:00pm
Whyte Ridge School	February 8th	6:00pm
Seine River School Division		
École St. Norbert Immersion	January 26th	6:30pm
Parc la Salle School	January 24th	TBA
Division scolaire franco-manitobaine		
École Noël-Ritchot (Registration Jan. 23-27)	contact school	TBA



South Winnipeg Family Information Centre

FREE

Preschool & Toddler Series For Parents of children from birth to age 5

These 2 hour workshops will help you to navigate the common challenges parents face when parenting a toddler. Learn valuable tips, strategies and communication tools to help your toddler manage their emotions and behaviour. Feel free to register for one session or as many as you like! All sessions will be held on Zoom **All sessions are FREE, courtesy of the Fort Garry/St. Norbert HCC*

Tantrums, Tears & Tired Parents

Thursday, Feb. 9, 2023
9:30-11:30am
(on Zoom)

Learning to share

Thursday, Feb. 16 2023
9:30-11:30am
(on Zoom)

Counting Sheep and Healthy Sleep

Thursday, Feb. 23, 2023
9:30-11:30am
(on Zoom)

The Stress of Being a Parent

Thursday, March 2, 2023
9:30-11:30am
(on Zoom)



Check out programs and services for parents at South Winnipeg Family Information Centre including Dads Matter, Circle of Security Parenting, Anxiety in Children, and Triple P Positive Parenting. For programs with fees, fees can be waived upon request



800 Point Road, lower level
www.swfic.org
204-284-9311

