



From the Principal's Desk...

Looking Back...

June already? Where has the year gone? May was probably one of the most beautiful in recent memory and I know our staff and students took advantage of the nice weather with many outdoor activities. Our grade six class took part in a trip to the Legislature, grade four and five classes travelled back in time to the Fort Museum and our kindergarten class visited safety city. We also had a chance to thank our many volunteers with a luncheon to show our appreciation for all they do to make Bruderheim School an awesome place to learn and work.

Presently...

We are planning a busy month of June with a family dance, trip to the Telus World of Science and year end assemblies. Now more than ever it is important to keep a close eye on the calendar and school website to keep up to date.

Looking ahead ...

We will be having a few staffing changes for the 2018/19 school year. We are pleased to welcome Ms. Tabitha Vincent who will be teaching grade 5 next year and Ms. Cheryl Skolski who will be teaching kindergarten next fall. Unfortunately, this means that we have to say goodbye to Ms. Burton and Mrs. Grumbach. Bruderheim School is a better place for having you here and we wish you both the best of luck as you move on.

Finally....

I would like to thank the entire community of Bruderheim for welcoming me as your principal. I have had an awesome year getting to know you and the students. I look forward to next year and all the great things we can accomplish together. Have a safe and relaxing summer.

Sincerely,
Paul McKay



JUNE 2018

- ~~June 1~~ Assembly 9:00AM *Cancelled*
- June 1 Patroller Picnic 9:00AM
- June 4 Grade 6 Lamont High School Visit 10:15AM
- June 4 BSC Meeting 5:30PM
- June 6 Staff Meeting – Early Dismissal 1:55PM
- June 6 Last Library Book Exchange
- June 8 English Language Arts Part B PAT 9:00 – 10:15
- June 8 School Wide Picture 1:00PM
- June 8 Family Dance
- June 12 Math Part A PAT 9:00 – 9:30AM
- June 12 Math Part B PAT 9:45 – 11:00AM
- June 12 Telus World of Science – School Wide Field Trip
- June 12, 13 ALL LIBRARY ITEMS DUE BACK TO THE LIBRARY
- June 13 Social Studies PAT 9:00 – 10:15AM
- June 14 Science PAT 9:00 – 10:00AM
- June 19 Pizza Lunch for Library Winners
- June 21 National Indigenous Peoples Day
- June 22 Kindergarten Graduation 1:00PM
- June 28 Activity Day
- June 28 Grade 6 Farewell & Awards Ceremony 1:00PM
- June 28 Report Cards Distributed at 2:30PM and Available Through CSL on PowerSchool
- June 28 Last Day of School for Students
- June 29 Last Operational Day for Teaching Staff



Please check our website for up to date information



THANK YOU VOLUNTEERS AND DONORS!

Bruderheim School is a great place to be thanks to the efforts of many dedicated people. In this section of the newsletter we try to recognize the work done on behalf of the students. Thank you to:

- Breakfast program volunteers
- BSC for providing babysitting during BSC meetings
- Hot lunch volunteers
- Cenovus for more of their generous donations of office equipment



REGISTRATION AT BRUDERHEIM SCHOOL FOR 2018/19 SCHOOL YEAR

We are accepting registrations until the end of school. Our staff have begun diligently preparing for next year and we will continue working on the details throughout June and when we return in August. For those students needing to register, or for those families new to our school, please stop by the school office August 27 to 31, 9:00 to 3:00.

BRUDERHEIM SCHOOL COUNCIL (BSC)

The next BSC meeting is Tuesday June 5th in the library. Advance notice: BSC's AGM elections will be in September. Please come and find out what important work BSC is up to for the 2018/19 school year. There are always many important things happening and this is an excellent way to be involved in school life. All parents are welcome!

LIBRARY FEES FOR LOST OR DAMAGED BOOKS AND TEXT BOOKS



The last library classes will take place June 6. Library items are to be returned to the library not later than June 13.

Please pay any outstanding library fines on your last library day. Any unpaid fines will transfer to the student's account next year.

Remember to use the Bruderheim Town Library and the Fort Saskatchewan Public Library and keep reading all summer long!

JOIN BRUDERHEIM SCHOOL AT THE CANADA DAY PARADE

Students are encouraged to participate in the annual Bruderheim Canada Day Parade. In past years, students can join the parade by either walking or riding their bikes. All students on bikes are required to wear a helmet.

There is no formal permission/consent forms however participants need to be aware that photos taken at this event can be used for marketing purposes, including our website.



Please note this is not a school field trip. Any students who choose to participate must make their own travel arrangements. Mr. McKay will be walking in the parade, accompanying any students that participate. Help from parent volunteers is greatly appreciated.

COUNSELLOR'S CORNER WITH MISS SEREDA

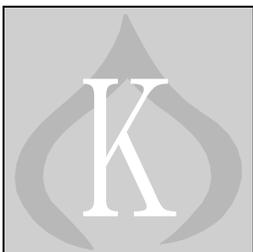
Keeping Children Safe Over the Summer

With summer fast approaching, the opportunities for outdoor fun are everywhere. However, with the change in seasons also comes an increase in the need for conversations about child safety. Many great summer activities can also pose a risk for children if they are not taught about important safety concerns first.



Parent Magazine provides parents with “10 Rules for Summer Safety” and I have included several of them below so your children’s activities this summer can be relaxing and safe.

- 1. Sun Protection** - Protect your children from the sun’s harmful rays by slathering on sunscreen (at least 30 SPF is recommended), slap on a hat and stay in the shade between 1-3 pm on very sunny days to avoid burns.
- 2. Heat Exhaustion**- As temperatures rise, heat exhaustion becomes a concern. Symptoms include fatigue, extreme thirst, and muscle cramping. Keep kids in the shade on very warm and sunny days and make sure they drink plenty of water throughout the day.
- 3. Use Caution When In/Around Water**- Sadly, drowning is among the leading causes of accidental death in children. The American Academy of Pediatrics says parents should not enroll children under age 4 in formal swimming lessons that teach water survival skills. If you want them to play in water, supervise them within arm's reach, even in shallow water.
- 4. Guard Against Burns**- Teach children about the dangers of touching hot items like fire pits, BBQ’s, and ATV exhausts. Teach and enforce expectations around proper fire safety (don’t reach into the pit, don’t run near a fire pit, how to put out a fire safely, etc).
- 5. Allow for Independence-Building Activities**- Allowing children to have independence is important for building confidence and resilience (within reason...young children shouldn’t be totally unsupervised but can be working on their own activities without your help). Talk to your children about how to handle dangerous or uncomfortable situations when you aren’t there to help (what to do or say if another child is encouraging them to break one of your rules) and who to call if they need help. Remember: telling an adult when something unsafe has happened should be rewarded!



Kindergarten News

Thank you for giving me the opportunity to be such a big part in your children’s lives this year. I have enjoyed teaching this class and watching them all grow. I think all of your children are very special. There are not many days left of school and we will be busy for the remainder of the year.

The whole school is going to the Telus World of Science on Tuesday, June 12th. A field trip form will be going home soon. If you are able to volunteer for the field trip please let me know.

Our class is having a Teddy Bear Picnic on Thursday, June 7th. We will be dressing up in pajamas and bringing a stuffy to school. At lunch we will have a picnic outside. (weather permitting)

The last day of kindergarten is Friday, June 22nd. We will be having a Graduation ceremony that afternoon. All parents and other family members are welcome to attend the Kindergarten Graduation.

Important Dates:

Thursday, June 7th – Kindergarten PJ & Teddy Bear Picnic.

Friday, June 8th – Kindergarten in school

Tuesday, June 12th – Telus World of Science

Friday, June 22nd – Last Day of Kindergarten & Kindergarten Graduation



Grade 1 News

Where has the school year gone? It seems like it was just September yesterday and now we are in our last month of the grade one school year. I have seen so much learning and grown over these last couple of months and am excited that students are gaining confidence and seeing themselves as learners. We still have lots to learn in June, which may be hard with the beautiful weather calling our names!

In Language Arts last month we learned about the Diphthongs au/aw, ou/ow, and oi/oy. We also rhymed with the –ink, –est and –ap word families. Students practiced these and other sounds during our Literacy Centres. I have been enjoying the writing students have been doing in their journals. In Math we started our Measurement unit and explored bigger than/smaller than, longer than/shorter than, heavier than/lighter than, holds more/holds less, etc. All of these seemed to be very easy concepts for majority of the class! In June we will finish our last unit, Geometry, where we will focus on 2-D and 3-D shapes. In Science we started Needs of Plants and Animals unit. We sorted living and non-living things and figured out how to classify living things. We planted beans and sunflowers and watched what happened. As a class, we studies Hares. In June, we will pick our own animals and write a report about them. We will also conclude talking about seasonal changes in June. In Social we will conclude our last unit, Changes in My World, where we will talk about how time has changed our families and community, from the past to what we see now. In Health we will finish up with Roots of Empathy. During Gym, we have been playing different variations of tag. Students have enjoyed playing different tag games so we will continue with new versions into June. We will also pull out the parachute and play some parachute games. The weather is so nice we may venture outside and try some of these games in the fresh air!



The classroom is getting hotter with this beautiful sunny weather, so please make sure to send a water bottle to school with your child. I will continue to send them home daily to be washed. If students are wearing sandals or flip flips to school, please also send in a pair of socks for their school shoes to keep them smelling fresh.

Sincerely,
Mrs. Secrist



Grade 2 News



Dear Parent(s)

The students have been hard at work as we head into the last month of grade two. I truly appreciate your efforts at home with home reading, math problems, and studying for tests. We are into our busiest time of the year. With so much going on, it is easy to forget that we still have quite a bite of curriculum left to cover.

Curriculum

Language Arts

For remainder of the year, students will refine their writing by comparing literature, writing about their opinions, responding to stories and creating their own work. Encouraging your child to write during the summer months can be as easy as having them make a list of activities they would like to do or keeping a journal about their holiday. Even sending a card to a friend will keep these important skills fresh.

Math

We are finishing up our challenging unit on *Addition and Subtraction to 100* and students will be writing their unit test in a couple weeks. We will also start a unit on Data Analysis or graphing in June. There is a lot of exciting math still to come!

The weather has been warm so please ensure that your child has appropriate clothes and footwear for outdoor physical education as we will possibly be going outside for gym activities.

Sincerely,
Mrs. Brady



LAST NEWS FROM MRS. V. & THE GRADE 3'S (for the 2017/18 school year)

It is unbelievable how fast time flies and the end of Grade 3 is upon us again. Each year I form a close bond with my class and find June to be a mixture of emotions. It is a happy time to see how much they've grown, but a sad time to say, "Goodbye, and it has been a wonderful year having you in my class!"

For the remainder of the year, we are enjoying, "Fantastic Mr. Fox" novel and will soon view the movie, which is completely different from the readings we've done. I also like to read, "Third Grade Angels" with the class as at this time in the year, they certainly are my "lil angels". It is a humorous story, yet filled with many teachable concepts.



In Math, we are finished our multiplication and division unit and look forward to doing data analysis. In Science we are done our testing unit in building for Mr. Brown and Gramma Betty so will soon be released to build our own projects. I can't wait to see how innovative this class is when given the opportunity to create their own personalized items.

Over the summer, I encourage your child to continue reading, writing and doing basic math facts as this will keep them growing and learning over the summer.

Wishing you a wonderful and safe summer!
Mrs. V and the "Soon to be Grade 4's" ☺



Grade 4 News

Wow! It's hard to believe the end of the year is almost here! It has been such a pleasure spending each day with the Grade 4 students. They have grown so much over the course of the year and I am very proud of them for all they have accomplished! Please enjoy the summer and I look forward to seeing you all next fall! With only a little bit of time left, here's a peek at what's to come:

- ✓ **Language Arts:** Our focus this month will continue to be on exploring figurative language and poetry writing. We will also look back and review the reading and writing strategies we've covered this year.
- ✓ **Grade 4 Math:** We are working on data analysis, which is our final math unit of the year! Students will construct and interpret pictographs and bar graphs, and analyze data to solve word problems.
- ✓ **Science:** We will continue to work on our final unit on plant growth and development. Each student has already participated in planting day and now has a plant they will nurture, cross-pollinate, and watch grow!
- ✓ **Important dates to remember:**
 - Library is on Wednesday
 - Family Dance is June 8th.



Have a wonderful month and please don't hesitate to contact me with any questions or concerns!

Mrs. Michalchuk
(780) 796-3936
ashley.michalchuk@eips.ca



Grade 5 News

Goodbye Parents/Guardians,

WOW! June is already here and our time in grade five is ending. Unfortunately, my time in Bruderheim Elementary is ending as well. I have sincerely enjoyed teaching and learning from "my" wonderful grade five kids over the past year. Thank you for welcoming me into your community and school.

"How lucky I am to have known [this school] who was so hard to say goodbye to"

- Winnie the Pooh

Upcoming events include the Telus World of Science field trip, Track Day, and of course, the LAST DAY OF SCHOOL (June 28).

If you have any questions or concerns, please feel free to contact me at emily.burton@eips.ca or the school (780-796-3936).

Sincerely,
Emily Burton



Grade 6 News

Well we are counting down the days until summer, but we have a very busy month ahead for students to persevere and finish strong! By now we have written 2 Field Tests, and one PAT. Students are reviewing daily in class, and are expected to be reviewing nightly as well for the future Field Tests and actual PATs in Language Arts, Math, Social Studies, and Science. Please look at the calendar for Field Test and PAT dates! Students had a great trip to the Legislature and I encouraged them all to take their families there in the summer for a tour, and to visit the amazing 4D show about Alberta. Thank you to our parent volunteers that were able to help us during Teacher's Pet. Patrollers had an enjoyable time at the AMA Year End Picnic held at the Kinsmen Park in the river valley. Our visit to Lamont High School was very informative to our students for grade 7, as they learned about combination locks, made a water bottle, and had a volleyball challenge! Be sure to watch for information about our Grade 6 Farewell and Awards Ceremony June 28 at 1:00 pm. As always, if you have any concerns, please contact me at the school via email or in students agendas.



Lynsay Atchison
Bruderheim School

In and around the District

OWLS IN THE CITY OPPORTUNITIES

The author/publisher of a new photography book, *Owls in the City*, is providing an opportunity for teacher and student involvement as he prepares for the book launch. Students are invited to:

- Write a short paragraph about their experience seeing or hearing a great horned owl.
- Share why they believe the great horned owl was chosen as Alberta's provincial bird.
- Participate in in the owlet naming contest (deadline **June 14, 2018**)

Each participating school will receive one signed copy of *Owls in the City* for the school library, and selected students' paragraphs will be published and gifted with a free signed copy of the book.

If you are interested in having your class participate, contact [Tony Veltri](#). Participation is open to all grades.

Owls in the City follows the journey of two great horned owls raising their three owlets in a downtown urban park. The book includes photos captured during Canada's 150th birthday and Alberta's 40th anniversary of school children choosing the great horned owl as their provincial bird.

PROVINCIAL K-4 CURRICULUM: PARENT INFORMATION SESSIONS

The provincial government and its partners are requesting parent and guardian feedback on the draft K-4 provincial curriculum. Twenty face-to-face meetings will be held in school communities across Alberta from **May 31 to June 14, 2018**. Each session is limited to 100 participants. [Session dates and registration details](#)

SUMMER HOURS AT ELK ISLAND PUBLIC SCHOOLS

Throughout the summer break, Bruderheim School will be closed and will reopen on August 27 at 9:00. If you have any school-related questions or concerns while the school is closed, contact the Central Office at Elk Island Public School—the office is open all summer to complete year-end activities and prepare for the 2018-19 school year.

EIPS Central Office Summer Hours (July and August)

Open Monday to Friday 8:30 a.m. to 4:30 p.m.
Phone 780-464-3477
Address 683 Wye Rd., Sherwood Park

Statutory Holidays

Closed Monday, July 2 Canada Day
Closed Monday, August 6 Heritage Day

NOTE: Student Transportation (780-417-8151) will also remain open during the summer months and operate during the same hours as Central Office. Student Transportation can't accept in-person transportation payments on the days it's closed.



Your Future in **MIND**



Be Your Best!

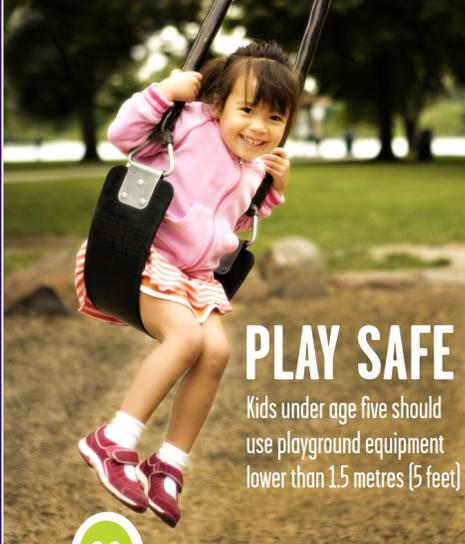


May - June 2018



The Early Steps to Success Coalition is a group of community members and service providers that meet bi-monthly. Our goal is to improve, create, and refer you to services and resources for children ages 0-6 in Lamont County. We welcome new members! For more information &/or to subscribe to our electronic newsletter contact michelle.a@lamontcounty.ca

Safe Kids Week - June 4-10, 2018



PLAY SAFE

Kids under age five should use playground equipment lower than 1.5 metres (5 feet)

Safe Kids Week is a national awareness campaign developed to bring attention to predictable and preventable injuries in children. This year, Safe Kids Week focuses on awareness of concussion at home, at play and on the road. Concussions and other serious injuries can occur during play so we need to learn what you can do to help keep kids safe while having fun.

Some Tips for Everywhere:

- Follow the rules of the game and the rules of the road. They are there for everyone's safety.
- Learn to recognize the signs and symptoms of a concussion; it can happen even without a direct hit to the head and without losing consciousness.
- Ensure any child with a possible head injury is checked out by a doctor.
- Encourage kids to speak up about how they are feeling.



Parachute Safe Kids Week
June 4 to 10, 2018 • #KidsAndConcussion • parachutecanada.org/safekidsweek

For more information visit:

<http://www.parachutecanada.org/downloads/resources/Concussion-Parents-Caregivers.pdf>

Upcoming Summer Programming for 0-6 years

The Lamont County Region FCSS and Parent Link Centre have lots of activities planned this summer! Here's what's happening so keep your eyes peeled for more information:

FCSS Preschool Camps

Ages 4-6 @ St. Michael Hall

Weeks:

July 16-20, 2018

July 23-27, 2018

August 13-17, 2018

August 20-24, 2018

Times each week:

M,W,F = 9am - noon

T & Th = 9am - 4pm

Registration begins June 1st

Parents & Tots Summer Edition

Join us for **free** programming - games, crafts, snack, and interactive play with your child and other families with 0-6 year olds!

(Families with at least one 0-6 year old are welcome to join!)

THURSDAYS 10am - noon
@ St. Michael Hall

Parent Link Centre Play MOBS & Summer FUN

Families with at least one 0-6 year old: Join us at the various community parks for some **free** fun in the sun!

Play MOBS - Fun & interactive free play for families
Summer FUN - Guided activities, crafts and more!

Dates and locations TBA

CONNECT with us on:

Facebook: Early Steps to Success

Pinterest: Early Steps to Success

Twitter: @ESteps2Success

Online: www.lamontcounty.ca/Early-Steps-to-Success

MAIL:

Early Steps to Success Coalition
c/o FCSS Lamont County Region
5303-50 Avenue
Lamont, AB T0B 2R0



FIRST YEARS NETWORK
Lamont County Region

Parents & Tots

Join us for games, song, crafts, snack, and interactive play with your child and other families with 0-6 year olds!

Andrew

Tuesdays 9am-11am

Andrew Lions Club

Bruderheim

Wednesdays 10am-noon

Karol Maschmeyer Arena

Youth Centre

Lamont

Tuesdays 10am-noon

Alliance Church Portable

Mundare

Thursdays 10am-noon

Mundare School PALS Room

St. Michael

Thursdays 10am-noon

St. Michael Hall

Programs run during the school year, following the EIPS Calendar

For more information please call:

Erin @ 780-895-2233 ext 244

Toll Free 877-895-2233 ext 244

or email at: erin.t@lamontcounty.ca

Follow us on Facebook:
Parent Link
Lamont County Region



CALL/EMAIL us:

780-895-2233 ext. 223

Or toll free @ 1-877-895-2233 ext. 223

michelle.a@lamontcounty.ca



&



#Parenting Hacks

Spring is here and children are outside having fun riding anything with wheels. Here are some tips on keeping them safe:

- Train your kids in bicycle safety and the rules of the road. This includes hand signals, staying on the right side of the road, respecting traffic signals; stopping at all stop signs and lights.
- Check their ride: Ensure bikes are adjusted to the recommended height for your child. Be sure to inflate tires and always check brakes are working properly.
- Wear the right helmet for the activity:
Bike helmets are for:
 ◇Cycling
 ◇In-line skating
 ◇Scootering.
Skateboarding helmets:
 ◇Skate/Longboarding
 *helmets do not prevent a concussion. They reduce the risk of other serious head injuries.
- **Helmet Fitting 2V1 Rule:**
 2 fingers between helmet and eyebrows, straps form 'v' under ears, one finger space between strap and chin
- Assess child's navigational skills before riding on the road. Kids develop better physical and cognitive skills around age 10, but their ability may depend on their experience, environment and development. Consider traffic volume, number of intersections and your child's level of experience before making a decision.

May 2018



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Andrew & Lamont P&T Bruderheim WTK	2 Bruderheim P&T Child Dev. Walk-in Clinic	3 Mundare & St. Michael P&T Andrew ASQ	4 Gymboree Bruderheim	5
6	7 Bruderheim ASQ	8 Andrew & Lamont P&T	9 Bruderheim P&T	10 Mundare & St. Michael P&T	11 Gymboree Bruderheim	12
13	14	15 Andrew & Lamont P&T Mundare ASQ	16 Bruderheim P&T	17 St. Michael P&T ONLY	18 No School— No Gymboree	19
20	21 Victoria Day! No Programs	22 Andrew & Lamont P&T	23 Bruderheim P&T	24 Mundare & St. Michael P&T Lamont WTK	25 Gymboree Bruderheim (last session)	26
27	28 Lamont ASQ	29 Andrew & Lamont P&T	30 Bruderheim P&T	31 Mundare & St. Michael P&T		

June 2018



SUN	MON	TUE	WED	THU	FRI	SAT
	Remember to stay safe in the sun! How many sun safe ideas can you spot?				1	2
3 Seniors Appreciation Week - Do something nice for your favorite Senior!	4 Safe Kids Week →	5 Andrew & Lamont P&T	6 Bruderheim P&T	7 Mundare & St. Michael P&T	8	9
10	11	12 Andrew & Lamont P&T	13 Bruderheim P&T	14 Mundare & St. Michael P&T Lamont Picnic in the Park 5-8pm	15	16
17	18	19 Andrew & Lamont P&T	20 Bruderheim P&T	21 Mundare & St. Michael P&T	22	23 Lamont Fair Days
24 	25	26 Andrew & Lamont P&T	27 Bruderheim P&T	28 St. Michael P&T Lamont County Open House @ St. Michael Hall 5-7pm	29	30

"Never underestimate your ability to make a difference in the life of a child." - Fred Penner



Ideas for infants from birth to 18 months old

Rhymes

A lady goes...
(place your child on your lap and vary the degrees of bounce)
 A lady goes bouncy, bouncy, bouncy, bounce
 A gentleman goes trotty trot, trotty trot, trotty trot
 A cowboy/cowgirl goes gallopy gallop, gallopy gallop, gallopy gallop Yee Haw!

This little piggy

(wiggle their toes one at a time)
 This little piggy went to market
 This little piggy stayed home
 This little pig had roast beef
 This little pig had none
 And this little pig went whee, whee, whee, whee
 All the way home.



Parenting tip: Language development warning signs

If you answer "no" to any of the following questions with respect to your child's language development and your child is between ages 0-18 months please contact your local community health service office or a speech and language pathologist for further assessments.

- During your child's first three months, do they react to sound by either startling to loud sounds or can they be soothed by calm and gentle sounds?
- Does your child (between 4-6 months) respond to your smiles and interactions with interest or try to "talk"?
- Between 6-12 months does your child babble or try to "talk"?
- Does your child (between ages 12 to 18 months) try to use words and talk a bit and do they interact with others?

Early detection can mean helping your child to talk easier as well as to understand more about their world. Early intervention activities and ideas are essential to enhance communication. If you have concerns contact your local Community Health Services office for more information.

Recipes:

Note: before mixing foods try each food first with your child and leave 2 days between trial of each food

Potato deluxe (8 months +)

Mix cooked mashed potato, with tuna or shredded cooked chicken, milk, grated cheese, peas or corn. Serve! Great as leftovers also.

Fruit blend (8 months+)

1 apple peeled, cored and diced
 1/2 pear peeled, cored and diced
 1/2 cup blueberries

Place fruit in a saucepan and just cover with water, then simmer for 5 minutes. Drain and transfer to a blender and puree. Serve.

Ideas for toddlers from 18 months to 3 years old



Rhymes:

On my Face (Tune: Twinkle, twinkle little star)
(point to body parts)
 On my face I have a nose
 On my feet I have ten toes
 I've got five fingers on each hand
 Got two legs to help me stand
 There are so many parts of me
 That I am learning as you can see

Wash the dishes rhyme

Hold your child's hands
 Wash the dishes, wash the dishes (*swing their arms side to side*)
 Dry the dishes, dry the dishes
 Turn the dishes over (*on "over" swing your child's arms over their head and spin them around*)

Recipes:

Fruit dip

Encourage your child to dip pieces of fruit like strawberries, grapes and banana and then dip into plain yogurt and eat!

Tuna dip

Mix tuna with mayonnaise and then use it as a dip for crackers or veggies like carrots and celery.

Rabbit Roll-up

Wrap cheese strips in a lettuce leaf. Cut into bite sized pieces and serve.

Parenting tip:

Language development warning signs

If you have answer "no" to any of the following questions with respect to your child's language development and they are between the ages noted below, then please contact your local community health service office or a speech and language pathologist for further assessments.

Between the ages 18 and 24 months old:

Does your child talk? Does your child use more gestures than actual words? Does your child understand simple directions?

Between 24 and 36 months of age:

Does your child show frustration when trying to talk?

Is your child's speech difficult for you and other people to understand? Does your child put two words together in meaningful phrases?

Early detection of difficulties can make language acquisition easier for your child especially with early speech and language interventions.



Ideas for preschoolers from 3 to 5 years old



Rhymes: Five little fishies

Five little fishies swimming in the sea (*swim hands*)
 Teasing Mr. Shark you can't catch me (*taunt with fingers on head, stick your tongue out*)
 Along comes Mr. Shark as quiet as can be (*put hands together and swim slowly*)
 And snap! (*clap hands together*)
 Repeat 4,3,2,1 fishies *The last fish gets away and says: you missed me!*

Hokey Pokey

Put your right foot in, you put your right foot out,
 put your right foot in and you shake it all about
 You do the hokey pokey and you turn yourself around,
 That's what it's all about

Parenting tip: Language development warning signs

If your child is between the ages of three and five and you answer "no" to any of the following questions with respect to your child's language development then please contact your local community health service office or a speech and language pathologist for further assessments.

- Can other people understand your child's speech?
- Can your child say the following sounds in their speech: p, b, m, n, t, d, h, w, y,?
- Can your child repeat words and short sentences they hear?
- Does your child use 3-4 word sentences?
- Does your child understand 2 step directions?
- Does your child use questions (who, where, what)?
- Does your child use size and location words (big/little; in/out)?
- Does your child use action words (run, jump, lie down)?

Recipe:

Easy Pizza Muffins:

Mix together 1/2 cup water
 1 tsp. sugar
 1 tbsp. yeast
 Let set for 5 minutes, then add:

1/2 cup water,
 1/4 cup of oil,
 2-3 cups of whole wheat flour as much as is needed to make a soft (not sticky) dough.

Divide dough into 12 pieces and place in muffin tins, ensuring there is a small well in each.

In each well, place 1 tsp of tomato or pizza sauce, preferred toppings (ham, pineapple, mushrooms, onions, etc.)

Top with grated cheese. Bake at 350 degrees for 20 minutes. These freeze well also. Tasty!



Child Development Walk-in Clinic

Do you have questions or do you want to learn more about...

- how your child speaks.
- how your child hears.
- what your child says.
- your child's printing, pasting or cutting.
- how your child moves.
- how your child follows directions.
- your child's sensitivity to noises, clothing, food textures or messy hand play
- healthy eating, picky eating or nutrition

Visit us at our Walk-in Clinic!
 ~ First-Come-First-Served ~

June 6, 2018

Community Rehabilitation Program - Pediatrics -

Lamont Community Care Centre
 5216 53 Street, Lamont, AB

1:00 pm to 3:00 pm

Call 780-895-5817 for more information

Services that may be accessed include:

- Occupational Therapy
- Physical Therapy (February, April, & June)
- Public Health Dietician
- Speech-Language Pathology



Dear parents,

You are your child's best teacher. They will learn the most about the world from you. This calendar has been created to provide you with an activity to try with your child every day.

These activities do not require a lot of time, materials or preparation so you can fit them into your daily routine.

Activities are designed to encourage development in the areas of: • communication-the language they understand and the language that they express • gross motor skills—how they move their bodies in physical activities • fine motor skills— how they use their hands • self-help skills • social skills • problem solving skills with focus on their auditory attention, visual attention and memory building skills

Recipes, rhymes and parenting tips are included also to inspire and encourage. Please use caution and supervise all the activities.

Take time to play and enjoy creating special moments with your little one. Your impact on their overall development will be significant and will last a lifetime!



Ideas for toddlers from 18 months to 3 years old

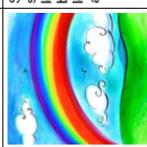
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take your toddler swimming. Start out with short sessions and increase the time as they get used to it. Consider attending parent-tot lessons also.	Play "what do you see?" with your child. Encourage your child to point to objects and then label the objects they do not know.	Scrabble with your child on paper. Talk about colors. Take turns making marks with crayons. See if they will trade you.	Give your child measuring cups or spoons or bowls to stack or nest inside one another.	Play with cars, and make car sounds (beep, honk, or vroom) or girl) and make car sounds like "noise" (beep-beep) when something's in the way or "each" when they stop.	Play an "over/under" game by providing items (spoons, poles, hoops, pillows, or cushions stacked) that they can climb, walk or jump over.	With some stickers, decorate a page together. Help them remove, place on their finger and have them "stick" to the paper.
Play a reaching game. Hold an object over your child's head and just out of reach. Encourage them to reach up with their arms and possibly up on their tiptoes to grab it.	Make a house and a garage with books and blocks. Drive a toy car into or put people or animals in like two arms. Two and pretend play with your child.	Play your child on their back and then ask them to lift different body parts like two arms, two legs. Then place a ball between their feet or their hands and lift up and down.	Gather five objects (spoon, toy car, ball, cup, sock) put them in a pile and mix them up. Then ask "Where is the _____?" And then "here it is!" Make mistakes also: "that's not a _____" etc	Try a "paint with water" (can purchase at drugstores and toy stores). Pictures appear when painted with water, use a paintbrush or cotton swab. Magic!	Look at a book together, point and ask "what's this?" if they do not respond label the picture, but if they do respond then say "yes that's a _____"	Look at a book together, point and ask "what's this?" if they do not respond label the picture, but if they do respond then say "yes that's a _____"
When grocery shopping allow your child to "touch" different items. Talk about what they feel and smell like. Use words like "yummy", "big", "cold", etc	Build a tower of blocks with your child. See if they can stack and balance over five blocks.	Have a "rectangle" day. Cut out a rectangle and have them find rectangle shapes throughout the house and yard. Cut their snack (cheese, bread, fruit) into a rectangle.	Play hide and seek with another person. Have them hide and then seek them out with your toddler. Say "Where are you?" "Are you under the table?" "Behind the door?" etc.	Go for a walk with your child and another person, have each person hold hands with your child. When walking count to three and see if your child can make matches, can make cards that are the same. Label tool	Use matching game cards, or playing cards ("Go fish", or "Old Maid" cards) and lay them out with your child. When walking count to three and see if your child can make matches, can make cards that are the same. Label tool	Use matching game cards, or playing cards ("Go fish", or "Old Maid" cards) and lay them out with your child. When walking count to three and see if your child can make matches, can make cards that are the same. Label tool
Draw a tree on a paper, then with your child, place green paint on their pointer finger and make prints for leaves.		Before dressing your child lay your child's clothes out on the floor. Use words like "let's put on your shirt, where is it?"	Place masking tape x's on the floor, and encourage your child to jump from one "x" to another. Try playing music at the same time, and when the music stops they sit	Show your child how to crumble up newspaper, and then practice throwing it into a container. Say "throw it in, or oh you missed"	When driving talk about what you see. "Red light means we have to stop." "oh green light means we can go" "When you go over a bump, say "whoa, bumpy" etc.	Encourage your child to draw with you crayons. Draw lines, side to side, up or down and circles. See if they will copy.

Ideas for infants from birth to 18 months old

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tie a string to a toy or a ring. Dangle in front of your child and see if they will reach to grab. Move it side to side and down and up and see if they will follow.	Play a clapping game with your child. Sing and say "clap, clap, clap." With two blocks see if they will fit them together also. See if they will look, then pop out and say "there they are"	With another family member play hide and seek. Hide behind a sofa or under a blanket. Then say "Where is _____?" See if they will look, then pop out and say "there they are"	When dressing, name body parts. With feet and hands. With feet putting into sleeve or pant leg, look for them in the openings. Say, "fingers, where are you?" "toes..." etc.	While playing see if they will see if they can do, whether it is an action or a sound copy it. "Monkey-see Monkey-Do". See if they will take turns, and if they will start to copy you.	Change your child's play positions throughout each day, to work out their whole body. Lay on back, sit upright, tummy position and fly) Try in front of a mirror and encourage the child to reach out	When your child is lying on their back see if you can pull them to stand just then to stand just holding their hands. Make sure they are supported, through their neck and back if weak.
While playing with a toy they are interested in, see if they hold it firmly and will they resist your pull with a tight grasp? Play a bit of tug of war, but let them win.	Look at a touch and feel book that has textures. Or when you are looking at the book together point at the objects and just say one word, and get their attention.	Sing featured rhyme for this month. Try to sing them throughout your daily routines.	Whatever your child does, whether it is an action or a sound copy it. "Monkey-see Monkey-Do". See if they will take turns, and if they will start to copy you.	Walk outside today. Explore grass, sit and pull with their hands. Some will love, others will not.	Place your child on a beach or large ball on their stomach and roll back and forth. Also try sitting them on the ball, move them side to side, supporting at hips, see if they will react.	Use a rattle or bells to see if they will turn both directions to listen. Try shaking a bit out of their sight also. Let them explore and shake to make their own sounds after.
Add a gesture to a new word when introducing it. For instance when saying "bye-bye", then wave, for "no" shake your head, for "up" hold out your hands, etc.	Put a sticker on one of your facial features. When your child tries to grab it, name the body part. Repeat with another placement. Watch that they do not eat the sticker.	Present two different toys to your child for your child to look at, encourage them to inspect one and then the other.	Put a sock on one of your child's hands and encourage them to remove. Try the other side also.	With a cup, place a toy or ball underneath and see if they will find. Ask "Where is the ball?"	Give your child a message. Use lollis and legs and back. Name their body parts as you rub them. Make up a little song.	Ask your child "where's your tummy?" "Lift their shirt and say "there it is", and give it a tickle. Repeat. Eventually they will lift their own shirt.



Ideas for preschoolers from 3 to 5 years old

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fill a bag with household objects and ask your child to tell you "what do you do with this?" Help them to use descriptive words to explain.	In a basement or outside, give your child a ball that can kick against a wall and receive. Repeat. Place a colorful target on the wall to aim at, also.	Roll play dough into snakes or logs and have your child cut into pieces with scissors. Put the pieces into a container and pretend they are macaroni that needs to be cooked.	Have your child help you sort laundry by color (whites, blues and blacks). Have them help you to put the laundry in and out of the machines.	Play hopscotch together. Make a hopscotch with numbers 1-10. Practice hopping with one foot then on two then back to one.	Sing "Old MacDonald had a farm", together.	Use a white candle or cone to draw a message on a white piece of paper. Then have your child paint a thin coat of paint and the message will appear! Read!
With alphabet shaped noodles or spray bottle with water mixed with vinegar and paper towel to clean mirrors and windows.	Give your child a spray bottle with water mixed with vinegar and paper towel to clean mirrors and windows.	Roll play dough into snakes or logs and have your child cut into pieces with scissors. Put the pieces into a container and pretend they are macaroni that needs to be cooked.	Show your child how to cross the street safely. Teach them to look left, right and then left again. Make sure it is safe, your arm out. Children (9 and under) should cross the street with an adult.	Have a "yellow" day. Wear something yellow. Find yellow things in your home. Eat yellow foods like banana, peaches, eggs, cereal etc.)	Stack blocks or small boxes. Count as you stack and see how high you can build before they topple! Repeat!	Give your child magazines, flyers or newspapers, and show them pictures to try to cut out. The stiffer the paper the better. Show them good positioning and help if needed.
Hide a small toy. Then cue your child by saying to your child that they are "getting warmer" or "hot" or "cold" depending on how close they are to the item.	Go swimming with your child. Consider enrolling in a "Parent and me" swim class. Explore and play together in the water. Keep your child within arms reach at all times.	Name a variety of farm or zoo animals and talk about whether they are big or small.	Sing this month's featured rhymes: "Five little fishes" and "Hokey Pokey"	Talk about rhyming words -words that sound the same. See how many words rhyme with "bee". Write them down to show your child what they look like.	On a walk outside, have your child gather rocks. Then ask them to say a letter. Then with the rocks make that letter. Write them down to show your child what they look like.	Plant a seed in a cup or outside in the ground and talk about what it needs to grow and then watch and check daily. Help your child to water.
Count with your child as they walk up stairs, as you pick up toys, or different items like popcicle sticks, spoons, crayons etc.	Take a walk with your child and pick up some dandelions or flowers together.	On your mark, get set, GO! Ask your child to "run to touch the tree, then the house, then the bike". Limit or increase the touch targets depending on how they remember.	Trace your child's handprints or footprints on a piece of paper. Then have your child color in the print, with crayons.		Send your child on a scavenger hunt to look for items like a black rock, a green leaf, a yellow flower, a worm etc.)	