



# Victor Mager School Family Centre

81 Beliveau Rd  
Winnipeg MB R2M 1S6

204-253-9873 email: joanne.kolt@lrds.net

**A place for families to play, learn and grow together**  
Supported by St Vital Parent Child Coalition  
On Facebook @ Victor Mager Family Centre



## Ready for School

For children  
Entering Kindergarten in September 2024.  
(Children born in 2019)

Twice per week  
**When: Tuesday and Thursday**  
**9:15-11:15 or 1:15 to 3:015 pm**  
**April 23rd to May 30th**

### Children stay at school without their parent.

The children will learn through games, songs, rhymes, stories, and fun activities.

Some of the activities included are:

- Recognizing the letters of their own name
- Printing their own name
- Experience holding markers, pens and pencils correctly holding scissors and doing simple cutting
- Counting to 10 and understanding what each number represents
- Recognizing basic colors and shapes
- Putting together puzzles
- Playing make-believe

**This is a free program,**  
Register in the Family Centre.

Children must attend Victor Mager for Kindergarten in September 2024

## Come GROW with us

We will be starting seeds and learning about plants this month.

Come out and share and grow with us.  
We will be discovering all things spring.

Gardening is a rewarding family activity benefitting adults and preschoolers physically, emotionally, and mentally.



## Snack Time thoughts...We need your help...

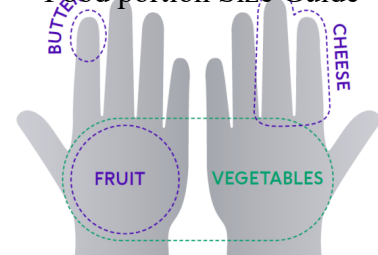
Remember... It is important to remain neutral if your child does not want to try the snack. It sometimes takes children 20 times of seeing a food before they will accept it on their plate and even more to try it.

Keep introducing the food, try and make it a pleasant experience...stating that a child won't eat something is just reinforcing that for the child.

Encourage your child to take just a few pieces of each item offered - one for each hand to start, and finish what they have taken before they take more, until they are full...this will help us cut down on food waste and help teach your child to share with a group.

Remember that children's stomachs are small and portions below are based on the size of their own hands not the size of an adults hand.

### Food portion Size Guide



## Helping children learn to talk

### When you are reading together:

#### 1. SEE

point to and talk about an item you see- "look here is a bird or see this is a bird"

#### 2. SHOW

Don't point to the picture say something like "show me the bird, point to the bird."

#### 3. SAY

Ask "What is this? (point to the bird) or What do you see in the tree?"

- Remember young children need time to process what you are asking, when asking a child a question, we often expect them to answer us right away.
- When you ask your child a question, just **wait 5 seconds**. You may even have to count in your head slowly to yourself: **1 one thousand, 2 one thousand, 3 one thousand, 4 one thousand, 5 one thousand!**
- Try it and you'll see their eyes light up as their little brains figure out an answer, having been given enough time to respond.



# April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Stay &amp; Play Drop In 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>2 Stay &amp; Play Drop In 9:00 to 11:15 <b>Parent Discussion</b> Talking about Tech 9:45</p> <p>Stay &amp; Play Drop in 1:00 to 3:15 <b>Parent Discussion</b> Talking about Tech 1:45</p>	<p>3 Stay &amp; Play Drop in 9:00 to 11:15</p> <p><b>BINGO</b></p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>4 Stay &amp; Play Drop in 9:00 to 11:15</p> <p><b>PD Centre CLOSED</b></p>	<p>5 Stay &amp; Play Drop In 9:00 to 11:15</p> <p><b>Afternoon CLOSED</b></p>
<p>8 Stay &amp; Play Drop In 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>9 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>10 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>11 Stay &amp; Play Drop In 9:00 to 11:15 <b>Parent Discussion</b> Temperaments 9:45</p> <p>Stay &amp; Play Drop in 1:00 to 3:15 <b>Parent Discussion</b> Temperaments 2:00</p>	<p>12 <b>PD School CLOSED</b></p>
<p>15 Stay &amp; Play Drop In 9:00 to 11:15 <b>Parent Discussion</b> Self regulation and the brain 9:45</p> <p>Stay &amp; Play Drop In 1:00 to 3:15 <b>Parent Discussion</b> Self regulation and the brain 1:45</p>	<p>16 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>17 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>18 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>19 Stay &amp; Play Drop In 9:00 to 11:15</p> <p><b>Afternoon CLOSED</b></p>
<p>22 Stay &amp; Play Drop in 9:00 to 11:15</p> <p><b>BINGO</b></p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>23 <b>Ready For School 9:15-11:15 Drop in Closed</b></p> <p><b>Ready For School 1:15- 3:15 Drop in Closed</b></p>	<p>24 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>25 <b>Ready For School 9:15-11:15 Drop in Closed</b></p> <p><b>Ready For School 1:15- 3:15 Drop in Closed</b></p>	<p>26 Stay &amp; Play Drop In 9:00 to 11:15</p> <p><b>Afternoon CLOSED</b></p>
<p>29 Stay &amp; Play Drop In 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>30 <b>Ready For School 9:15-11:15 Drop in Closed</b></p> <p><b>Ready For School 1:15- 3:15 Drop in Closed</b></p>	<p>May 1 Stay &amp; Play Drop in 9:00 to 11:15</p> <p>Stay &amp; Play Drop In 1:00 to 3:15</p>	<p>2 Ready For School 9:15-11:15 Drop in Closed</p> <p>Ready For School 1:15- 3:15 Drop in Closed</p>	<p>3 <b>PD School CLOSED</b></p>