



## Victor Mager School Family Centre

81 Beliveau Rd  
Winnipeg MB R2M 1S6

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

**A place for families to play, learn and grow together**  
Supported by Healthy Child Manitoba Putting Children  
and families first

Follow us on FACEBOOK @ Victor Mager Family Centre  
<https://www.lrsd.net/mager/page/7297/victor-mager-family-centre>

### What is a family centre?

We are located Victor Mager school in a classroom.  
Parents/caregivers and their children (birth to age six ) can learn, play and grow together.  
Parents /Caregivers stay and play with their children.  
You can come as little or often as you like...whatever fits your schedule.  
The activities in the centre change weekly...so there's always something fun and exciting to keep the children entertained.

Parents/caregivers stay and play with their children but also  
connecting with other parents in their community.  
Parenting is the hardest job you will ever have and its nice to learn you are not alone.

We share ideas, problem solve together and just share a well deserved break or a laugh.

### How to Register

Registration is easy and FREE! When you arrive fill out a form with your address, phone number medical card ,names and dietary restrictions.  
All are welcome

### Family Centre Schedule

Free Play/Choice time  
Group clean up  
Snack and story time  
Read a book with a parent  
circle time  
Time to go home!

### Location

Enter the school through the east playground doors.

Hang your jackets in the hall.

Footwear is required to wear at all times.  
Extra shoes/ slippers can be kept safely at school if you like.

Join us in RM 16 the second door on the left.

The Family Centre is a safe place to come and stay and play with your children...while they get opportunities to play with friends.

We have no visitor parking, you may park in the Dakota Family Foods Parking lot.

### Free Play /Choice time

Children are free to play and explore the space...help yourself to art supplies.  
We will do a group clean up we will give a 5 min warning then sing a song. Encourage your child to help put items back where they belong.

Remember—we are all learning and sometimes children get upset. That's ok all children have times when they get upset.

### Snack

**We will provide a snack.**  
**No outside food or drinks.**

Please encourage children to sample all items, the family centre is a great place to learn about a new favorite food.

After snack, its story time. Its time to snuggle up and read with a caregiver.

Please advise of Allergies or food restrictions.

# How Much Sleep Is "Enough?"

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

AGE GROUP	RECOMMENDED NUMBER OF HOURS OF SLEEP
Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5)	10-13 hours
School-age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Young adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Seniors (65 and older)	7-8 hours

*Mercola.com*

## 6 ★ Cutting

- 1 ★ Thumb in the little loop
- 2 ★ Thumbs up
- 3 ★ Cut away from the body
- 4 ★ No chicken wings
- 5 ★ Steer with the helper hand
- 6 ★ Stay on the line

## THE MILLION WORD GAP

New research shows the different numbers of words kids will have heard by age 5 based on how often parents read to them:

- Never read to: 4,662 words
- 1-2 times per week: 63,570 words
- 3-5 times per week: 169,520 words
- Daily: 296,660 words
- Five books a day: 1,483,300 words



speechblubs.com

When children have been read to they enter school with:

- larger vocabularies
- longer attention spans
- a greater understanding of books and print

And consequently, have the fewest difficulties in learning to read.

## BEDTIME CHECKLIST

	CLEAN UP TOYS
	BATH TIME
	PUT ON PAJAMAS
	BRUSH TEETH
	POTTY TIME
	BEDTIME STORIES
	GOODNIGHT KISS

**GOOD NIGHT! SLEEP TIGHT!**