

École Julie-Riel Family Centre

316 Ashworth Street 204.253.2363



December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stay & Play 9-11:30 Stay & Play 1:15-3:00	3 Stay & Play 9-11:30 Stay & Play 1:15-3:00	4 Stay & Play 9-11:30 & 1:15-3:00 Family Craft Night 6:00 - 7:15 <i>See newsletter for details</i>	5 Stay & Play 9-11:30 Stay & Play 1:15-3:00	6 Stay & Play 9-11:30 <i>Moe the Mouse</i> Closed PM
9 Stay & Play 9-11:30 Stay & Play 1:15-3:00	10 Stay & Play 9-11:30 Stay & Play 1:15-3:00	11 Stay & Play 9-11:30 <i>Messy Science</i> Stay & Play 1:15-3:00	12 Stay & Play 9-11:30 Stay & Play 1:15-3:00	13 Stay & Play 9-11:30 <i>French Exposure</i> Closed PM
16 Stay & Play 9-11:30 Stay & Play 1:15-3:00	17 Stay & Play 9-11:30 <i>Kids Cook</i> Stay & Play 1:15-3:00	18 Stay & Play 9-11:30 Stay & Play 1:15-3:00	19 Stay & Play 9-11:30 Closed PM	20 Closed



A reminder that we are a **cell phone and texting free zone**. We are aware that this may seem difficult but we have only the best intentions when asking you to put your phone and/or smartwatch away.

Research shows that when parents are present and engaged, children feel seen, safe, and valued, leading to fewer behavioral issues and stronger emotional bonds. Please see info pertaining to this in the newsletter.



The Centre will be closed from Dec. 20 – Jan 5. We will be open again on Jan. 6, 2025.



Have a wonderful winter holiday!
See you in the new year!



École Julie-Riel Family Centre

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A place for families and their children (0-5 years)
to play, learn and grow together

Bring your children (0-5 years) for free play, songs, stories, movement, arts and crafts, a healthy snack and much more. Join us to make new connections and meet other families from the community. Take the opportunity to slow down and join in on playtime with your child. Feel free to invite your friends with young children! We look forward to welcoming you!

Family Craft Night

**Wednesday December 4th
6:00 - 7:15**

Join us for an evening of holiday crafting! We've prepared a variety of basic crafts with choices for all ages and skill levels. All materials are provided, and the event is free, so just bring your imagination and let the crafting magic begin!

Children must be accompanied by their parents at all times.

Please enter at the front of the school. We look forward to seeing you there!



December programs

Family Craft Night

Wednesday December 4th, 6:00 - 7:15

Messy Science

Join us for a fun sensory experiment or creation.

Kids Cook

Today the children and parents will create a special *holiday* recipe to be shared during snack.

French Exposure

Today's story/song/rhyme time will be in French. Come learn some French basics with us! No French experience required.

Moe the Mouse

Moe the Mouse is an early speech and language program that uses Indigenous toys and stories to enhance language development in children ages 3-5.



During the winter, we ask that families use the **front entrance of the school**. Please ring our doorbell which is placed beside the Family Centre sign and we will meet you there. Thank you!

Please remember to bring clean **indoor shoes** for *all* attending the Centre.



Our Everyday Stay & Play

Our typical *Stay & Play* sessions start with free play, then gym time, followed by a snack shared together in community. We then end our program with a story, and some songs and rhymes.

* We encourage everyone to arrive at the Centre for *Stay & Play* in the first 30-40 minutes of the program, as it gives your child(ren) more opportunity for free play and allows for smooth transitions between the activities that take place after the first hour.

Family Centre Coordinator: coleen.oman@lrsd.net ~ Family Centre Assistant: carine.corea@lrsd.net

All programs are **FREE** thanks to funding provided by Healthy Child Manitoba and the Louis Riel School Division

Why should parents limit their phone use around their children?

An article - Medically reviewed by Cydne Ortiz, PsyD - Written by Karen Sosnoski, PhD - Updated on June 15, 2022 - And summarized below:

Research shows that limiting phone use around children creates stronger, more positive connections within families.

When parents are distracted by their phones, children may seek attention. They may melt down, or work to reengage with their parents in other ways.



While children may feel frustrated or disconnected when parents focus on their phones, these moments can serve as a reminder of the value of undivided attention.

When parents put their phones down, children feel valued, seen, and safe, which fosters emotional security and reduces acting out.

Research shows that engaged parenting during free play encourages learning, emotional growth, and the development of important social skills.

By prioritizing presence and modeling healthy phone habits, parents can strengthen bonds, support their child's development, and build a family culture centered on meaningful interactions.



For full article which includes cited studies as well as resources to support parents visit:
<https://psychcentral.com/lib/put-your-phone-away-and-pay-attention-to-your-kids#recap>