


École Julie-Riel Family Centre

316 Ashworth Street 204.253.2363



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy New Year! We reopen Jan 6th. See you soon!</p>		<p> During the winter, we will continue to 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!</p>		
<p>6</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>7</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>8</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>9</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>10</p> <p>Stay & Play 9-11:30</p> <p><i>Moe the Mouse</i></p> <p>Closed PM</p>
<p>13</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>14</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>15</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>16</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>17</p> <p>Stay & Play 9-11:30</p> <p><i>French Exposure</i></p> <p>Closed PM</p>
<p>20</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>21</p> <p>Stay & Play 9-11:30</p> <p><i>Messy Science</i></p> <p>Stay & Play 1:15-3:00</p>	<p>22</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>23</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>24</p> <p>Stay & Play 9-11:30</p> <p>Closed PM</p>
<p>27</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>28</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-2 only Early dismissal</p>	<p>29</p> <p>Stay & Play 9-11:30</p> <p><i>Kids Cook</i></p> <p>Stay & Play 1:15-3:00</p>	<p>30</p> <p>Stay & Play 9-11:30</p> <p>Stay & Play 1:15-3:00</p>	<p>31</p> <p>Closed School PD day</p>



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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!

January programs

Messy Science

Join us for a fun sensory experiment or creation.

Kids Cook

Today the children and parents will create a special 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.

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 45 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.

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



A reminder that we are a **cell phone and texting free zone**. We ask that you leave your devices aside during your time at the Centre to create an immersive and interactive play experience for you and your child.



Thank you for **taking a break** from the Centre when you or your child are **feeling sick**. We'll see you when you feel better!

Save the date!

February 13 - 2025-2026 Kindergarten Information Evening

This meeting is intended for parents/guardians who have children born in 2020 who will be 5 years old on or before December 31, 2025 and live in the École Julie-Riel school catchment area. To find out your school catchment visit:

<https://www.lrsd.net/page/1517/locate-a-school>

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



Is she getting enough face time with you?

Young children learn best by interacting face-to-face with caring adults. Not with screens.

Make time for reading, singing, dancing, arts and crafts, and playing outside.

Limit screen time

- Under 2 years old: No screen time
- 2 to 5 years old: Less than 1 hour per day

Tune in to kids

- Turn off screens when no one is watching
- Turn off screens at least 1 hour before bed
- Watch with your children
- Choose content that is right for their age
- Set limits when children are young
- Be a good role model: Limit your own screen time, especially around your children

More info: www.caringforkids.cps.ca



Canadian
Paediatric
Society

caring for kids
Information for parents from Canada's paediatricians