



Our Place Parent E-Newsletter

May/June 2009

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Save the Date!



What: Year End Celebration and Grand Opening of the Outdoor Learning Centre

Where: Our Place Family Resource and Early Years Centre

When: Thursday June 25th from 5:00-7:00 p.m.

Other details: FREE EVENT, barbecue from 5:00-6:30 pm, Erick Traplin, fire trucks, police cars, ambulance, face painting, games, ribbon cutting & exploring the new Outdoor Centre

Parent Testimonial

Submitted by Brad Churchill



My wife Andrea, daughter Lily and I started visiting the Early Years Centre a year and a half ago. We came once a week for baby blanket time and found it to be a special time for our new family to bond. I felt a little uncomfortable in the beginning, being one of only a handful of fathers visiting. However, after a short period of time the staff and other parents made me feel very welcome.

When Andrea went back to work in September 2008, I began visiting on my days off work alone with Lily. We have enjoyed “One is Fun”, Saturday mornings in the gym with other Dads, “Fathering Now” and more recently the drop off programs during the week. Since our involvement in these programs I have seen such an improvement in Lily’s social skills, independence, language, motor skills, confidence and overall excitement and happiness. I also feel more informed and comfortable with my role as an active Father as a result of the programs, conversations, advice and support from the staff, volunteers and other parents.

As a new father I have appreciated having a safe place to visit, with professional, caring staff and volunteers that have helped me in developing a stronger relationship with my family. I have felt a real sense of belonging to “Our Place”. This has led me to want to give back to the centre. One of the ways that I am trying to give back is by becoming involved with the parent council. On parent council, I feel I will be a good resource for other parents, a good advocate for programs for fathers, and overall, someone who can assist the staff of “Our Place” in making your experience at the Early Years Centre as great as mine has been.

Wanted: Volunteers

Our Place is looking for some special volunteers for current projects and committees that we have on the go. If you or someone you know is willing to volunteer some time to help us in these projects, please contact Dorothy Snyder at (519)571-1626 ext. 28.

- * A lawyer, or someone experienced in risk management assessment
 - * Individuals with fundraising experience
 - * An individual with an accounting designation (CA, CMA, CGA)
 - * Individuals with succession planning experience
 - * New members for our Board of Directors
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Budgeting

Submitted by Brent Richardson

The word **budget** is scary to most, mainly for one reason: they are very hard to stick with and manage. Many have tried to create a budget but have found it is very difficult to manage their finances with pen and paper, or even with computer software. But the simple truth is that the creation of a well functioning budget is extremely important if we are to achieve a comfortable financial position, and eventual financial abundance.

Luckily, today there are resources, such as www.mvelopes.com, that make financial management a breeze. Your banking information (including spending on all cards) is automatically transferred to this secure site. Don't have online banking? This is definitely a good reason to sign up! At the www.mvelopes.com web site, once you choose the limits of how much you wish to spend in each major spending category (e.g. food, car, entertainment, etc.) in a given month, it now becomes very easy to compare your debit, credit card, and cash spending to the amounts you set as spending limits in that month. It's all on one screen, is completely safe, and in as little as 10 minutes per week you will have the comfort of knowing you are financially on track and secure.

Once set up, you can see where exactly your money is going on a monthly basis and trim your spending accordingly. For example, for most families, saving just 10% per year on food will save that family at least \$800 per year - and that's just one category!

Check out the site www.mvelopes.com for more information on how to set up the easiest budgeting system ever created and gain financial control once and for all.

Contact Brent for help or if you have any questions at parentcouncil@ourplacekw.ca

Keeping Our Children Safe

Submitted by Brad Churchill

Matches and Lighters

Every year in Ontario, young children are injured or die in fires that they start themselves. So where does a three year old find a lighter? Probably on the kitchen table.

Matches and lighters can be lethal weapons in the hands of children. Young children are naturally curious about fire, so adults must keep all fire-starting materials out of their sight and reach. If you smoke, have only one lighter or matchbook and keep it with you at all times.

A message from the Fire Marshal's Public Fire Safety Council.

General Housekeeping

Program Registration

Spaces for pre-registered programs will be held until 9:15AM for morning programs and 1:00PM for afternoon programs.

Mumps

Please note the Health Canada advisory regarding Mumps:

In recent months, several outbreaks of the mumps have been reported among young adults in four provinces, including Ontario.

As such, the Ministry of Health and Long-Term Care is launching a mumps catch-up immunization program in Ontario. Anyone born between 1970 and 1991 is encouraged to check their immunization record to ensure they have all the proper vaccinations.

Mumps is a highly contagious viral illness that can cause serious complications. It is spread through coughing, sneezing, kissing and sharing food or drinks with an infected person.

Symptoms usually last up to 10 days and include fever, headache, muscle aches and pains, tiredness, loss of appetite; followed by painful swelling of one or both salivary glands (located in your cheek, near your jaw line, below your ears).

For more information on the mumps and immunization clinics, call 1-866-559-4598 or visit www.health.gov.on.ca/cs/mumps/english/

Keeping Children Healthy and Safe at Petting Zoos

With spring around the corner, parents and caregivers may be planning to take advantage of the warmer weather to visit petting zoos. It's important to keep in mind that there are small but real risks associated with close contact with the animals at petting zoos – but two simple precautions can help keep children healthy and safe:

- Clean your hands after petting the animals
- Do not eat or drink near the animals

By ensuring that parents, caregivers and children are familiar with these two rules, you can

significantly reduce the possibility that they will pick up zoonotic infections (infections that can be passed from animals to people), such as Salmonella and E.coli. Younger children, in particular, have less developed immune systems so infections like these can have serious consequences.

It is also extremely important for parents and caregiver to respond quickly if a child is bitten or scratched by an animal. They should contact their local public health unit immediately. Contact information for all public health units in the province is listed at www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html

To help parents and caregivers teach children about how to stay safe at petting zoos, the Ministry of Health and Long-Term Care has developed engaging educational tools, including illustrations that children can colour. Download the complete “Health and safety tips when visiting petting zoos” package free of charge at www.health.gov.on.ca/pettingzoos.html

Wanted: Donated Items for Our Kitchen

- Mugs
- Flatware
- Plastic food containers

Please see Bonnie in the front office if you have any donations for our kitchen.

2009 Parent Council Calendar

Parent Council Meetings

Monday, May 11 @ 6:30PM

Tuesday, June 23 @ 9:30AM

All are welcome. Please RSVP your attendance to parentcouncil@ourplacekw.ca

Did You Know?

The College of Early Childhood Educators (E.C.E.s) is a professional, self-regulatory organization formed to protect public interest and focus on quality and standards in the practise of early childhood education.

All E.C.E.s at Our Place Family Resource and Early Years Centre have joined the College and are members in good standing.

Donations Received

Thanks to one time capital funding of \$18,000 from the Ministry of Children and Youth

Services, Our Place is able to renovate our bathrooms to ensure accessibility for all.

Shop & Support

Did you know there are gift cards for purchases from Zehrs, Sobeys, Shoppers Drug Mart, HBC (Zellers, Bay) and Starbucks available on-site at the Centre? This is great if you need a gift or if you are trying to stay on a budget. Remember each time you use one of these Shop & Support cards you will be raising much needed funds for the Centre.

Ask for Cindy at the front desk or email her at ckratky@ourplacekw.ca



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Early Years Centre



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