

# SEEECCC AUGUST 2019 EMAIL UPDATE

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<https://efcl.org/league-directory>

## EARLY CHILDHOOD RESOURCES AND INFORMATION

### ALBERTA FEDERATION OF LABOUR PETITION

With this week's news that the \$25-a-day Early Learning and Child Care Centres program [could be ending after next year](#), the need for action is even more urgent!

Please take a moment to sign and share our new petition now: <https://www.fairstartalberta.ca/petition>

The petition will be tabled in the legislature this fall, as we call on our new government to create a plan for universal early learning and childcare here in Alberta. With your support we can ensure the new government hears loud and clear that action on childcare is an issue that can't be ignored.

### SUMMER PLAY THAT ENRICHES KIDS' READING SKILLS- 8 FINE MOTOR ACTIVITIES FOR LITTLE FINGERS

The end of the school year often signals long weeks of unstructured time and a complete break from academic learning. It's time for fun — but unfortunately "the summer slide" isn't just something at the playground. It's also what educational researchers call the setback especially visible in children's reading abilities after the summer. Teachers know that due to this slide, students often require weeks of review upon their return. [Summer Play & Fine Motor Skills](#)

### WHAT CAN WE DO ABOUT TOXIC STRESS?

Toxic stress is a very serious issue, but it is not the end of the story. Toxic stress doesn't have to lead to negative outcomes. No matter who you are, there are concrete actions you can take to help prevent the effects of toxic stress and support those who have experienced them. Reading about the science of toxic stress for those who have experienced it can be overwhelming, or even make you feel damaged and unfixable, as though the effects might be too hard to overcome. But it's important to know that—though the effects of toxic stress can be real and powerful—experiencing it is never the end of the story. There are things that can help, on an individual level, a community level, and a policy-making level, to lessen the effects of toxic stress. [What Can We Do About Toxic Stress?](#)

### HOW AND WHEN TO LIMIT KIDS' TECH USE

No one cares more about your child's well-being and success than you do. In today's digitally-fueled times, that means guiding him or her not just in the real world but in the always-on virtual one as well. Teach your children to use technology in a healthy way and pick up the skills and habits that will make them successful digital citizens. From 2-year-olds who seem to understand the iPad better than you to teenagers who need some (but not too much) freedom, we'll walk you through how to make technology work for your family at each stage of the journey.

[How & When To Limit Kids' Tech Use](#)

## CASA SERVICES

### Pre-Kindergarten Day Program

The **CASA Pre-Kindergarten Program** is a tertiary-level, multi-disciplinary diagnostic and therapeutic educational resource for children aged 4 and 5 who are experiencing severe challenges managing or regulating their emotions and behaviour such that they have been unable to participate meaningfully in the home and community options. Associated difficulties with development, executive functioning and learning may be evident.

The program is intended to provide intensive family-centered diagnostic review and therapeutic education, developmental intervention and clinical care in a specialized early childhood setting. It consists of two classrooms with separate morning and afternoon classes of 7 children. Children attend half-days Tuesday through Friday for the 10-month school year.

Learn more about the CASA program: [www.casaservices.org/pre-k-day-program](http://www.casaservices.org/pre-k-day-program)

## FALL PRESCHOOL INFORMATION

There is more and more research that shows that early learning that occurs at a good quality preschool makes a long-lasting impact. Did you know... *"For every dollar invested in the early years, \$7 is saved in later years."* **Check out the articles below and read more about why preschool is so important.**

+ Kids Who Went to Preschool vs. Those Who Didn't

<http://everydaylife.globalpost.com/kids-went-preschool-vs-those-didnt-12262.html>

+ 10 Good Reasons Your Child Should Attend Preschool

<http://www.greatschools.org/gk/articles/why-preschool/>

+ Why Preschool Matters <http://www.parents.com/toddlers-preschoolers/starting-preschool/curriculum/why-preschool-matters/>

Remember, financial support is available from our provincial government for Stay-At-Home Parents and there is also a Childcare Subsidy Available. To find out if you qualify and for more information go to... <http://www.humanservices.alberta.ca/financial-support/15104.html>

## **PROGRAM GUIDES, FESTIVAL INFORMATION, & CITY PROGRAMS**

### PRICELESS FUN GUIDE- SPRING & SUMMER 2019

Free or low-cost arts and culture, sports and recreation, events, and leisure opportunities visit: [edmonton.ca/programguides](http://edmonton.ca/programguides)

### SUMMER IN THE CITY PROGRAM GUIDE

Find out what's happening every day on the City of Edmonton's Event Calendar. This guide features Arts, Culture, History and Nature at Edmonton attractions. <https://www.summercocity.ca/>

### EDMONTON AND AREA FESTIVALS

What is going on in Edmonton? Check out this list of festivals: film, music, food, theatre, art and family-friendly festivals. If it is happening in Edmonton, it is listed here.

[Edmonton Festivals](#)

## **EDMONTON HERITAGE DAYS FESTIVAL**

August 3-5, 2019- The festival is a 3-day event to sample delicious food, see creative performances & celebrate Canada's multiculturalism. <https://www.heritagefest.ca/>

## **CARIWEST FESTIVAL AUG 9-11 FEDERAL PLAZA BUILDING**

Cariwest is one of Edmonton's most colourful and vibrant festivals! It was introduced more than 30 years ago, by the Western Carnival Development Association (WCDA), to fill the need of Caribbean Canadians to share their Music, Cuisine and Carnival Culture.

<https://www.cariwest.ca/>

## **38<sup>th</sup> EDMONTON INTERNATIONAL FRINGE FESTIVAL**

**AUGUST 15-25, 2019**

**in the heart of Old Strathcona.**

**Fringe Theatre is for YOU because *fringing* is for everyone! It's an experience that captivates and cultivates.** It brings artists and audiences together to celebrate creativity, risk, craft, and community.

<https://www.fringetheatre.ca/>

While you are at the Fringe: Stop in the library for Where the Wild Things Are Activities, a daily 1:30 p.m. Wild Rumpus Storytime, and Theatre for Younger Audiences Free for All on Saturday, August 17<sup>th</sup> at 2:30 p.m. A Free for All is a chance for shows to give a quick preview of what their show is all about and can be a great way to get a family-friendly taste of Fringe!

## **FREE SUMMER PROGRAMS AND EVENTS**

### **EPL PRESENTS: NATIONAL PLAY DAY**

Wednesday, August 7 3-4:30PM (Capilano Library)- poster attached

Come and play with your child in an environment designed to stimulate their creativity! This fun-filled Play Day, part of a worldwide play movement organized by the International Play Association, will allow children and their caregivers to experience the positive impact of play on a child's development. A variety of loose parts, materials and games will be available to spark your child's imagination.

### **CITY OF EDMONTON OUTDOOR POOLS**

Drop-in swimming at outdoor Edmonton pools will be FREE for the entire outdoor pool season starting July 1! The city's five outdoor pools are: Queen Elizabeth (9170 Walterdale Hill), Fred Broadstock (15720 - 105 Ave), Mill Creek (9555 - 84 Ave) and Oliver (10315 - 119 Street), Borden Natural Outdoor Pool (7615 Borden Park Road). For additional information, please visit: [City of Edmonton Outdoor Pools](#)

### **YEG YOUTH SUMMER EVENTS**

8 free city-wide events, once per week for July and August. You can sign up in advance or simply drop in and be part of the fun. For more information visit: [YEG Youth Summer Events](#)

### **FREE THINGS TO DO IN EDMONTON**

Looking for ideas of activities to do in Edmonton this summer for free? Then look no farther - check out this great blog with a terrific list that will keep your family busy and happy!

<http://www.raisingedmonton.com/> Facebook: <https://www.facebook.com/RaisingEdmonton/>

## **SUMMER STARTS AT EPL**

Summer Starts at EPL runs from **June 22 - August 24** and offers games, prizes and activities to encourage kids of all ages to read, create and explore during the summer months. The EPL Summer Program Guide is now available at all EPL locations. For a complete list of the Summer Starts programs, please visit the EPL event calendar: <https://www.epl.ca/summer-starts/>

For the events happening at our local South East Library Branches click on these links.

Capilano Branch: [Capilano EPL](#)

Idylwyld Branch: [Idylwyld EPL](#)

## **GREEN SHACK PROGRAMS**

Summer Green Shack runs from **July 2- August 22**

A playground leader will deliver FREE playground programs that includes sports, games, activities and crafts; ages 6-12 years (children under age 6 are also welcome but must be supervised by a parent or caregiver at all times)

### **AM PROGRAMS: MONDAYS TO FRIDAYS 10AM-1:30PM**

Gold Bar Park (4620-15 Ave)

Holyrood (9411 Holyrood Road)

King Edward Park (7708-85 ST)

### **PM PROGRAMS: MONDAYS TO FRIDAYS 2:30PM-6PM**

Bonnie Doon (9217-94 ST)

Capilano (10810-54St)

Idylwyld (8631-81<sup>ST</sup>)

Ottewell (5920-93A Ave)

Terrace Heights (9835-71ST)

Hazeldean (9630-66AVE)

Ritchie (7727-98ST)

## **POP UP PLAY**

Cloverdale Playground (9411-97 Ave): July 2-Aug 22 Tuesday & Thursdays ONLY 2:30-6PM (except during the Edmonton Folk Festival Aug 9-12)

Strathcona Community Hall (10139-87 Ave): July 3- Aug 22 Monday & Wednesdays ONLY 2:30-6PM

## **FAMILY NATURE NIGHTS - Wednesday Nights**

Learn about mushrooms, butterflies, birds, mammals and the habitat we share with them right here in Edmonton's green spaces. Join local nature enthusiasts and deepen the connection between your family and our beautiful, complex planet. The goal of Family Nature Nights is to promote positive experiences for youth and their families with nature, science and urban wilderness. Programming is designed for 4-12 year olds, but nature lovers of all ages are welcome. Family Nature Nights are **free** 2-hour events that occur in locations across Edmonton. [Family Nature Nights](#)

***Wednesday nights from 6:30-8:30pm from July 3 to August 7***

Free Fun for the whole family. Family Nature Nights run rain or shine.

Aug 7- Indigenous Summer Theme at Twin Brooks Nature and District Park (1510 - 119st)

### **KIDS BOWL FREE PROGRAM**

You can sign your children up to bowl FOR FREE at Bonnie Doon Lanes for up to 2 games every day from July until September. For young children, the bowling alleys have ball ramps the children can use as well as gutter bumpers! Click on the link to sign up. [https://www.kidsbowlfree.com/center.php?alley\\_id=5902](https://www.kidsbowlfree.com/center.php?alley_id=5902)

### **OPEN FARM DAYS**

***Saturday, August 17 and Sunday, August 18***

Alberta Open Farm Days is a collaborative, province-wide event that gives Albertans an opportunity to experience the farm and understand where their food comes from. It is a backstage pass to meet the farmer, experience Ag-tourism in Alberta and taste local foods direct from the producer. Click the link below to check out locations of participating farms. [www.albertafarmdays.com](http://www.albertafarmdays.com)