



Stratton



Best Start HUB

September 2017

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
		First Day of School 	*** New Parent/Caregiver Group— Eat, Play, Love 11:00 am Starting September 19th		1	2
3	4	5 Free Play 9-3	6 ABC Yoga 10:00 a.m.	7 Sneakers & Strollers 10:30 a.m.	8	9 150 years Celebration all day at The Stratton Rec. Centre
10	11	12 Free Play 9-3	13 ABC Yoga 10:00 a.m.	14 Sneakers & Strollers 10:30 am	15	16
17	18	19 Free Play 9-3 Eat, Play, Love 11:00 a.m.	20 Healthy Babies 945 a.m.-2:00 p.m	21 Sneakers & Strollers 10:30 am	22	23 Ooey Goey Day!! 11-2 Registration Required
24	25	26 Free Play 9-3 Eat, Play, Love 11:00 a.m.	27 ABC Yoga 10:00 a.m.	28 Sneakers & Strollers 10:30 am	29 PA Day P.J. Party!! 11-2	30

A Place for Families

11605 Hwy 11
P.O. Box 94
Stratton ON
POW 1N0

Phone: 483-5319

Email:
stratton_bsh@tbaytel.net

Facebook
Stratton Best Start Hub

Tues. Wed. Thurs
9 - 3
CLOSED Mondays & Fridays

Program Coordinator
Debbie Spence

Assistant Coordinator
Charla Morrisseau

"A playing child
is a
learning child"





THANK YOU to our Summer Reading Challenge and Back Pack Program participants. It is wonderful to see such a great interest in reading and play based learning.

Participants of the back pack program were Emily Romyn, Naomi Boersma, Lydia Boersma, Arianna Tom, Sophia Potson, Olivia Seguin, Chase Ableman, Brittany Gibson, Burke Brown, Jackson Bourgeois, and Olivia Paishk-Ronmark. Great job! Congratulations on earning your school supplies!

Participants of the Reading Program were Scarlett Morrison, Isabelle Hanson, Sydney Romyn, Georgia Romyn, Sienna Tom, and Emerson Beal.

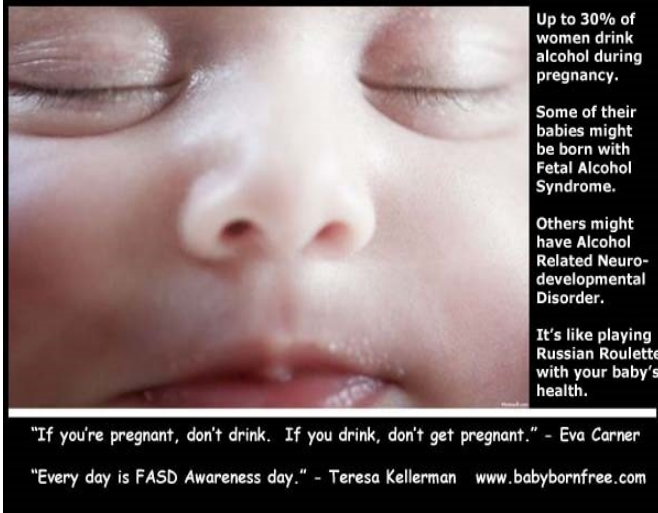
The winners of the challenge were Sydney Romyn (7-9) and Isabelle Hanson (10-12). YAY!!

We wish you all a wonderful school year and hope to see you on a P.A> Day!



Stratton is having an Ontario 150 Celebration!! Saturday, September 9th. Together with the Township of Morley, Stratton Recreation Society and Stratton Best Start Hub, we are planning to have a fun filled day with lots of activities for all ages which include a Pi Run, Parade, B.B.Q., face painting, baseball games, tug of war, time capsule, local vendors, roast beef and pork dinner, penny table, local talent shows and dancing to the Nite Hawks. Hub activities 11 - 4. We hope to see you there!

Friday, September 9th is Fetal Alcohol Spectrum Disorder Awareness Day. (FASD)



Up to 30% of women drink alcohol during pregnancy.

Some of their babies might be born with Fetal Alcohol Syndrome.

Others might have Alcohol Related Neuro-developmental Disorder.

It's like playing Russian Roulette with your baby's health.

"If you're pregnant, don't drink. If you drink, don't get pregnant." - Eva Garner

"Every day is FASD Awareness day." - Teresa Kellerman www.babybornfree.com

PARENTS and CAREGIVERS

We are looking to start a discussion group with our parents/caregivers. Starting on Tuesday September 19th. We will meet over coffee/tea and discuss topics of interest such as positive discipline, picky eaters, electronics, internet usage and social media, potty training, biting, etc. We would love to hear some topics you are interested in! Come down to the Hub Tuesday mornings at 11:00 a.m. for some awesome conversation.

Please let us know if there is any interest in an evening group and what evening works for you.

ABC's of YOGA for Kids

Many people think Yoga is for adults only, Not True. Yoga for babes and toddlers stimulates muscles for future physical activity. It promotes gross motor muscles, stimulation and flexibility. This program is geared to babies under a year but is adaptable for Toddlers.

Register for our Wednesday classes!

OOEY GOOEY DAY

Saturday September 23

Bring the kids and get messy!

We will have all our ooey gooey buckets of fun ready to explore exploration!

Bring a change of clothes and/or a bathing suit and towel.

We have added new activities for the "not so ooey gooey enthusiasts"



Please make sure to register!
Cancelled if raining.