






SEPTEMBER 2017

Email us at: sundog@shawbiz.ca for an electronic version of this newsletter.

Weekly Art	Mon	Tue	Wed	Thu	Fri	Sat
School Buses 					1	2
3 Grand-Parents' Day Cards 	4 CLOSED	5 Drop-in All Day!	6 Moms' Club & Lunch 11am	7 Toddler Story Time 10:30am	8 Music and Movement Cancelled Grand-parent's Day Brunch 11am	9
10 Apple Faces 	11 CLOSED	12 Make and Take Tuesdays 10:30am	13 Moms' Club & Lunch 11am	14 Toddler Story Time 10:30am	15 Music and Movement 10:30 am	16
17 Stained' Glass Leaves 	18 CLOSED 1-2-3 Magic 10-11:30am	19 Make and Take Tuesdays 10:30am	20 Moms' Club & Lunch 11am	21 Toddler Story Time 10:30am	22 Music and Movement 9:45 AM	23
24 Doorknob Hanger Craft 	25 CLOSED 1-2-3 Magic 10-11:30am	26 Make and Take Tuesdays 10:30am	27 Moms' Club & Lunch 11am	28 Toddler Story Time 10:30am	29 Music and Movement 9:45 am	30

Best Start HUB

A Place for Families

Sundog

Best Start Hub September 2017 Newsletter

Phone: 597-1481

25 Rawn Road
(Rainbow Family Centre)

Hours

Monday: Closed
Tuesday & Wednesday: 10-5
Thursday and Friday: 10-3pm
Saturday & Sunday: Closed

Come Join The Fun!

Sundog





Toddler Story Time:

This is a drop-in program **Thursday mornings at 10:30.**

Join us for a story and a fun activity.



Moms' Club:

On Wednesday mornings @ 11am, stop by

Sundog and enjoy coffee/tea and conversation with other parents and caregivers while the children play. A light lunch will be served.

Music and Movement:

Fridays at 10:30 am, come out and have fun with your baby/toddler/preschooler.

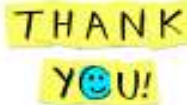
We will be back at St. Pat's Gym on September 22.



Make and Take:

Tuesdays at 10:30am, beginning September 12. We will be doing Baking in a Bag days as well as making essential oil based products. Please let us know what YOU would like to make (or DO) and we will do our best to make it happen!

Call Sundog at 597-1481 or email us at: sundog@shawbiz.ca



...to all our families and friends who came to summer programming and our Wrap-Up party!

"1-2-3 Magic Made Parenting Fun Again."

1-2-3 Magic allows you to get back in charge of your home and enjoy your kids again by helping you set limits for your children, and by breaking down the complex task of parenting into three straightforward steps:

- 1. Controlling Obnoxious Behavior:** Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do (whining, arguing, tantrums, etc.).
- 2. Encouraging Good Behavior:** Learn several effective methods to get your kids to START doing what you want them to do (picking up, eating, going to bed—and staying there, etc.)
- 3. Strengthening Your Relationships:** Learn powerful techniques that reinforce the bond between you and your children.

Sundog Best Start Hub and Kenora Rainy River District Child Family Services are pleased to be offering this 6-week program, Mondays 10-11:30am at the KRRDCFS Board Room, beginning September 18th. Snacks and refreshments provided, and a weekly attendance draw! Call 597-1481 or 597-2700 to register.

Grandparents' Day is on the 10th of September this year. Stop by Sundog that week to make cards for that special grandma, grandpa, or senior in your life! We will be having brunch on Friday, September 8 at 11am in honour of this day! Bring someone special and join us! (Music & Movement is cancelled this day).

Happy
Grandparents
Day

Northern Ontario Multimodal Transportation Strategy

The Ministry of Transportation Ontario (MTO) and Ministry of Northern Development and Mines (MNDM) are developing a Northern Ontario Multimodal Transportation Strategy (NOMTS, or the Strategy), which is a key initiative to support the implementation of transportation directions in the [Growth Plan for Northern Ontario 2011](#). The Strategy adopts an integrated multimodal approach that considers highway, marine, air, rail, and other modes of transportation, and will guide transportation policy, program and investment opportunities for a modern and sustainable transportation system in northern Ontario.

MTO and MNDM have released a [draft Strategy](#) and are seeking public comments and feedback on the goals and directions included in this document, to inform work towards the final Strategy and Action Plans.

Please provide feedback by September 15, 2017.

Use the [online questionnaire](#) to provide your feedback on the draft Strategy.

See the [Get Involved](#) page for other ways to provide comments on the draft Strategy.

<https://nomts.ca/>

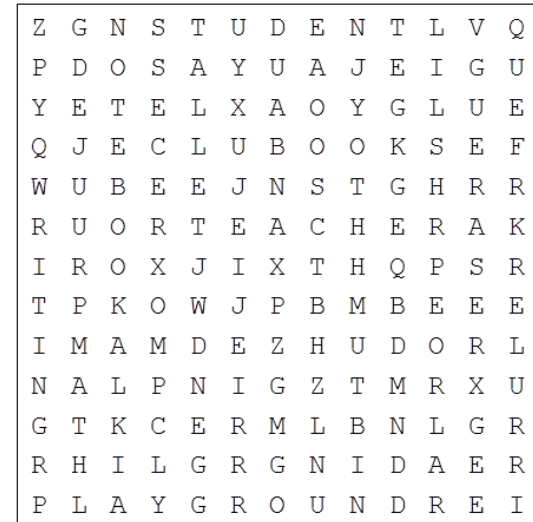
Some School Lunch Ideas:

Try fruit or veggie kebabs, burrito rollups, nut butter rice cakes, breadsticks with pizza sauce dip, stuffed mini pitas, pasta salad, or cheese quesadillas. Remember that picky eaters might be more willing to try a food they've helped you prepare and/or pack! Try to get them involved in the process.

Cheese Quesadillas: take 2 tortillas, put shredded cheese in between, slice up and have them heat at school in the



Back to School



- | | | |
|----------|------------|---------|
| BOOKS | NOTEBOOK | RULER |
| DESK | PAPER | STUDENT |
| ERASER | PENCIL | TEACHER |
| GLUE | PLAYGROUND | WRITING |
| LUNCHBOX | READING | |
| MATH | RECESS | |



Ready for School Finger Play

Two little houses all closed up tight
(make fists)

Open up the window and let in the light
(open fist)

Ten little finger people tall and straight
(ten fingers)

Ready for school at half past eight
(walk with fingers)