

# WINNIPEG PARENT

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# the publisher's Pen

## My Favorite Time of Year Has Arrived: *Fall is Here!*

The crisp air, the changing leaves, the cozy sweaters pulled out of the closet, and pumpkin spice everything! After the rush of summer adventures, September and October bring a welcome shift—back to routine, back to school, and back to the everyday rhythms that anchor family life.

With this issue of *Winnipeg Parent*, we hope to help you embrace the season while keeping your family balanced and thriving. Inside you'll find:

- Back-to-routine tips and tricks
- Getting back into, and managing, kids' sports
- The benefits of dance, music, acting and more
- Ideas for weekends of fun... so it's not all about school
- What is S.T.E.M.? Let us tell you more
- Vision testing, why it's important
- ...and so much more

Fall is full of fresh starts and cozy traditions. From school picture day to apple picking, from raking leaves into giant piles to cheering at the rink, it's a season that reminds us to slow down, soak it in, and savor both the big and small family moments.

So here's to a new school year, the crunch of leaves underfoot, and the joy of gathering around the table on cool autumn evenings. May your fall be full of warmth, color, and connection.

Warmly,

Dana



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On the Cover: Children in the classroom.

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# School Morning Routine: The Best Way To Start Your Day

By Mercedes Korngut

With back to school season in full swing, it's great to start the year off right with building positive habits. Practicing a few, easy habits can make your early mornings easier and more enjoyable. These help us keep calm during those chaotic, early mornings, and feel happier throughout the day.

### 1. Avoid Snooze

It can be so easy to reach for a few extra minutes of sleep. However, we get into the habit of sleeping past our alarms, it's easy to sink into the habit of oversleeping and running late. Try placing your alarm clock further away from your bed, having to physically get up to turn it off. Another hack: while in bed, count to five, and get up! It's like ripping off a band-aid.

### 2. Leave Enough Time

We often choose to sleep longer, rather than to allocate more time for getting ready. Feeling rushed as soon as we wake up is incredibly stressful and can set a negative tone for the whole day. It's true, the tone and mood of our morning truly leaves an imprint on the day ahead. Aim to find the perfect sweet spot - enough time to sleep in and feel energized, with enough time to get ready for the day in peace. Perhaps this means going to bed half-an-hour earlier in order to wake up a bit earlier. Before going to sleep, take a moment to think backwards. What time do you need to be at school/work/an appointment? How long will it take to get to this location? What time should you leave home? How long does it take to get ready? These questions will help figure out the best time to wake up, helping avoid the stress of being rushed!



### 3. A Full Glass, Please!

Hydration is key to thinking clearly - especially early in the morning. Why? We're typically dehydrated after a long night, with no water intake. During breakfast, or even while getting ready, enjoy a glass of water. This small hack will allow for your brain to focus better right now, and later in the day. Plus, water also helps us feel more awake. It's truly an essential hack to a successful morning!

### 4. Positive Affirmations

Starting the day off on a positive note helps us feel happier throughout the day. We believe what we tell ourselves; for better or for worse. Repeat simple phrases like 'I am excited for the day,' 'I find happiness in everyday,' or 'I will have a good day.' Although you may not always believe these affirmations when you first state them; with more repetition you'll likely start to feel an increased sense of optimism. To put in short, the key to a successful school morning routine is being kind to yourself.

### 5. Positive Affirmations

Mornings are incredibly powerful, as they set the tone for the entire day. Setting up a routine for kids is essential; however, all ages thrive when we have more predictability in our day. When we take control over our morning, we control our outlook on the rest of our experiences!

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# Finding Your Home in Winnipeg: Smart Tips for Buyers

By Lisa Derenchuk  
RE/MAX Professionals

Winnipeg’s housing market has options to fit every stage of family life, from first homes for growing families to spaces that adapt as kids get older. This summer was a busy one, and activity is expected to continue through fall. Single-family homes remain popular with families, while condos and townhomes provide affordable, low-maintenance options. With steady prices and a healthy number of listings, it’s a great time to explore neighborhoods and find the right fit for you and your family.

Beyond the excitement of new spaces and fresh beginnings, buying a home is one of the biggest financial and personal decisions you’ll ever make. There are many factors to weigh before signing on the dotted line. Whether it’s your first home or your forever home, these tips can help make the process smoother.

**1. The Old Saying Holds True:  
Location, Location, Location**

A house can be updated, but you can’t change its surroundings. Think about commute times, nearby shops, green space, and the feel of the neighborhood. Visit at different times of day for a true sense of the area.

**2. Consider Your Lifestyle**

Make a list of must-haves versus “nice-to-haves.” Do you need a home office, a big kitchen, or a backyard? Clear priorities help you focus your search.

**3. Think Long-Term**

Look beyond today and consider how your needs might shift in the next five to ten years. Planning ahead can save you from moving again too soon.

**4. Look Beyond Cosmetics**

Fresh paint and trendy fixtures can’t hide bigger issues. Pay attention to essentials like the roof, windows, and mechanical systems that impact comfort and cost.

**5. Set a Realistic Budget**

Beyond the mortgage, factor in taxes, insurance, utilities, and maintenance. A clear budget keeps your search grounded.

**6. Trust Your Instincts**

Buying a home is both practical and emotional. If you can picture yourself settling in comfortably, you have found the right place!

**With preparation, patience, and a clear plan, house hunting can feel less overwhelming— and even exciting.**

Market Release July 2025

Residential Detached

Active Listings: 1,697

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Average Price: \$443,635

Average sq ft: 1,333

Condominiums

Active Listings: 468

Sales: 238

Average Price: \$284,845

Average sq ft: 1,049

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Active Listings: 253

Sales: 114

Average Price: \$374,496

Average sq ft: 1,287





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# Where Young Dancers Find Their Footing

Photo: Rejean Brandt

By Jane Pike  
Royal Winnipeg Ballet

The Royal Winnipeg Ballet School blends training, care, and academics to raise confident dancers and confident kids.

On a weekday afternoon, when the studios at Graham Avenue hum with music and movement, students of the Royal Winnipeg Ballet School slip between barre work and algebra, rehearsal and homework. It is a rhythm that feels both ordinary and extraordinary: young people training at one of the world’s most respected ballet schools, right here in the middle of Winnipeg.

The RWB has been part of the city’s cultural fabric for nearly a century, its company touring internationally while its school raised generations of dancers. The Professional Division continues that tradition, offering students a rare balance: professional-level training in dance alongside academic study through St. John Brebeuf (Grades 6–9) and the University of Winnipeg Collegiate (Grades 9–12). Parents do not have to send their kids away to access this kind of education. It happens in the same building where the RWB Company rehearses, giving students a daily glimpse of what a professional career looks like.

The results are visible not only on stage, but in the character of the students. Ballet demands focus, discipline, and resilience, and those qualities carry well beyond the studio. Alumni have gone on to careers in medicine, business, engineering, and education, as well as on the world’s major stages. Parents often remark that their children leave the program taller in spirit, more confident, and more capable.

Support for that growth is built into the school. Students in Winnipeg have access to counsellors, physiotherapists, and nutritionists who help keep them strong and balanced. For those arriving from outside the city, the Student Living Centre offers a home just steps from the studios, with staff on hand at all hours. The structure is rigorous, but the care is real.

What distinguishes the RWB School, though, may be its philosophy. Faculty look for potential rather than polish. Passion and curiosity are encouraged as much as precision. In a dance world often focused on competition, this balance helps students grow steadily while keeping their love of dance at the center.

Artistic opportunities have always been central to the school, shaped by the expertise of its faculty and the vision of past artistic leaders. With Christopher Stowell now serving as Artistic Director, the company and school are building on that foundation with added momentum. His international experience as a dancer, director, and choreographer brings new repertoire and collaborations into the studios, complementing the world-class opportunities that already define the RWB. For students, it means continuing to learn from artists shaping the field today while staying rooted in the legacy of those who came before.

In Winnipeg, the RWB School makes it possible for young dancers to pursue professional training while staying rooted in home and community. What begins in the studio often extends far beyond it: the discipline of daily practice, the resilience learned through rehearsal, the confidence built in performance. These are skills for the stage, and they are skills for life.

To learn more, including how to register for upcoming auditions, visit [rwb.org/school](http://rwb.org/school).

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26  
SEASON

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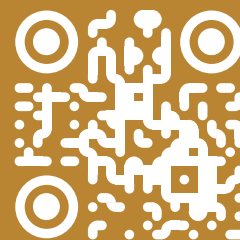
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RWB SCHOOL ARTISTIC FACULTY WITH RECREATIONAL DIVISION  
STUDENTS; PHOTO BY MICHELLE BLAIS



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# Easy-Going Weekend Ideas...

## ...with Friends!

- Watch a local sports game
- Sign up for a trivia night
- Casual game day watch party
- Pool tournament
- Go to a local fair
- Watch an off-peak movie
- Take-out and TV show watch party
- Go to an art gallery
- Scenic drive with a nostalgic playlist
- Farmers' market visit

## ...with Family!

- Board game night
- Visit an indoor playground
- Watch an e-sports tournament at home
- Swimming lessons
- Go to a local fair
- Movie night in pajamas
- Online dance class
- Family Jenga night
- Visit a wildlife sanctuary
- Limbo night
- Pictionary night

## ...to Relax!

- Movie and bubble bath
- Get a massage
- Drive to a lake
- Read in a hammock
- Vacation Planning
- Watch the sunset from a viewpoint
- Create a cozy nook at home
- Join an outdoor yoga group
- Host a podcast listening party
- Meditation in a park

## ...to be Active!

- Outdoor yoga class in the park
- Exercise bike with a TV show at home
- Scenic woodland walk
- Neighborhood walk or run
- Online pilates class
- Tai Chi in a park
- Organized dog walk
- Group bowling

## ...to be Creative!

- Scrapbooking photos night
- Poetry writing at a coffee shop
- Start a video diary
- Rearrange a room and try it for a day
- Listen to new music
- Sketch architecture from a coffee shop
- Draw at a museum
- Fix up an old bicycle
- Create friendship bracelets with friends
- Mix music

## ...for Foodies!

- Try a new recipe
- Bake bread
- Pizza and video games at night
- Lunch at a new restaurant
- Coffee and casual chats meetup
- Take-out and movie night
- Casual brunch with friends
- Join a hiking and lunch group
- Host a tea tasting get-together
- Meal prep for the week ahead

## ...to see Places!

- Lighthouse at sunset
- Scenic train ride
- Ferry ride
- Botanical garden
- Art district
- Leisurely hiking trail
- Afternoon trip to a small town
- Historical site
- Quiet stretch of coastline
- Public park

## ...for Self Love!

- Sunrise meditation
- Listen to calming music
- Gentle stretching
- Research home decor ideas
- Journal
- Organize a chest
- Paint with an online tutorial
- Listen to an audiobook
- Make plans for spring

## ...for Indoors!

- Work on a simple DIY project
- Build a model
- Declutter a room
- Have a DIY craft day with friends
- Book a last-minute cabin retreat
- Afternoon at an aquarium
- Play indoor shuffleboard
- Have a 'Do nothing and reset' afternoon

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# A Week's Worth of Healthy School Lunch Ideas



By Heather Dixon  
*Active for Life Contributor*

A big part of having healthy, happy kids who want to be active is also having the right kind of fuel for their growing bodies. And as another back-to-school season approaches, so does making school lunches. As much as I find packing lunches for three kids day after day a bit of a pain at times, I also look at it as an opportunity to fill them up with lots of different healthy snacks.

So before your kids head off to school, here are a few great snack ideas you can choose from to make sure your children have a colourful and nutritious lunch. (Plus a treat or two for good measure!) Feel free to mix and match items from this week-long meal plan to make it your own.

### Monday

- Chickpea & avocado salad sandwich
- Mixed berries
- Nut-free trail mix with dry cereal, raisins or dried cranberries
- Cucumber coins

### Tuesday

- Chicken miso soup
- Pita wedges & hummus
- Grapes
- Cucumber sticks and bell pepper slices

**“Feel free to mix and match items from this week-long meal plan to make it your own.”**

### Wednesday

- Edamame salad (or just edamame on its own as a snack)
- Pineapple with yogurt dip
- Pretzels
- Shredded cheese

### Thursday

- Turkey sandwich
- Unsweetened applesauce
- Graham crackers “Oreos”
- Sugar snap peas with hummus for dipping

### Friday

- Homemade mini meatballs (any recipe will do, but we love turkey meatballs especially!)
- Plain yogurt with blueberries
- Oatmeal shortbread cookies
- Veggies (tomatoes, bell peppers, cucumbers, carrots) and hummus

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# Don't Fear the 'B' Word: Embracing Boredom at Home

By Darci Karaibrahimović

If you have kids, you've definitely heard it before: "I'm boooooored." Next come the dramatic sighs, maybe with a full-body flop onto the couch. For a lot of us, the knee-jerk reaction is to spring into action. We start listing off options – "Go read a book, play outside, draw something, build Lego, clean your room". And sometimes, if we're being honest, we hand over a tablet or turn on a show just to stop the whining.

But here's a little secret: boredom isn't the enemy. It's not a sign that something is wrong or that we've failed to entertain our kids. In fact, being bored might actually be one of the best things for them.

## Slowing Down is Healthy

We live in a world that seems to promote the need to be "busy." School, soccer practice, piano lessons, swim team, birthday parties—the calendar fills up so quickly that it can feel like we're running from one thing to the next without much breathing room. Add in the constant buzz of technology and entertainment, and it's easy to see why the idea of downtime feels almost... uncomfortable.

But kids need that space. Honestly, so do we. When there's nothing scheduled, kids get a chance to simply be. They might grumble at first, but once they settle in, those unstructured moments give their brains and bodies a much-needed break. Slowing down helps kids recharge and it also helps them notice things they might miss when they are constantly busy—like the funny shape of a cloud or how cool it is when an ant carries something way bigger than itself.

## Boredom Sparks Creativity

Here's the magic part: when kids are bored, their imaginations switch on. After the complaints die down, suddenly the couch cushions become a castle. A cardboard box becomes a rocket ship or a house. The backyard transforms into an enchanted forest. These are the moments when creativity flourishes.

Unplanned play leads to storytelling, problem-solving, and experimenting. It's how kids learn to entertain themselves and explore new ideas. Don't you remember how some of the best childhood memories you have come from those random, made-up games that didn't need any fancy toys or organized activities.

## Boredom Builds Real-Life Skills

Boredom also teaches kids patience. It shows them that life isn't always instant fun or immediate entertainment. In a world of immediate gratification, they learn that it's okay to sit with a little discomfort, and that they're capable of figuring out what to do next.

When a child finds a way to entertain themselves without outside direction, they're building independence and resilience. They're learning how to problem-solve, manage their feelings, and take ownership of their time. Those may sound like big, adult skills, but they start with something as simple as sitting around on a Saturday afternoon wondering what to do.

## Together Time (Or Not)

Of course, boredom doesn't always mean kids should be left completely alone. Sometimes, it's a chance to connect. A slow afternoon might lead to a family card game, baking cookies together, or heading outside for a spontaneous walk. None of it requires big planning or effort—just being present and saying "yes" to the little moments.



Photo: Dana Todd

Other times, it's best (and important) to let kids figure things out on their own. That's where the independence part comes in. It's okay if they're not constantly supervised or directed. Giving them space not only builds confidence but also gives parents a much-needed breather.

## Stop all the Pressure

One of the hardest parts about parenting today is the pressure to do it all. We feel guilty if our kids don't have full schedules, if we don't sign them up for enough programs, or if we let them "waste time." But here's the truth: kids don't need a jam-packed agenda to thrive. What they really need is balance.

Structured activities have their place—they're great for building skills and discipline. But unstructured time matters just as much, maybe even more. It's in the quiet, the messy, the "I'm bored" moments where kids stretch their imagination and discover what they actually enjoy. They also have time to figure it out for themselves. Kids need to be able to grow and have the confidence to 'find something to do', to make the decision for themselves on how to keep busy.

## The Next Time You Hear It...

So, the next time your child sigh and dramatically announce, "I'm bored," try not to panic. Don't feel like you've failed. And resist the urge to immediately fix it. Instead, take a deep breath, smile, and let the boredom do its job.

It may take a few minutes (and maybe a little whining), but before long, you might find your child inventing a new game, doodling a comic strip, or building the tallest block tower you've ever seen. And if not? Well, maybe they'll just stare out the window and daydream for a while. That's pretty wonderful, too.

**Boredom isn't a problem—it's an opportunity. And sometimes, it's the very best gift we can give our kids.**

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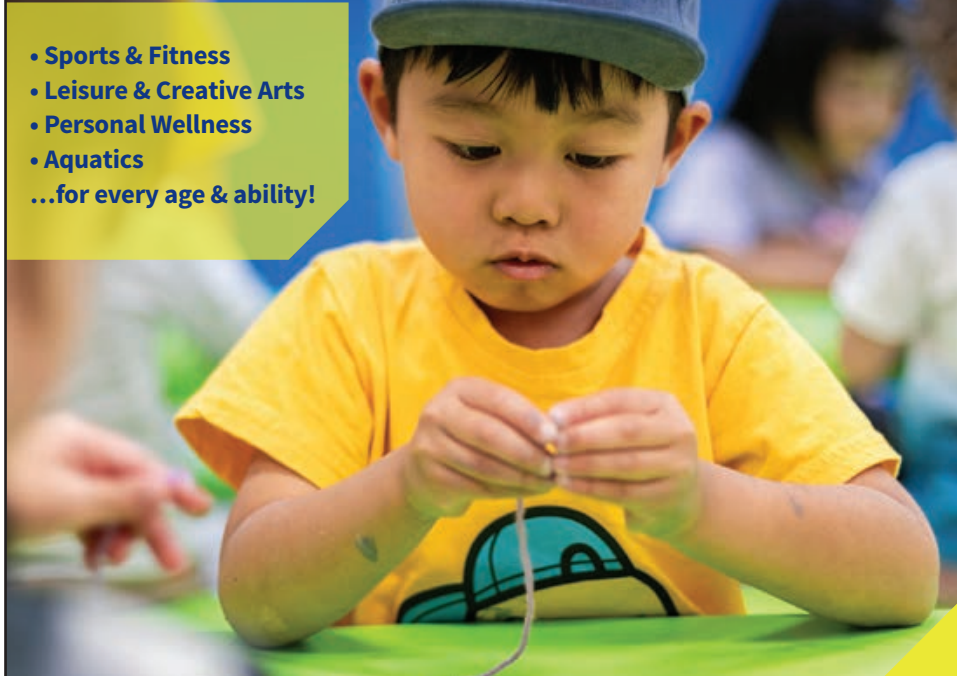
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# Is Competition in Sports Healthy for Kids?

By Coach Jim  
*Active for Life Contributor,  
Kids' Soccer Coach for 15 years*

Many parents have asked me if I think competition is healthy for kids. This topic always stirs controversy among parents, educators, coaches, psychologists, and sociologists. Is it healthy? Is it “toxic”? Does it diminish self-confidence and destroy lives? Or does it develop an appreciation for the fact that “life is hard”?

With my job and knowledge of sports medicine, I have helped and coached hundreds of children aged five to ten in soccer over the past 20 years. I have also been extensively involved in creating and managing leagues and competition formats to support optimal early player development. Here's what I have witnessed:

Sport competition is meaningless for most kids under the age of seven or eight years. It's that simple. Below this age, most kids derive more pleasure from playing a simple game of tag than “competing” in an organized sport. They won't push themselves to the limit where we need to consider injuries and sports medicine treatments too often if at all. Maybe a tumble or a bruise here and there, but nothing big, even with parents pushing them to do so. However, I say most kids for a reason. Some kids do have a basic understanding and desire to compete below this age, but they are a small percentage. Sometimes these kids will actually exhaust themselves or actually injure something, but with rest and the proper treatment they recover quickly and fully.

**“The key is to keep it fun.”**

Does this mean competitive sports at these younger ages are “unhealthy” or inappropriate? Not necessarily. First, it depends on the kid. Second, I think we need to ask a different question. If kids don't understand competition at these young ages, why would they play a sport?

**The answer? Sports are fun.**

Fun is the number one reason why kids play sports. When young kids score a goal in soccer or a basket in mini basketball, they feel happy and they experience fun. They are participating in a competitive activity, and the experience is fun for them, even if they don't have their eyes on a trophy.

These kids are happy because they tried to execute a particular skill, they were successful, and it felt good. I have seen hundreds of kids who have the opportunity to experience this kind of fun week after week grow to love whatever sport they are playing, and it's this love of the game that keeps them playing into adolescence and beyond.

Conclusion? Organized sport competition at young ages can be perfectly healthy. The key is to keep it fun. After all, it's well-established that the number one reason kids play sports is to have fun, and when they don't have fun, it's because adults spoil it for them by parents going wild or coaches being bullies.

# From Winnipeg to the Big Screen:

How Expressions Film Studio Prepares Youth for Real-World Acting



By Neil Shah  
*Owner and Instructor, Expression Film Studio*

It's a rare thing to see a child from Winnipeg land a major role in a Hollywood film—but it's becoming less rare than you'd think.

In recent years, more and more local youth actors have been cast in professional productions ranging from feature films to streaming series. Some have returned for sequels, landed recurring television roles, or begun developing reels that would make seasoned actors jealous.

Behind many of these breakout moments is a consistent throughline: long-term training, on-camera experience, and strong community support. That's where schools like Expressions Film Studio come in.

## The Studio Behind the Scenes

Expressions Film Studio (EFS), based right here in Winnipeg, is a youth-focused acting school that trains students aged 8–18 specifically for film and television. Founded in 2013, EFS offers year-round programs that go beyond rehearsal and theory. Students don't just read scripts—they shoot short films, work with real cameras, collaborate in small groups, and premiere their work on the big screen.

The goal: to give young actors the tools they need to walk onto a professional set and feel ready—not overwhelmed.

From understanding eyelines and blocking for the camera, to hitting emotional beats across multiple takes, EFS students are taught with the expectations of a real set in mind. Many alumni return to mentor younger actors or assist on student film crews, creating a cycle of growth and leadership that strengthens the entire community.

## A Community of Working Talent

EFS isn't just a training ground—it's a launchpad. Our students have gone on to appear in projects for major networks and streamers, including CBC series, American feature films, and independent festival selections.

But success at EFS isn't measured only in screen credits. We've seen countless students grow from nervous first-timers into confident, collaborative artists. Some now attend top film schools across Canada, while others stay involved in the Winnipeg arts scene as performers, editors, or crew.

**“Whether a child ends up on set or simply finds their voice, the journey is always worth it”**

For those interested in pursuing real opportunities in the local film and TV industry, EFS offers more than just instruction. We guide students through the practical steps of the professional process—auditioning, resume building, industry etiquette, and headshots. We also help families navigate the Winnipeg casting landscape, offering insight into how local projects are cast and how to prepare for them.

## What Makes the Difference?

At EFS, students aren't treated like passive learners. They're given real creative responsibility. They write scripts, direct scenes, collaborate with classmates, and learn how to deliver under pressure—just like they'll need to on set.

But just as importantly, they learn how to support one another. The EFS environment is intentionally collaborative, not competitive. When one student books a role, others celebrate. When someone struggles, peers step in with encouragement. This sense of mutual respect and shared growth is what defines the EFS experience—and what keeps alumni coming back, year after year.

## For Families Wondering Where to Start

Parents often ask: When's the right time to get my child into acting? At EFS, that answer is simple—when they're curious, ready to work hard, and eager to collaborate. No experience is required—just a willingness to try and a love for storytelling.

While not every student will pursue acting professionally, they all leave with something that lasts: stronger communication, increased confidence, and a deeper understanding of themselves and others.

Whether a child ends up on set or simply finds their voice, the journey is always worth it.

*Expressions Film Studio offers youth film-acting programs year-round in Winnipeg. To learn more or register for upcoming sessions, visit [efstudio.ca](http://efstudio.ca).*

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# Mapping Winnipeg:

A Mom's Mission  
to Help Families  
Explore the City

By Carol Cassell  
*Mapping Winnipeg*

**H**ave you ever been curious about who's behind Facebook's Mapping Winnipeg? Mapping Winnipeg is the fabulous site that shares locations of decorated homes during the Halloween and Christmas season. Expanding to maps of playgrounds and activities, it's a must for any Winnipeg Parent!

And one very determined woman is behind it all!

Hello I'm Carol! I'm a mom of an 8 month old and a 6 year old. Mapping Winnipeg is a project I started during 2020, first releasing the Winnipeg Halloween Map then the Winnipeg Christmas Map which shows decorated homes around Winnipeg. As the pandemic progressed and eventually the only thing we could do with our children was get outside, I mapped all of Winnipeg's playgrounds and outdoor activities for summer and winter.

As a mom who has severe postpartum depression that lasted 3 years, I kept some semblance of mental health by getting out of the house with my

child. I recognized that other caregivers need the same thing. But where to go? There weren't any comprehensive resources, so I decided to make maps, social media accounts, and website.

All the work in keeping up the websites and social media accounts is volunteer. None of the posts are sponsored, the website has no ads. I try to make everything as free and accessible as possible.

Looking for some Winnipeg fun? Follow Mapping Winnipeg on Facebook and visit - mapping-winnipeg.com Mapping Winnipeg is more than just a collection of maps—it's about building a stronger, more connected community for families. Whether you're searching for a new playground, planning a birthday party, or simply needing a reason to get outside with your kids, this resource is here to make life a little easier and a lot more fun. I hope it inspires caregivers, parents, and families to explore our city, discover hidden gems, and support one another along the way.

Facebook: *Mapping Winnipeg*



## *Fall* Back into a Routine of Fun

By Canlan Sports Winnipeg

**A**fter a summer of late nights, sandy shoes, and unstructured days, there's something refreshing about lacing up skates and stepping back into the familiar chill of the rink. The return to routine doesn't have to feel like a struggle, it can be a lot of fun when it means seeing your child developing in sports.

For many families, the complex is more than just a place to practice stick handling or kicking a soccer ball around. It's a second home where kids connect with peers, swap summer stories, and jump right back into a sense of belonging. Knowing experienced instructors are waiting for them helps ease the transition from carefree summer days to a safe and fun environment.

Parents benefit too. While kids are on the ice caregivers often reconnect with each other. Sharing coffee, catching up on life, and celebrating (or commiserating!) becomes part of the rhythm. Early wake-up calls and chilly rinks don't feel so bad when you know you're surrounded by a supportive community.

Of course, there's also the comfort of routine itself. Kids thrive on knowing what comes next, and consistent practice schedules can help balance the demands of homework and after-school activities. The complex becomes a grounding place, a mix of fun, structure, and teamwork that kids look forward to week after week.

And let's not forget the little joys: the sound of skates carving in the ice, the high-fives and fist bumps after a well-played shift. These simple moments are what make the return to sports so special.

As your family settles back into the school-year routine this Fall, celebrate the fun of being back with your team, back with your friends who feel like family, and back in a space where kids grow, laugh, and truly belong. Because sometimes, routine isn't boring, it's the best part of the season.

Looking to get your kids into soccer, hockey, or skating? Try Canlan Sports, it's where we play. Canlan Sports has programs for all ages and skill levels. To learn more please visit [canlansports.com](https://canlansports.com)

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# From Bonjour to Bedtime: Adding French to Your Family's Day

By Yvan Bourgeois  
*Canadian Parents for French - Manitoba*

As the back-to-school season settles in, families are finding their rhythm again—packing lunches, juggling activities, and helping with homework. For parents of children in French immersion, the return to routine also brings a special opportunity: supporting your child's bilingual journey. Even if you don't speak French yourself, there are plenty of fun and simple ways to weave the language into your family's daily life.

## Everyday French at Home

Start with small, everyday moments. Label items around the house with their French names, like porte for door or chaise for chair. Children love showing off what they know, and parents often pick up words along the way. At mealtimes or in the car, ask your child to share something they learned at school or to teach you a new word or phrase. You can also make French part of practical skills such as telling time or counting coins and bills. These little touches show children that French is useful beyond the classroom.

## Learning Through Media and Entertainment

Media and entertainment are another powerful way to bring French into the home. Try tuning in to Radio-Canada or Envol 91 FM, Manitoba's French community radio station, for music and local content. On screen, explore kid-friendly programs on TFO, Télé-Québec, or Radio-Canada's streaming platforms. Children often don't even notice they're learning when they're enjoying a favourite show or singing along to catchy French songs.



## Reading Together in French

Books can be just as effective. The Winnipeg Public Library has an excellent selection of French and bilingual storybooks, making it easy for parents and children to read together. One person can follow in English while the other reads in French, or you can simply enjoy the story side by side.

## Bringing French Into the Community

Beyond the home, local experiences bring language to life. Families can enjoy Francophone music through 100 Nons, join in activities at the Festival des Parents de la Francophonie manitobaine (FPFM),

or take part in arts and cultural programming at the Centre culturel franco-manitobain (CCFM). These experiences show children that French is not just a school subject but a living language and culture.

## Resources and Supports for Families

There are also excellent supports for families. 233-ALLÔ, a free information and referral service offered by the Société de la francophonie manitobaine, is a great place to start when looking for tutors, community programs, or cultural activities. The CCFM also continues to offer family-friendly programming, including theatre, art workshops,

and events where both children and parents can participate together.

## Canadian Parents for French: A Key Partner

Canadian Parents for French (CPF) is another key partner in your child's bilingual journey. Our mission is to create more opportunities for children to learn and use French in fun, engaging ways. In Manitoba, we host the annual Concours d'art oratoire, a public speaking competition that builds confidence and celebrates French learning in schools. We also organize French family nights, from math nights to concerts, making language learning interactive for the whole family. Through our French for Life program, students hear first-hand about the benefits of bilingualism with the slogan "Say Oui to Opportunity." And for parents who want to get involved, CPF offers volunteer opportunities on local teams and boards, where you can help shape French opportunities in your community.

## Say Oui to Everyday French

Supporting your child in French immersion doesn't mean you need to be fluent. It's about encouragement, exposure, and connection. By adding little touches of French into your daily routine, you'll help your child see the language not just as something they learn at school but as part of everyday life. This school year, say oui to new opportunities and watch your child's confidence in French grow.



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# COOKING WITH KIDS

By Sara McCarty  
*Run Wild My Child*

Cooking is an everyday part of life, even if we sometimes wish it wasn't. Kids love to be a part of the daily activities that long ago lost their novelty to us grownups. And while there are many people that enjoy cooking and even relish nourishing their families with healthy food, there are many others that do not find much joy in the kitchen.

Cooking is one of those daily activities that kids absolutely want to be a part of, even from a young age. They love feeling like they contributed and are so proud of the work they do to help out. Only about 1/3 of children actually help prepare meals in their families.

## Why kids should help cook

Anyone who has ever cooked with kids knows that it takes longer and the messes are generally much larger! This can be frustrating and when time is a factor, it's not often an option. We get it. It is so hard to teach when doing it yourself is faster, easier, and less messy.

However, cooking with kids is not only beneficial for the kids, but also for you. Cooking with your child gives you a bonding experience and quality time together. Eating meals together allows for family time and may even improve mental health. Eating together contributes to fewer emotional and behavioral issues in children and greater feelings of mental well-being, according to recent studies. If you can't let your child help you prepare meals daily, perhaps you can cook on weekends with your kids.

## Benefits of cooking for kids

There are so many benefits to sharing the task of cooking with children, beyond simply teaching them to cook. Shredding and chopping helps build

fine motor skills. Following a recipe helps with reading. Measuring ingredients helps with math skills. Kids also are more likely to try new foods. While my kids might choose to eat macaroni and cheese, pizza, hot dogs, and chicken nuggets every day, we think it's important to try unfamiliar foods that have a variety of ingredients. Cooking with kids is a great way to do that!

Here are a few science-backed reasons you should bring your children into the kitchen and let them help you cook on a regular basis.

- Kids who cook, eat healthier foods. (*Science Daily*)
- Baking is all about fractions and practical applications of math can help children understand concepts like fractions much better. (*Institute of Education Sciences*)
- Allows kids to explore their senses – touching different textures, smelling a variety of ingredients, tasting food in different states of completion, etc. (*Kids Health*)
- Kids will often decide to try new foods if they help prepare them. (*National Library of Medicine*)
- Family traditions and routines help build stronger family relationships. (*National Psychological Association*)
- Boosts a child's confidence. (*Kids Health*)

Kids vary in abilities and desires, and this is true with cooking as well. The idea is to involve them in some way, enjoy their company, teach skills, and instill healthy habits along the way.

**PRO TIP:** For the younger kids, consider getting one of those kitchen helpers that adjust in height so that your child can safely step up to the counter to help.

To read the full article, and find 25+ recipes that are easy and fun to cook with kids of all ages, visit: [runwildmychild.com/cooking-with-kids/](http://runwildmychild.com/cooking-with-kids/)



# Importance of Multi-Sport Athletes

Insights from Jeff Wood

Performance Manager - Sport Manitoba

There has been an ongoing debate in sport for years: does an athlete play one sport year-round from a young age to stay ahead of the competition, or do they play multiple sports and specialize in their favourite sport later on in their youth?

## Growth and Development

Every child grows and develops at different rates. Some athletes hit their peak or growth spurt, at the age of 11 others at the age of 15 or 16. This is where a child starts to develop the physical characteristics of an adult and it plays a huge role in what level they play at between those age ranges. It can in turn affect their mental outlook towards that sport. This is where resilience and staying positive comes into play.

## The Key is to Control the Things You Can Control.

You can't control when your body grows, but you can control how you eat, train, think and react to what happens to you.

I can speak to this from the perspective of my own son. When he was between 8 and 10, he was a pretty solid little hockey player. He loved to play, was a good skater with good skills and good hockey sense for his age. At 11 he tried out for AA hockey. He was the last cut for the team and devastated. It was difficult to explain to him it had very little to do with his skills, but more related to his size and strength (or lack of). He was small and coaches picked more physically developed players.



For the next few years he was essentially in the last group of cuts of the top level. He was still devastated each time, but he started to train to become a stronger athlete. He started playing lacrosse, basketball, volleyball, football and golf. He became a better athlete but he was still small. Then, between 14 and 15, he grew! From 5'1" and around 110 pounds to 5'7" and 140 pounds. The next thing you know, he was playing AAA hockey at 15, passing those who grew and developed at a younger age because he was patient, worked hard at becoming a stronger athlete, not just a better hockey player.

As a Strength and Conditioning Coach, it solidified my approach on how taking a long-term

development with young athletes is the right thing to do. As a parent, it was hard to watch him not play at the level he was capable of playing, just because he was a smaller kid.

## The Downfalls of Early Specialization

### Injuries

The research is clear, early specialization can result in an increased risk of developing injuries from repeating the same movements over and over, day after day, month after month, year after year.

### Burnout

Burnout can be caused by many things including:

- Heavy training that can lead to mental and physical exhaustion.
- Intense practice with no time for unstructured play can lead to less enjoyment of a sport.
- Highly structured, intense training can leave youth athletes feeling like they have no control or input into their involvement in sport.

These things can happen with multi-sport athletes too. As parents, we don't need to plan out every minute of every day for our kids. They need time to unwind, just like adults do.

## The Benefits Participating in Multiple Sports:

### Filling the Movement Toolbox

Playing multiple sports allows your child to fill their movement toolbox with multiple patterns, not only challenge moving in different ways but to also avoid doing repetitive movements leading to injury. Athletes improve their physical literacy and ultimately their athleticism in the process.

## Injury Prevention

A variety of movement patterns also helps your kids become less likely to get injured. Playing multiple sports allows them to move in a different way, decreasing the repetitive stress that one sport can put on a body.

## Having Fun

Keep in mind that the majority (99+%) of kids never make it to the Olympics and Paralympics, or professional level in any sport. We need to have perspective on the other benefits of sport rather than becoming the elite of the elite.

Keep in mind that the majority (99+%) of kids never make it to the Olympics and Paralympics, or professional level in any sport.

- Sport = building confidence and character.
- Sport = working in a team and building relationships with others.
- Sport = developing good work habits.
- Most important, sport is about having fun competing with and against your friends.

## These are also great life skills that carry over to life outside of sport.

There are many factors to consider. Here we have provided the short version to that question. To read Jeff's full article visit: <https://www.sportmanitoba.ca/resources/the-multi-sport-athlete-why-the-majority-of-elite-athletes-make-it-to-the-top-of-their-sport>

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# Music and Movement

## Activities to Benefit Child Development



By Hana LaRock  
*Active for Life Contributor*

The idea is that by combining rhythm, sound, and movement, kids build cognitive, emotional, and social abilities and develop key aspects of physical literacy from birth. For parents and caregivers, music and movement provide an ideal way to engage young children in meaningful and healthy play.

By the time your little one enters the world, simple rhythmic motions like rocking, bouncing, or swaying to a song can stimulate your infant's development. Though they won't actively move to music the same way that even one-year-old babies will, infants love to be held and rocked to a beat. (And, best of all, for tired parents, this can also help your baby fall into a slumber!)

*“...these activities help develop physical literacy, motor skills, cognitive abilities, and emotional expression.”*

### From 1-3 Years

If music and movement had a poster child, it would be toddlers. Remember the first time your baby danced or clapped their hands to a beat! Toddlers are ready to jump, shake, and move to the music. They start to walk, jump, run, climb, and balance (don't forget these milestones happen at different times for every child), making them ready for more structured movement activities. Toddlers love imitating movements and sounds and repetition.

### 3-5 Years

They will begin to embrace music and movement activities with more intention.

Preschoolers have developed better coordination and can handle complex activities. At this age, they can follow multi-step instructions, dance in sync with others, and explore creatively. Time to sign up your not-so-little-baby for dance class!

### The Benefits of Music and Movement

#### Sensory Stimulation

Infants respond to rhythmic swaying and gentle bouncing, toddlers begin clapping and moving to the beat. Preschoolers engage through dancing and more complex coordination.

#### Tactile and Vestibular Development

Moving rhythmically with an infant stimulates their vestibular system, enhancing their balance and sense of movement in space, even before they begin crawling or walking.

#### Body Awareness

Activities like rocking to a lullaby helps infants understand their body's movements and responses, laying the groundwork for future motor skills. Preschoolers gain improved spatial awareness and control through music and movement, enabling them to navigate their surroundings effectively.

#### Balance and Coordination

Toddlers refine their balance and coordination through dancing and jumping to music supporting their developing movement abilities as they learn to walk, run, and climb.

#### Gross and Fine Motor Skills

Energetic activities like jumping and stomping to music engage toddlers' large muscle groups, improving strength, agility, and coordination. Preschoolers develop fine motor control through rhythm-based activities like clapping games and playing percussion instruments.

#### Exercise

Incorporating music and movement provides children with a fun way to stay active and get the exercise they need, even on rainy days!

Incorporating some level of music and movement into your child's daily routine can also help you

recognize if they're having any sensory issues or movement issues, which is important for parents and caregivers to pay attention to.

### Fun Movement Ideas

Music and movement can be as simple as turning a song on for your toddler and dancing with them. Try these fun suggestions:

#### 1. Freeze Dance

With toddlers, play music and have them freeze when the music stops.

#### 2. Parade with Instruments:

Give out shakers or tambourines and lead a mini-parade with a beat.

#### 3. Animal Dances

Play music and imitate animals like hopping like a bunny, crawling like a bear, or flapping like a bird.

#### 4. Dance in the Mirror

Dancing or moving in front of a mirror allows children to observe how their body moves, building awareness and confidence in who they are.

Music and movement activities for children are a vital part of early childhood development. Starting as early as infancy, these activities help develop physical literacy, motor skills, cognitive abilities, and emotional expression.

Encourage your child to explore, have fun, and move to the beat—it's one of the best gifts you can give them!

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# What exactly is S.T.E.M.?

By Dana Todd

With Expert Advice by: Fiona Olsen,  
Mad Science Manitoba

If you're anything like me, you've probably heard the term S.T.E.M. tossed around everywhere—and maybe even nodded along pretending you totally know what it means (cue eye roll and a little laugh). But I wanted to get to the bottom of it: What exactly is S.T.E.M., and why is it such a big deal for our kids?

To find out, I turned to the experts at Mad Science for a quick Q&A. Their answers helped clear things up for me, and I think you'll find them just as helpful (and reassuring) too!

**WP: For parents, like me, who may not know, what exactly is S.T.E.M.?**

**Mad Science:** S.T.E.M. stands for Science, Technology, Engineering, and Math. It's an approach to learning that combines these subjects in hands-on, practical ways. Instead of just memorizing facts, kids get to explore, experiment, and discover how the world works.

**WP: Why is S.T.E.M. education so important for children today?**

**Mad Science:** S.T.E.M. helps kids build confidence and resilience. They learn that mistakes are part of the process—and that's a powerful life lesson. The world is changing quickly, and many future jobs will rely on problem-solving, creativity, and tech skills.

**WP: What benefits do you see in children who take part in S.T.E.M. programs like Mad Science?**

**Mad Science:** We see kids become more curious and engaged. They love asking questions and testing ideas. S.T.E.M. also encourages teamwork, communication, and critical thinking—skills that help them in school and in life. Parents often tell

us their children come home excited to share what they learned, which keeps the learning going long after class ends.

**WP: How can parents encourage S.T.E.M. learning at home without special equipment?**

**Mad Science:** It can be as simple as cooking together, building with Lego, or exploring nature. Ask open-ended questions like, "What do you think will happen if...?" or "Why do you think that works?" Everyday moments can spark scientific thinking.

**WP: What would you say to a parent who worries their child isn't 'into math or science'?**

**Mad Science:** S.T.E.M. is for every child. It's not about being the best at math or science—it's about curiosity and discovery. When kids see science in action, like making a rocket launch or creating a chemical reaction, they realize learning can be fun. That excitement often changes how they see themselves as learners.

Whether it's in the classroom, through after-school programming like they have at Mad Science, or at your own kitchen table, S.T.E.M. opens the door to creativity, confidence, and lifelong learning. With just a little encouragement, kids can discover that the world around them is full of exciting problems to solve and amazing things to explore.

Looking for some fun with S.T.E.M.? Visit Mad Science Manitoba! They offer entertaining and educational afterschool programs, birthday parties (how fun is that?!), workshops and special events.

**w. manitoba.madscience.org**  
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# Kids + Horses = the Perfect Match!

By Dr. Gwen Donohoe

Owner/Manager at Sagehill Stables

There's something almost magical about the bond between a child and a horse. For many kids, the first time they climb into a saddle is the start of a lifelong love. Learning to ride at a young age doesn't just open the door to fun and adventure—it also brings a host of benefits that can shape confidence, character, and health.

**One of the greatest gifts horses give children is confidence.**

Sitting on an animal much bigger than themselves can feel intimidating at first, but as kids learn how to guide and communicate with their horse, they discover courage and self-assurance. Every little success—whether it's posting a trot, steering through a pattern, or simply brushing a mane—boosts their sense of accomplishment. That confidence often spills over into school, friendships, and other activities.

**Riding teaches responsibility**

Horses need care, attention, and respect every single day, no matter the weather or a rider's mood. Young riders quickly learn that feeding, grooming, and tacking up are just as important as the ride itself. Over time, these routines create discipline, consistency, and an understanding that animals depend on them. This sense of responsibility builds maturity, patience, and empathy—valuable qualities that carry through

life, helping children grow into dependable, caring individuals both in and out of the saddle.

**Don't forget the physical benefits**

Riding is a full-body workout disguised as fun. It strengthens core muscles, improves balance, and sharpens coordination. Even the simple act of staying centered in the saddle challenges muscles children may not use elsewhere. On top of that, being outdoors and active encourages a healthy lifestyle and a deeper connection with nature.

Beyond the riding itself, the bond between horse and rider is truly special. Horses don't judge; they respond to kindness, consistency, and calm energy. For children, especially those who may be shy or anxious, this unconditional partnership can be incredibly grounding and healing. Many families even describe time spent at the barn as their child's "happy place."

Introducing children to horses at an early age is about much more than learning to ride. It's about building confidence, teaching life lessons, and nurturing a deep connection with animals and the outdoors. Whether a child goes on to compete in shows or simply enjoys quiet trail rides, the skills and memories gained will stay with them for a lifetime.

*Sagehill Stables is just 5 minutes south of the perimeter at 4180 Waverley Street. The team at Sagehill Stables strive to provide a safe and enjoyable environment for all horse enthusiasts.*

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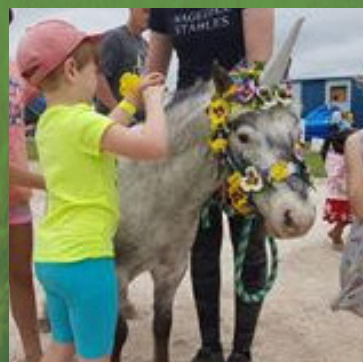
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# Why Arts Education is Essential for Young People



By Forum Art Centre

## There Are No Hard-Set Rules in Art Making!

Art celebrates different learning styles and teaches children that there are endless possibilities for what they can imagine and create. In an art class, children and youth are celebrated for their innovativeness. This acceptance and support of different learning styles can be particularly meaningful for neurodivergent children and youth. You'll find many diverse learners in the arts for this reason!

## Art Promotes Social-Emotional Learning

Are you, like most parents, feeling the need to help your child build social confidence and emotional resilience in this crazy world? Art classes are a perfect and unique way to do this, providing a safe and creative outlet for expressing thoughts and feelings without the need for words. Students explore their inner world and learn how and when to share pieces of that world with their peers. Students also gain crucial experiences in observation, fostering empathy, self-awareness, and an open mind to the experiences of others.

## Communication & Collaboration are Important!

Group projects, idea sharing, giving and receiving feedback, and solving problems creatively with peers are major parts of arts education. Through collaboration, young people learn how to communicate their thoughts and feelings effectively. By consistently listening and reflecting on the thoughts and feelings of their peers, they're encouraged to keep cultivating a profound level of empathy.

## A Toolkit for Stress Relief and Resilience

As a healthy outlet for self-expression, an art practice can be a critical tool for young people learning to process and regulate their emotions. An important tool that they carry with them throughout their lives. Times of stress are sure to come for all folks, and healthy coping methods are essential in managing stress. An art practice can be a safe, accessible, and empowering tool for children and youth to utilize in times of stress.

## Forum Art Centre

The Forum Art Centre was established in 1964 to provide educational and cultural enrichment for the art community in and around Manitoba. Today, in addition to adult art programming, there are an expanding range of art programs designed for Children ages 7 to 10, Preteens ages 10-12, and Teens ages 12 to 16; with 10-week sessions throughout the school year.

At the Forum, students' innovative and experimental work is encouraged and nurtured with enthusiasm for creating art, and every day they see the many benefits arts education has for children, preteens, and teens.

*Forum Art Centre is committed to programming for young people that supports their artistic and emotional growth. For details on our upcoming course offerings, please visit [forumartcentre.com](http://forumartcentre.com) or reach out:*

**e. [register@forumartcentre.com](mailto:register@forumartcentre.com)**  
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# Amplify Your Curriculum with ReadBright



By ReadBright

ReadBright is based on the latest pedagogical research and incorporates decades of practical experience and proven learning techniques. ReadBright provides teachers and educators with fun, colorful, and engaging materials and methods to create competent and fluent readers, and instill in them a lifelong joy and passion for reading.

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This program is perfect for enhancing and building upon the skills of early readers. Books 1 to 3 gradually build foundational reading skills through structured phonics instruction. Book 1 introduces simple short vowel words, known as "Kid in the Middle Words," along with consonant digraphs like "sh" and "th," and both beginning and ending consonant blends. Book 2 expands on this by introducing long vowel words, referred to as "Magic e Words," and vowel teams, also called "Walking Talking Vowels." Book 3 delves into more advanced phonics concepts, focusing on vowel-R combinations ("Ruling R") and various additional sound patterns, including combinations like "ou" and "ow" under the category of "More Sounds."

## ReadBright Magnetic Word Builder

The Magnetic Word Builder is an evidence-based educational tool designed to enhance foundational literacy skills in young learners, particularly those in grades K-3. Aligned with the science of reading, this versatile kit supports explicit, systematic instruction through structured routines that promote phonological awareness, orthographic mapping, and spelling proficiency. Each self-contained set includes over 75 high-quality magnetic tiles that feature essential phonics patterns such as digraphs, suffixes, and silent e, all organized within a durable, fully magnetized trifold board. The board also incorporates a writable dry-erase surface, allowing students to practice letter formation and spelling in a tactile, hands-on manner.

Designed for both classroom and one-on-one settings, the Magnetic Word Builder is adaptable to various learning styles and needs. Its multimodal approach facilitates differentiation, making it suitable for beginning readers as well as those requiring additional support. The kit includes a comprehensive teacher's guide with routines and flexible teaching suggestions, ensuring effective integration into literacy curricula. Educators have praised the ReadBright program for its research-based pedagogy and classroom-tested strategies, noting its ability to engage students and foster independent reading skills.

<https://magneticwordbuilder.com/collections/all>



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★ Editor’s Favourite Fall Must-Do!

Fall Leaf Rubbing

by Dana Todd and Spencer Todd

This activity is so simple and it’s a classic! It’s the perfect way to celebrate a fall day and enjoy the moments

Activity level: All ages

What you’ll need:

- Leaves
- White Paper
- Crayons (wrappers removed) or pencil crayons

Steps:



1. **Collect leaves together.** Go for a little walk and let your toddler pick a few favorites.
2. **Place leaf under paper.** Put it vein-side up, cover with paper, and hold steady.
3. **Rub with a crayon.** Show your child how to rub the crayon on its side to reveal the leaf’s shape and veins.  
*If you are using pencils crayons like we do, press lightly and go over the leaf a couple of times.*
4. Repeat with colors. Try different leaves and colors to make a rainbow of nature prints.

See which leaves make the best prints, which are your favourites, and how you can overlap them to create new patterns



Find as many words as you can in 30 seconds

S	L	E	D	F	R	O	S
C	A	R	F	I	C	I	C
I	W	I	N	T	E	R	Z
C	L	F	R	O	Z	E	N
L	O	F	R	O	S	T	W
E	S	B	L	I	Z	Z	A
B	N	O	W	E	S	C	A
S	N	O	W	S	W	I	M



ACTIVE FOR LIFE

1. PREPARE YOUR PLAY AREA



Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.

2. MAKE A SOCK BALL



Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.

3. GET READY TO PLAY!

SOCCER



**One player:** Practice shooting on a “goal” (living room sofa, door opening, laundry hamper laid on its side).  
**Two or more players:** Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).

BASKETBALL



**One player:** Practice shooting on a “basket” (laundry hamper, small cardboard box, or other container turned upright).  
**Two or more players:** Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.

BOWLING



Set up 6 empty milk cartons or plastic bottles as bowling “pins.”  
**One player:** One child can play alone after a parent shows how to setup the bowling pins.  
**Two or more players:** Play against each other in a competition.

THROW AND CATCH



Stand 3-5 metres apart and throw to each other. Start with gentle underhand throws.  
As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).

DODGE BALL



Make two or three sock balls per person. Players are allowed to pick up balls from opponents and throw back at them.  
Players are only permitted to throw from their “home base” (sofa, bed, or other designated place).  
No “elimination” when you are hit—keep playing.

BASEBALL BATTING



Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat. Take turns pitching and batting the sock ball  
With three or more players, extra players are “fielders” who try to catch the ball after it has been hit.  
After 10 hits, change batters.



# WINNIPEG PARENT Kids Book Club



*The Mystery of the Blue Train*  
Written by Marci Kay Monson  
Illustrated by Greg Paprocki

**Coming Soon!**  
Keep this on your radar.

The retelling of Agatha Christie's *The Mystery of the Blue Train* is the second book in the Mini Mysteries series of interactive picture book mysteries for children.

The *Mystery of the Blue Train* is one of Agatha Christie's early detective novels (a cozy mystery—no violence or gore), and where she continues to use the fictional detective Hercule Poirot as a major character. The story, set on a train bound for the French Riviera, is a true who-done-it full of mysterious characters, missing jewels, and teasing clues.

Monson's retelling of the original book captures the plot and distills it in a way that is fun for children, gently ushering them into the literary world of Christie's mysteries. Along with the story, there are activities, games, and puzzles throughout to engage children and foster budding detectives. There is also a glossary of terms and French words

**ON SALE SEPTEMBER 16, 2025**

## Make Back-to-School Craft Corner

# Pencil Toppers

Brought to you by the Kids and Supervisors at Kids@Play

### Materials

- Craft foam, felt, paper or clay
- Pipe cleaners
- Googly eyes
- Glue (a glue gun works best!)
- Feathers, glitter, pom poms, and other assorted craft materials- use your imagination!

### Instructions

1. Decide on a design. You need to make two of the same shape to make the back and front of the pencil topper
2. Use your craft foam/felt/paper/or clay to make your pencil topper! Try your favourite animal, your favourite way to travel, a shape, or your favourite character!
3. Use glitter, feathers, pom poms, or any other craft material you have at home to decorate your pencil topper.
4. Glue the two parts of your topper together, leaving a part open to put your pencil in. A glue gun works best for this, but if you're using regular school glue, allow it plenty of time to dry.
5. Place your pencil topper on top of your favourite pencils and get ready to head back to school with your new friend!



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# Managing the September Scaries



By Jessica Palson, R.SLP, MSLP  
*Prairie Sprout - Whole Child Development's Speech-Language Pathology*

Summer is an exciting time for families filled with fun adventures, late nights, and lazy mornings. We've all felt the Sunday scaries; when anxiety creeps in as the weekend ends and the demands of another busy work week begin. With fall beginning, many of us experience the September scaries. It can be challenging for many children (and adults) to adjust to the return to work, school, and busy schedules.

Here are some of the strategies we share with our families to help them manage the chaos and set their children up for success:

**Think about how you give your child directions:**

- Make sure you have your child's attention before you give any instructions.
- Keep your directions brief, to the point, and repeat them as needed.
- Check to make sure your child has understood what you've asked them to do by having them repeat the instruction.
- Use specific language that leaves little room for interpretation.
- Keep in mind that some tasks seem simple but have multiple steps (e.g. "get ready to leave" may involve putting their dishes in the sink, washing their hands, getting their backpack, and putting on their shoes). Be sure to specify the steps you need them to complete
- Develop consistent routines. They'll become automatic which will reduce the memory demands of the task.
- Use "first-then" language. These two little words have a big impact and can help to motivate your child to complete non-preferred task (e.g. Instead of "Get ready for bed or no TV", try "First get ready for bed, then you can watch some TV").

**Use visual schedules:**

- Visual schedules use pictures and words to represent routines expectations. We all like to know the plan and check things off our to-do lists, children are no different.
- Visual schedules allow children to see a clear beginning, middle, and end to a routine; they're like a child-friendly version of the tools we use to organize ourselves as adults.
- When children know what to expect, they're much more likely to cooperate. With a little practice, they'll be able to complete the steps with little support. This new independence fosters confidence and can motivate them to do complete their routines.

**Provide choices whenever possible.**

- So much of what happens in children's days is decided for them. By building choices, even small ones, into their days we empower them and foster their independence.
- Providing choices to children gives them with a sense of control which can help to motivate them in completing activities or tasks that they may not want to do. For example, "It's time for dinner, would you like the blue plate or the red plate?", "We're going to get ready for bed, do you want to do first? Brush teeth or have a bath?"
- Making choices gives children an important opportunity to communicate. It shows them that by expressing themselves, they can make things happen, which is a great motivator!

Prairie Sprout offers a variety of clinical services in the comfort of your home. If you have questions about your child's development or would like to discuss how we can support your family, please reach out for a free consultation and follow us on Instagram for more great tips.

Follow *Prairie Sprout* on Instagram for more information about your child's development and how to help them thrive! [@prairie.sprout](#)

# Summer Challenges Create Learning Windows for School



By Jay M. Greenfeld  
*Ph.D., C.Psych.*

**Turning the Page on Summer**

As we turn the page on the summer season and roar right into the school year, we take this time to look back at the adventures that were, and more so the potential learning that lies ahead. It is natural to assume that much of the education that we encourage our children to embrace stems from the school year, yet their learning is all year, especially during summer. Thus, it will be important to reflect with your children what they have learned throughout the summer about their friends, the world, and themselves. Perhaps adventures included camping, trips to the zoo, waterparks, different cities, countries, or the little towns in between. Regardless of what you exposed your children to, it is important to take the time to reflect with them and focus on what they have learned including their own personal growth.

**Adventures That Build Growth**

We often use summer time to create more adventure because we are not bound by the school calendar, extracurricular activities, and structured events. Thus, when reflecting on the activities you involved your children in this summer, it will be crucial to highlight with them the areas in which they grew, both mentally and physically. Focus on not just their success, but more so their failures

and what fears they had to overcome, what challenges they endured, and what errors they had learned from to become stronger, smarter, more resilient, and more motivated from any setbacks. Whether that was your child learning to pick themselves up after falling off their bike, learning to swim, or overcoming the fear of meeting new people at various summer camps. Regardless of what it was that they had to overcome, as they move into the school year, it will be important to help them emerge from this past summer with grit. Accepting failure not as an opportunity for struggle and disappointment, but more so one of showing great strength, resilience, and acceptance that to succeed, they may need to struggle.

**A Parent's Role in Building Grit**

As parents, we have all had various struggles in our lives, some more than others, but it is rarely about the struggle itself that dictates our next steps rather, it is our perspective on the matter that can predict our ultimate success. We need to help empower our children to not avoid the fear of failure, but more so embrace it, endure challenges because it is an opportunity to grow rather than retreat. Help your children set academic, athletic, social, and personal goals for the school year. Encourage them to develop the degree of grit they need to be able to overcome any setbacks and temporary challenges. Learning to overcome their challenges will send them in the right direction.



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# Carbon Monoxide: Know the signs



By Manitoba Hydro

With the season for heating our homes just around the corner, it's important to start thinking about how you can protect your family from the dangers of carbon monoxide.

Carbon monoxide (CO) is often called the silent killer. It's a colourless, odourless, toxic gas that is produced when wood or fuels burn without proper ventilation.

To protect your family, it's important to install CO alarms on every level of your home, especially near bedrooms. They can be purchased at most big box stores for around \$40 to \$50. Take notes of expiry dates and test them regularly.

Common symptoms of CO poisoning include headaches, nausea and vomiting, shortage of breath during moderate physical activity and dizziness. If you are experiencing health problems from suspected CO poisoning, seek medical attention – let the physician know you suspect carbon monoxide poisoning.

Other warning signs of CO include stuffy or stale air, water condensation on windows, the smell of exhaust fumes, a back draft from the fireplace, or a pilot light that keeps going out.

***If your alarm sounds or you suspect CO poisoning, leave the area immediately and call 911.***

To prevent CO from forming; never use a barbecue, camp stove, fuel burning heater, generator, or any gas-powered engine inside your home, garage, or enclosed space. If a wood stove, fireplace or natural gas appliance is not properly ventilated, the fuel cannot get enough oxygen and will release CO.

Keep CO out of your home by having your heating system annually inspected and maintained by a licensed heating contractor. Ensure external vents are secure and free of snow, insulation, leaves, lint and debris. If you have a fireplace, make sure it has a fresh air intake duct.

***Keep your family safe from carbon monoxide this fall and winter.***

# Should Kids Be Active While Sick?

By Josée Bergeron

Active for Life Contributor

With everyone back at school and spending more time inside, illnesses spread like wildfire. As parents, it's heartbreaking to see our kids feeling miserable, and we do our best to make them feel better. The question - should we be encouraging our kids to be physically active while they're sick?

The short answer to this question is: it depends. A) on the kind of sickness your child has and B) what their symptoms are like. I realize that's not a very helpful answer and please remember that this article is only a guideline and not expert medical advice. You know your child best. If your child is wants to move and it isn't making their illness worse, then it should be fine. However, if there's any doubt be sure to consult a healthcare professional.

## Physical activity and common colds

The common cold can be caused by more than 200 different viruses! One of the reasons kids get so many colds is that their immune system is still learning how to respond to the plethora of viruses out there. When it comes to being physically active while having a common cold, there's good news. Yes! Usually kids can still be physically active when they have a common cold. If your child's symptoms are mild and "above the neck," (runny or stuffy nose, sneezing, or a bit of a sore throat), then mild physical activity is fine. In fact, moving around can help ease nasal stuffiness and boost the immune system. However, if your child's symptoms are "below the neck," (cough or other chest symptoms) and activity makes these symptoms worse, it's best to encourage rest.

## Physical activity and other respiratory illnesses

Certain respiratory illnesses have more serious symptoms like a fever, cough, fatigue, achy muscles, and chills. If your child is experiencing these types of illnesses, then the advice is that it's best to rest. Chances are your child won't be feeling up to doing much else either. However, sometimes children have these illnesses and mild symptoms. If so, follow the guidelines for being physically active described in the section on common colds but keep a close eye on how their symptoms develop over time.

## Physical activity, stomach bugs

If your child has nausea, vomiting, or diarrhea, chances are they won't be going far from the bathroom. Stomach bugs are another illness where it's best to rest. Children can get easily dehydrated when their tummies are upset so it's important to focus on replacing fluids until their symptoms subside. However, if your child's bug is mild, they have a sore belly or mild loose bowels, and energy levels are normal, then mild physical activity around your home or yard should be fine.

## Physical activity when your child has a fever

Fevers make parents anxious, me included! However, a fever is not an illness, but an important way that our bodies fight invading viruses or bacteria. While fevers are helpful they can make our kids feel pretty yucky. The general consensus is that physical activity isn't recommended when kids have a fever. Often moderate- to high-intensity exercise can make the fever worse by heating up the body, so this is another time when it's best to rest.

## Encourage active play indoors and out

It's so tempting to let our kids lounge in front of a screen when they're feeling sick, but if their illness is mild, getting them to move indoors or out is a good idea. Fresh air and soaking up some sunshine is great for boosting the immune system. Even just going for a stroll around your neighbourhood can help.

## Physical activities that kids should avoid while sick

My daughter is always bummed when she has to miss out on dance class when she's sick but, generally speaking, high-intensity physical activities should be avoided if your child is unwell. Running, dancing, and swimming lessons included. Team or group sports are best avoided. Kids might push themselves too hard, slowing their recovery, and they'll be spreading germs to other kids.

It's never fun when our kids are sick and miss out on school, sports, and more. Don't worry, soon your child will be back to their regular energetic selves and bouncing off the walls. Most importantly, follow your child's lead and if in doubt don't hesitate to contact a healthcare professional.

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# The Science of Self-Care: How Tiny Habits Make a Big Difference

Briana Tomkinson  
*Active for Life Contributor,*

If it feels like your “get up and go” got up and went some time ago, it may be because your energy has been poured into taking care of others and you’ve forgotten to take care of yourself too.

If you haven’t got self-care routines and rituals in place, advice to “make time for self-care” can feel like just one more thing on your endless to-do list. Here’s the good news: self-care doesn’t have to be complex, time-consuming, or expensive. It doesn’t require special equipment or a guru to tell you what to do.

## But what does “self-care” mean anyway?

Well-being is influenced by many things: healthy diet, time outside in nature, loving and being loved, accomplishing goals, feeling recognized and appreciated by others, and much more.

The good feelings we experience when we hug our children, eat a great meal, or score a goal on the soccer field are linked to four brain chemicals. Knowing what they are can offer some clues to identify activities for meaningful self-care.

Each of these “happiness chemicals” are connected with specific feelings and actions. Here are just a few to think about:

- Dopamine is linked to motivation and reward when you complete a task, eat good food, or achieve a goal.
- Oxytocin flows when we feel love and friendship and spend time with people we care about.

- Serotonin is connected to pride, loyalty, and recognition. You feel it when you perform acts of kindness, or simply notice and take pride in the good things you and your loved ones do.
- Endorphins are released through persistence and feats of strength when you engage in vigorous physical activity, push your limits, or experience intense sensations.

If you notice you’re spending too much time addictively scrolling through social media, drinking or eating too much, or watching too much TV it could be because your brain is looking for ways to trigger the good feelings produced by these chemicals.

This is why self-care is so important: it triggers these important feelings in ways that build you up instead of breaking you down.

## How to create simple and meaningful “tiny habits” for self-care

When you put self-care on the backburner for too long, it can lead to burnout. Trying to change this all at once with one big dose of “self-care” is like brushing your teeth for a full hour once a week. It sounds like a huge task, but it’s not enough to prevent decay. It’s much healthier to brush for two minutes, twice a day, every day. Likewise, you’ll feel happier if you develop small daily habits of self-care.

One powerful way to practice self-care is through physical activity. Not only is it good for your body, but it’s one of the most effective ways to give your mood a boost.

You can reap the benefits even if you don’t consider yourself a “sporty” person. Researchers have found that just walking around the block, taking the stairs, or pacing while folding laundry had a measurable benefit when it comes to mood.

## How to amp up the good vibes

The reason why physical activity has such a big impact on mood is that exercise releases dopamine, endorphins, and serotonin. But you can amp up the good vibes even more by incorporating other things that trigger the release of happiness chemicals too:

### 1. Get active with a buddy

Spending time with the people you care about releases oxytocin and serotonin. Plus, when you create a routine such as a daily family walk, or a weekly hike with a family member or friend, you’ll get a dopamine reward for following through on your plans.

### 2. Spend time outside

Researchers have found that the mental health benefits of physical activity are even stronger in natural settings.

### 3. Look for ways to be kind

Doing something kind for someone else will give you a serotonin boost. Shovel your neighbour’s walkway, cycle to the mailbox to send a letter or postcard to a friend, go “plogging” and pick up trash while on neighbourhood walks, or participate in a backyard bird count or shoreline cleanup.

### 4. Enjoy active, silly play with your child

For many parents, much of the time they spend with their kids is during caretaking: cooking and cleaning, driving them around, helping with homework. Amid all the busyness, we sometimes forget how good it feels to just have fun with them too. Plus: big belly laughs also release endorphins!

## 5. Add your favourite music

Researchers have found listening to music you enjoy will make your brain produce more dopamine.

## 6. Mark an X on the calendar each day you follow your new routine

It’s not easy to start a new habit, so you deserve to celebrate it! Crossing off a calendar is an easy and visual way to recognize your achievements, and triggers a dopamine reward for making progress on your goal.

## Key takeaways

Self-care isn’t just something to turn to when times are stressful, of course—though it can certainly make tough times easier to bear.

Whether you’re feeling stressed out, or feel like you’ve got it all under control, if you haven’t yet developed habits of self-care, there’s no better time to start than now.

Pick one super simple thing that fills your cup, and a time when you can do it every single day: walk around the block after dinner, dance with your kids or partner (or alone!) when you do your daily clutter pickup, do a five-minute yoga flow when you wake up, or just find a quiet place where you can breathe deep for a 60-second mini-meditation after the kids go to bed.

## Keep it simple. You’ll be surprised at what a difference a tiny habit can make.

## Support Services for Families

<b>Health Links-Info Santé</b> 204-788-8200 or 1-888-315-9257	<b>Vaccine Information</b> www.manitobavaccine.ca
<b>Kids Help Phone</b> (national line available to Manitoba Youth) kidshelpphone.ca   1-800-668-6868	<b>Klinic</b> klinik.mb.ca

## Crisis Lines

<b>Winnipeg Police Service</b> (Child Exploitation Unit) legacy.winnipeg.ca/police/protection/ice.stm   204-986-6222	<b>The Link -Youth Mobile Crisis Team</b> 204-949-4777  thelinkmb.ca
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<b>Manitoba Suicide Prevention &amp; Support Line (24/7)</b> Toll free: 1-877-435-7170   reasontolive.ca	<b>Childhelp National Child Abuse Hotline</b> www.childhelp.org   1-800-422-4453
<b>Klinic Crisis Line (24/7)</b> Phone: (204) 786-8686   Toll free: 1-888-322-3019	<b>Trafficking Line (24/7)</b> “Call the Line” Toll Free: 1-844-333-2211
<b>Child and Family Services</b> (Child Neglect Reporting) (204) 944-4200   1 (866) 345-9241	<b>Manitoba Farm, Rural &amp; Northern Support Services (24/7)</b> Toll free: 1-866-367-3276   supportline.ca

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## How to Get Kids to Eat More Veggies

Lori Fireman  
*Active for Life Contributor*

To get our kids to eat vegetables, we parents have been known to resort to all manner of creative strategies: the choo-choo and airplane method for babies, the Pinterest-approved broccoli castles and Elsa princess-shaped casseroles for toddlers, and the ever-popular hiding-veggies-in-sweeter-stuff technique for uneasily impressed older kids.

Well, prepare to be dazzled, folks, because according to a study published in Preventive Medicine, it turns out there’s an even simpler approach that’s been under our noses the whole time: playtime scheduling.

Specifically, when researchers followed seven schools, three of which moved recess from after lunch to before, and four that kept recess after lunch, they discovered the time of play made a big difference.

**How’s this for encouraging:**

**“We find that moving recess before lunch increased consumption of fruits and vegetables by 0.16 servings per child (a 54% increase) and increased the fraction of children eating at least one serving of fruits or vegetables by 10 percentage points (a 45% increase).”**  
**–Study authors Joseph Price and David R. Just**

Why does this work, and how can we apply it to non-school related vegetable eating? Firstly, we know that when kids had only class to look forward to, they weren’t in as much of a rush to finish eating, so they’d eat what was in front of them.

Conversely, if your kids do their homework when they get home, and you want them snacking on vegetables, you have a greater chance of getting them to eat more, knowing they’re unlikely to be eager to begin their work. Dinner timing, too, can be manipulated, so that their eating is scheduled after they’ve already been out to play.

Need more anecdotal proof? Consider the difference between the way kids eat lunch at school during cold weather versus warm. In fall and spring, when my daughter and her friends have the opportunity to play outside, all us parents grumble about getting home with barely eaten lunches. However, in winter, when it often gets too cold to play outside, their lunch boxes come back mostly empty.

So what’s the take-away from this study? Playtime is a great motivator for our kids, so keeping them active as an incentive to get them to eat better is, well, the icing on the nutritious cake.

*Lori Fireman, always picked last in gym class, can now be found walking everywhere, starting each morning working out to her favourite Broadway tunes. A former movie and theatre critic, she is mom to an amazing daughter who prefers sneakers to party shoes, and running to sitting still.*



# Uncovering Your Child's True Potential



By Dr. Matthew Anderson  
Grand Vision Institute

As children go back to school, the focus for most parents is on making sure that they have all their school supplies. In addition, many children go to the pediatrician for back-to-school wellness physicals where they often get a vision screening. While this can be sufficient for some kids, there are a good number of children who need more.

Some children can see the letters on the eye chart just fine, but struggle when looking at their chrome book or tablet. Other children struggle with reading and comprehension, whether it is a regular book or on the chrome book. And other children struggle to see the board in school, especially after reading or doing other desk work.

I've spoken with parents who have shared with me that they thought their child had a vision problem, but the pediatrician or the eye doctor told them their children's vision was fine.

The key question is how was the child's vision tested? If the main measure was how well the child could read the letters on the eye chart, that's only 1 out of 17 different visual skills required for reading and classroom performance.

Most of the children we see in my office have underlying eye coordination, tracking and focusing problems (also known as binocular vision disorders), yet they can see the letters on the eye chart just fine. It can be very frustrating for parents to be told their child's vision is fine despite the fact that they have underlying binocular vision disorders contributing to their academic performance. Typically, these children continue to struggle despite the best teachers and interventions. Some children are inadvertently told they have dyslexia or ADHD, because their behavior and symptoms definitely look like it.

Many of these children are very bright, they just struggle when they try to read or remember what they read. So, how can parents unlock their kids' potential? The first step is to get a thorough assessment of all the visual skills required for reading and classroom performance by an optometrist who specializes in vision development and rehabilitation.

**"The key question is how was the child's vision tested?"**

Most children think that everyone sees the same way they do, so they never complain. Therefore, it is vital that parents and educators know the signs of a vision problem. The 5 most common signs that a vision problem may be interfering with your student's academic success are:

- Skips lines, rereads lines
- Poor reading comprehension
- Reading assignments take longer than they should
- Reverses letters like "b" into "d" when reading
- Short attention span with reading & schoolwork

You can visit our website ([grandvisioninstitute.com](http://grandvisioninstitute.com)) for a more in-depth symptom checklist, you can find it in the section regarding Children's Vision Assessment (located in the "vision therapy" section).

If your child has any of the above symptoms, he or she may have a fully correctable vision problem.

For children who are performing well in school, a yearly eye exam is still important. However, if your child struggles with reading, is smart in everything but school or is a bright underachiever, you need to make sure your child has all the visual skills required for academic success. To do this you need an in-depth evaluation by a Developmental Optometrist. To find one near you visit: [www.visiontherapycanada.com](http://www.visiontherapycanada.com).

*Dr. Matthew Anderson, Developmental Optometrist, provides vision care for the entire family and also provides specialized services in the diagnosis and treatment of vision problems that interfere with reading and learning. Dr. Anderson is a popular speaker with parents and professional groups and may be reached at (204) 633-5566. For more information visit his website: [www.grandvisioninstitute.com](http://www.grandvisioninstitute.com)*



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# How You Can Use Physical Activity to Help Your Child with ADHD

By Cheryl Wozny  
*Active for Life Contributor,*

Children with ADHD can face many daily challenges at home and at school. Finding effective tools and strategies are essential as they grow and develop. These struggles have been a regular occurrence for my family with my son, who was diagnosed with ADHD at age seven.

He has always been active, and we love his energy and enthusiasm. But in a school setting, it can sometimes cause problems for him, his teachers, and the other children in the class.

With help from a child psychologist, teachers, and pediatrician, we've been able to find effective tools for him to use. These methods let him find an outlet for his energy while not disrupting others.

Methods for managing ADHD vary depending on the child's age. As my son has grown older, he recognizes the times when he may need these breaks. We have successfully integrated simple physical activities into his day. Not everything we tried worked well, but we have found some positive methods that we still use today. Some of the more popular ones we have used throughout the years include:

**Yoga Stretches in the Hallway**

One stretch that worked was to lie on his back with his feet up the wall. This pose improves circulation and helps to regulate breathing. With this, he could also get out of the classroom to reduce over-stimulation for a few short minutes.



**Delivering Messages**

His teacher gave him a special task—delivering paperwork to the office. This helped get him up and moving out of his seat throughout the day. This worked well when he was younger, and he still likes taking a walk even now in high school.

**Basketball Breaks**

Now that he's in high school, the basketball court is right outside his classroom window and his teacher allows him to take short 10-minute basketball breaks when he needs them. He can then return to class, ready to focus once again.

**Intense Challenging Activities**

To get a short break and burn off extra energy, my son's teachers would use brief, intense activities for him to complete. For example, he run as fast as he could around the school, and they would time him. These challenges were during recess or when he was extremely disruptive in class. His teaching aide would take him outside to run before returning to the class together.

**Key takeaways**

Some days these tools work well, and other days, they don't. It's important to have a variety of ideas and methods for the tougher days.

On the good days, including physical movement during school hours has helped my son in his classroom routine, in turn helping his classmates, and teacher. Work with your child and see which activities might spark interest. You may be surprised at how willing they are to complete a math worksheet when they know of an upcoming break.

**Finding the perfect balance of focus and physical activity can take time. But in the end, it's a great solution for everyone involved.**

27<sup>th</sup> Annual

HALLOWEEN  
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SATURDAY  
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# A Simple Step Today to Help Prevent Cancer Tomorrow

By Shauna Fay  
Health Educator, CancerCare Manitoba

As parents and caregivers, we do everything we can to protect our kids—and that includes protecting them from cancer later in life. One simple, yet powerful way to do that is by making sure they get two important vaccines in Grade 6: the HPV and Hep B vaccines.

**HPV and Hep B vaccines are offered for free at school. They protect against viruses that can lead to serious cancers later in life.**

You may have heard of HPV (Human Papillomavirus) and Hep B (Hepatitis B), but did you know they can cause cancer? HPV can lead to cancers of the mouth, throat, cervix, vulva, vagina, penis, and anus, while Hep B can cause liver cancer.

Getting the vaccines in grade 6—before exposure to these viruses—gives our kids the best chance of building strong, long-lasting protection.

These vaccines have been safely used for many years. Few children experience side effects, but most side effects are mild, like a sore arm or feeling a little tired, and go away quickly.

**All it takes to get this protection started is your signature, no appointment, no cost, and no hassle.**

This fall, watch for the school vaccine consent form that will come home with your child. Signing and returning the form means your kid will receive these cancer-preventing vaccines at their school—no appointment, no cost, and no hassle.

If your kid missed these vaccines in a previous year, it's not too late. They can still get them free from a doctor, nurse, or pharmacist.

**Let's give our kids the best shot at a healthy future.**

Check 'YES' the consent form. Prevent cancer.

**To learn more, visit [cancercare.mb.ca/vaccines](https://cancercare.mb.ca/vaccines) or talk to a doctor, nurse, or pharmacist.**



## Grade 6 vaccines

A simple step today to help prevent cancer tomorrow



**Let's give our kids the best shot at a healthy future.**

**Still have questions?**

Visit [cancercare.mb.ca/vaccines](https://cancercare.mb.ca/vaccines) or talk your doctor, nurse, or pharmacist.



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A group for athletes, parents, and coaches to help optimize peak performance through the integration of mental health building skills, stress management techniques to succeed in your sport and in life. **Starts Tuesday evenings in October (Ages 10-18)**



## NEW GROUP Tweens, Teens, and Screens

A new group for parents, teens and, tweens to better understand healthy boundaries and limits with screen time use, internet safety, socializing online, and navigating healthy relationships with technology. **Starts Tuesdays in October (Ages 10-18)**



### Reading Boot Camp

Starts Saturdays in October (Ages 7-14)

### Anger Management

Starts Sundays in November (Ages 9-14)

### Overcoming Anxiety

Starts Mondays in November (Ages 7-9)

### Overcoming Negativity

Starts Thursdays in October (Ages 10-13)

### Adapting to ADHD/Organizational Skills

Starts Wednesdays in November (Ages 8-12)

### Friday Nights for Adults on the Spectrum

Starts Fridays in November (Ages 18-40)