

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554, visit our office Mon-Fri 8:30am-12:30pm, 'Like' our Facebook page (search 'Abbotsford Early Years') or visit [www.abbyearlyyears.com](http://www.abbyearlyyears.com) for updates



## Summer Strong Start



Strong Start is a FREE drop-in program for parents/caregivers and their children ages 0-5 years old. Children with their parent/caregiver participate in early learning experiences that are designed to provide an opportunity to play, learn, and grow together.

### LOCATIONS

#### Clearbrook Elementary

3614 Clearbrook Road  
Dates: July 8 – August 22  
9am – 12pm  
Monday - Thursday

#### John Maclure Elementary

2990 Oriole Crescent  
Dates: July 8 – August 22  
9am – 12pm  
Monday – Thursday

#### Prince Charles Elementary

35410 McKee Road  
Dates: July 29 – August 22  
9am – 12pm  
Monday - Thursday

#### Sweeney Neighbourhood Centre

33355 Bevan Way  
Dates: July 8 – August 22  
9am – 12pm  
Monday and Wednesday

#### Mill Lake

Bevan Ave, Picnic Shelter  
Dates: July 10 – August 21  
9:15am – 11:45am  
Tuesdays

#### Ellwood Park

Playground, 31580 Maclure Road  
Dates: July 12 – August 23  
9:15am – 11:45am  
Thursdays

## Parent and Tot Drop-in

Parent(s) / Caregiver(s) and their children ages 0 - 5 are invited to come join this free weekly drop-in featuring circle time, physical activities, fine arts, music, literacy, numeracy, science, exploration, and talk—all through play and fun! No registration required!

### LOCATIONS

#### Sweeney Neighbourhood Centre

33355 Bevan Way  
Dates: June - December 2019  
Thursdays 5:30 – 7:30  
Saturdays 1:30 – 3:30

#### Blue Jay Elementary

30995 Southern Dr.  
Dates: June - December 2019  
Wednesdays 5:30 – 7:30  
Saturdays 9:30 – 11:30

#### Prince Charles Elementary

35410 McKee Dr.  
Dates: June - December 2019  
Tuesdays 5:30 – 7:30  
Thursdays 12:30 – 2:30



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Abbotsford Early Years Centre



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Early Years Centre



ABBOTSFORD SCHOOL DISTRICT



Early Years Centre | Abbotsford



# JULY

Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.  
Abbotsford, BC



## EASY NO BAKE SNACK RECIPE

### Ingredients:

- 1 ripe PC Organics Banana
- 1 ripe avocado, pitted and peeled
- 2 tsp (25 mL) PC Organics Unsweetened Apple Sauce

### Directions:

1. In a bowl and using a fork, mash together the banana and avocado. Stir in applesauce. (For a smoother texture, you can press the mixture through a fine-meshed sieve. Add a little water to adjust consistency if needed.)



Store leftovers in refrigerator, with plastic wrap directly on surface of mash.

[http://www.presidentschoice.ca/en\\_CA/recipes/recipeslisting/avocado\\_banana\\_mash.html](http://www.presidentschoice.ca/en_CA/recipes/recipeslisting/avocado_banana_mash.html)

## TIPS FOR PARENTS TO COPE WITH THE SUMMER BREAK

**Stay active:** A recent study revealed that the 80% increase in aerobic capacity gained during the academic year is typically lost over the summer holidays. If you usually work out, try adapting your routine to allow the children to take part too. There are also lots of good sports clubs allowing children to make new friends whilst also being active.

**Share the load with other parents:** Don't be ashamed to reach out to other parents, to see if a group of you can take it in turns to host play dates, to give one another a break. "Occasional breaks of solitude are actually really good for you, as they allow your brain time to reboot and unwind, meaning you are recharged when you're reunited with the kids."

**Meditate on giving your child the tools to calm down:** Meditation or relaxation techniques naturally increase feel-good chemicals, as well as being four times more effective at delivering present-moment awareness than any other technique. This is something that you can do as a family to benefit your wellbeing.

**Don't let the screen-battle ruin your holiday:** Our children are growing up in a digitally savvy age, and technology is a part of the world around them. The key here is establishing a routine, so that it doesn't seep into the entire day."

**Find some time to prioritise yourself:** Take the time, even if it is only 20 minutes, to recharge, have a glass of wine, meditate for twenty minutes twice a day, enjoy a soak in the tub. Just take time to be you, and your kids will thank you for it.

Source: <https://ca.hellomagazine.com/healthandbeauty/mother-and-baby/2017070640418/top-tips-parents-cope-summer-break/>

## Pop-bottle Firefly

- Water Bottles or Pop Bottles
- Glow Sticks
- Foam Sheets
- Pipe Cleaners
- Googly Eyes
- Tissue Paper
- Mod Podge
- Hot Glue Gun



### Instructions-\*Craft requires adult assistance and supervision\*

1. Cut your tissue paper into strips and brush a layer of Mod Podge onto the center of your bottle.
2. Put the tissue paper strips onto the Mod Podge, wrapping it around the bottle. Brush on another layer of Mod Podge.
3. Once it's dry, wrap three pipe cleaners around the bottle and twist to form legs.
4. Cut 2 wings out of the foam and glue it to the top.
5. Place your glow stick inside the bottle.
6. Attach your googly eyes and twist another pipe cleaner around the neck of the bottle to form the antenna.

Source: <https://onelittleproject.com/pop-bottle-firefly/>