

Scarborough East EarlyON Child and Family Centres

July 2021

How To Have A Social Distance Summer And Still Have Fun!



The summer is here, but unfortunately, the pandemic we have been faced with is still here. Fortunately, summer fun has not been cancelled. Here are some ways to keep your family and loved ones safe, and still have fun during this unusual summer. **Embrace the Outdoors:** Spend time at a park, campground, on a trail, or another open space is a great way to socialize while maintaining social distance. Go on a family picnic, a long hike with friends, or just meet a friend for a six-feet-apart, pandemic approved hangout. **Take a staycation:** The fewer people you come into contact with, the lower your risk of getting COVID-19. Try camping in the backyard, building a bedroom fort with your children or taking a virtual tour of a historic site to keep things interesting while staying home. **Attend events safely:** Some people are extremely concerned about contracting the virus, or they are simply high risk. If you are not comfortable going to an in-person event, do not go. **Host a small gathering:** It is not against the rules to spend time with friends and family, but it is still a good idea to socialize in smaller groups. **Catch up on yard work and home projects,** what better time to get yours done than during a social distance summer. Follow posted guidelines, be sure to wash your hands thoroughly after you have been out and about, especially if you have visited a business or public area. Use hot water and a generous amount of soap, scrub for as long as it takes you to sing "Happy Birthday" twice, and turn off the faucet with a clean towel, not your hands. **Maintain social distance:** As you go about your life and errands, do your best to keep a distance of six feet. **Protect others:** If you feel ill, stay home.



Reading fun for kids, from
Canada's public libraries
tdsummerreadingclub.ca



TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is offered at 2,000 public libraries across Canada, and it's easy to include in any summer plans. The Club celebrates Canadian authors, illustrators and stories, and inspires kids to explore the fun of reading their way. This is key to building a lifelong love of reading. Kids can take part anywhere—at local public libraries across Canada as well as at home, online, or wherever summer takes them.

Kids can:

- ♦ find great things to read
- ♦ track their reading
- ♦ connect and share with others across the country
- ♦ read books online
- ♦ join in activities
- ♦ collect stickers
- ♦ write jokes, stories and book reviews, and more!



There's something for everyone, including kids with print disabilities as well as preschoolers and their families. Starting June 14th, talk to your local public library staff to find out how your family can join the TD Summer Reading Club and get your free materials! If you have any questions, Debbie (Librarian) will be available on Wednesday, July 7th at 10:30 a.m. through Zoom.

Healthy School Snacks for Children:

Ana Abbasi, Dietician, (Flemingdon Health Centre, SADPP) on Friday, July 16 from 11:00 a.m. to 12:30 p.m. In this engaging and interactive Zoom workshop for both parents and children, Ana Abbasi, Community Health Dietician with the Flemingdon Health Centre, will provide:

- ♦ Healthy eating tips for families with kids
- ♦ Lunch and snack ideas for school
- ♦ Feeding recommendations
- ♦ Live healthy recipe demonstrations with families.

Recipe and ingredient list will be provided to families in advance. Families who would like to participate will be asked to purchase the ingredients before the session.

BE SUN SMART



VIRTUAL CAMP

OPEN DAILY FROM
10 AM - 12:30 PM
Ages 4-12

July 5th - August 13th

A chance for kids to connect and grow through fun activities online. Let's discover together!
\$10 a week.

Supplies will be provided.

EARLYON WORKSHOPS

Ready For Reading Storytime

Join Debbie Maunder, Branch Head from Highland Creek Library, as she shares a few stories, songs and the latest Toronto Public Library (TPL) updates. This session will highlight tips on how to navigate through the TPL website and promote summer opportunities to keep your children busy all summer! No registration is required. Simply join us by inputting the Zoom meeting id and passcode provided below.

Date : Wednesday, July 7, 2021
Time : 10:30 - 11:00 a.m.
Location : Zoom
Meeting ID : 862 3419 5799
Passcode : 424406

HOSTED BY: bgc East Scarborough
PROVIDED BY: tpl Toronto Public Library



Please note that we are closed on Canada Day: Thursday July 1st, 2021

Francophone Services Information; Pour des services à la petite enfance et à la famille en français, contactez le Centre francophone de Toronto en téléphonant le 416-922-2672 poste : 274 ou consultez notre site web:

www.centrefranco.org