



Growing Together

A newsletter from the Mill Woods Family Resource Centre
SUMMER 2010

parentLINKcentre

Government
of Alberta

Healthy People

Healthy
Families

Healthy
Community

10 things to do in Edmonton this summer—that won't break the bank!

There are many exciting things happening in our city and our community during the summer season. Here are 10 that are easy on the wallet (no-cost or low cost) and deliver a lot of fun!

1. **Movies on the Square**—see a movie for free at Churchill Square on a 3 storey high inflatable screen. Also featured are pre-movie activities for the children. Go to http://www.edmonton.ca/attractions_recreation/attractions/downtown/movies-on-the-square.aspx
2. **Jackie Parker Spray Park**—this brand new spray park just opened late last summer. Go and cool off in the water or scramble on the boulders! Located at 50street and 44 avenue.
3. **Whitemud Nature Reserve**—take a hike in this beautiful natural area. You'll see chipmunks, squirrels, beavers, birds and more. You can take the widely used trail or take a narrower trail and forget completely that you are in the city! Located by Snow Valley ski area.
4. **Greenshacks**—The City of Edmonton provides these free Playground Programs throughout the city for any child wishing to participate in games, sports, crafts, music, drama and more. (Children under 6 must be supervised by their parent or guardian at all times)
5. **Art Gallery of Alberta**—Enjoy free admission every last Thursday of the month from 6—9pm. This unique and beautiful building hosts unusual and thought provoking exhibits as well as traditional art by world famous artists.
6. **Edmonton Public Library**—Enjoy a free program for kids of all ages. This year's theme for the Summer Reading Club is "Destination Jungle" Take in many shows including: Live Reptiles and Amphibians, Edward in the Jungle Puppet Show and much, much more!
7. **Roast a wiener** at one of many parks with fire pits/cook stoves right in Mill woods. Check out Jackie Parker, Mill Woods park and maybe even a park in your community has a fire pit or gazebo available for use!
8. **Go for a family bike ride**—Edmonton has over 255kms of bike trails!
9. **Take in a baseball game**—The Edmonton Capitals have very reasonably priced tickets (starting as low as \$8 -\$9 each) and they usually have fun events in addition to the baseball game such as Family Sleepover night—how cool to sleep over in the baseball diamond!! Go to www.capsbaseball.ca to see their schedule of games and events.
10. **Attend one of Edmonton's many festivals.** Enjoy the Street Performers Festival, The Works Art and Design festival, The Fringe and many more (see the complete listing of Edmonton's summer festivals on page 2)



For more information about any of our programs, call 780 413 4521
or visit our website at www.mwfrc.org

The Mill Woods Family Resource Centre educates, supports and nurtures people, families and communities to be the best they can be through programs, services and partnerships.

Edmonton's Summer Festivals and Events

June 25—July 7 The Works Art & Design Festival
(www.theworks.ab.ca)

June 29—July 25 Free Will Shakespeare Festival
(www.rivercityshakespeare.com)

July 9—17 Street Performers Festival (www.edmontonstreetfest.com)

July 9—18 The Edmonton and Northern Alberta Historic Festival
(www.hisotricedmonton.ca/festival)

July 17—Canada's Parks Day at Laurier Park (www.parks.ca)

July 22—30 Capital Ex (www.northlands.com)

July 23—August 1 A Taste of Edmonton (www.eventsedmonton.ca)

July 31—August 2 Heritage Festival (www.heritage-festival.com)

August 6—8 Cariwest Festival (www.cariwestfestival.com)

August 12—22 Edmonton International Fringe Theatre Festival (www.fringetheatreadventures.ca)

August 20—22 Dragon Boat Festival (www.edbfa.com)

August 15—Rutherford's House Sunny Summer Fair (www.culture.alberta.ca)



Feature Summer Program—Talk & Walk

We are offering a new group for moms and their babies! Bring your walking shoes and stroller and meet us at Mill Woods Town Centre. Learn about nutrition and healthy living tips and then enjoy a walk in the community. See how physical activity increases energy and builds confidence! This is a great opportunity to meet some other moms in the neighbourhood, get outside for some fresh air with your little one/s and have something different to look forward to on a Thursday morning! Older children are welcome as long as they are willing to ride in a stroller or wagon.

Group runs on Thursdays from 11:00am—12:00pm beginning July 22 and running until August 26, 2010.

Registration required—call 780 413 4521.



For detailed program descriptions, program and event information, volunteer opportunities and all sorts of valuable information, please visit our website www.mwfrc.org

Preparing your child for school

Preparing for School

- **Ease Your Child into a New Routine.** Have him or her go to bed at school-night bedtime a few nights before the first day. Set an alarm clock for the correct school wake-up time.
- **Try a School Bus Run.** Go over your child's school bus route with him or her if it's going to be a first-time bus ride. Find out how long the ride is, and talk about things like bus safety.
- **Get Ready the Night Before.** Establish a routine that requires your child to pick an outfit for the next school day, and to pack a book bag every night before bed. This will help eliminate any last minute rushing in the morning.

Things to Consider Before the First Day of School

- Is your child registered?
- Do you know when the first day of school is and what time it starts?
- Have you completed emergency contact forms and sent them back to the school?

Getting to and from School

- Have you reviewed safety precautions with your child regarding traffic and strangers?
- If your child is riding a bike, does he or she know the school's rules for bicycles?
- If your child is taking a bus, does your child know the bus route? Does your child know what to do if he or she gets lost?
- Does your child know whether to come home or go to a babysitter after school?
- If you're not home after school, does your child know who will be responsible for him or her, what the rules are, and how to get help in an emergency?
- If your child is going to a babysitter, does he or she know how to get to there?



Going to a New School

- **Talk About It.** Encourage your child to share his or her feelings. Talk about the excitement of starting at a new school, and discuss any concerns your child might have.
- **Take a School Tour.** Call the school and arrange to tour the school with your child. Help your child find their way around the school and the location of their classroom and the bathroom. If possible, meet the teacher and principal.
- **Make a New Friend.** If possible, introduce your child to a classmate before the first day of school.

Taken from : www.education.alberta.ca. For more parent tips regarding your child's education, visit their website.

Coming this fall from the Mill Woods Family Resource Centre

We have only just begun to plan our fall programs and events, but keep an eye on our website (or your e-mail inbox if you're on our subscriber list) for more information about the following:

- Triple P Parenting Seminars—for parents of 5 to 12 year olds
- Rainbows—a group for children ages 5 – 14 years who are experiencing family changes due to divorce or separation. Parents participate in Prisms.
- Family Matters—an anger management group for children 9—12 years of age and their parents.
- Managing Motherhood—a post partum depression support group
- 12th annual Haunted House fundraiser—this year's theme? A haunted *house*! Come and take a tour...if you dare!

Ways to Get Involved

Volunteer—MWFRC relies on volunteers for a wide variety of support. We are always looking for program co-facilitators, child-care volunteers, program assistants, special event and general volunteers. Call Amanda at extension 108 for more information.

Become a member—A \$5 MWFRC membership gets you a Toy Lending Library card, seasonal newsletters, “Members Only” newsletters and a vote at our AGM in April. Memberships are good for one-year from purchase.

Financial support—If you would like to make a donation to support programs and special events offered at MWFRC, please contact our office. Tax receipts will be issued for donations of \$10.00 or more. Charitable registration # RR0001-134970730.

Community Support

In the course of the year we receive donations for door prizes, gifts from various businesses, organizations and individuals and the donation of space. We would like to thank the following businesses and groups for lending their support to our various events and programs:



- CIBC
- Basically Babies
- Edmonton Public Library
- Mill Woods Recreation Centre
- Southwood Community League
- Mill Woods Town Centre Mall
- South Edmonton Alliance Church

MWFRC on facebook!

MWFRC now has a facebook page!! In addition to our website, this is another way for us to connect with others on-line. Become a fan and get up-to-date information, look at photos from recent events and find out about special events. We are brand new to social media, but we have plans to make our page fun, interactive and informative. Search Mill Woods Family Resource Centre.

Will you get “Caught in the Park” this summer?

If you and your family are out and about this summer—hanging out together, playing games, having a picnic and/or generally enjoying each other’s company—you may get spotted by our staff and get “Caught in the Park”! This fun way to acknowledge healthy family fun was introduced to us by another Parent Link Centre and we liked it so much, we’ve been doing it for the past 3 summers! If you are approached by our staff, you could receive a fun package and a certificate to hang on your fridge! Best of all...you’ll have an awesome time with your family and loved ones!



"CAUGHT IN THE PARK"

First day back to school
(Public and Catholic)
is September 1st!
Have a Happy Summer

“You can never appreciate the shade of a tree unless you sweat in the sun.” ~ Authour Unknown