

June 2026



Oh Rainbow

Oh, rainbow. Oh, rainbow.
How lovely are your colours!

Oh, rainbow. Oh, rainbow.
How lovely are your colours!

Purple, Red and Orange too,
Yellow, Green and Blue so true.

Oh, rainbow. Oh, rainbow.
How lovely are your colours!



Fire Truck Song

Here comes the fire truck,
Driving down the street
Here comes the fire truck
Beep, beep, beep
Here comes the fire truck
Look at it go
Here comes the fire truck
Wave hello



Here are six crucial ways playing outside helps children:

1. **Sunshine.** We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep — and in our mood. Our bodies work best when they get some sunshine every day.
2. **Exercise.** Children should be active for an hour every day, and getting outside to play is one way to be sure that happens. especially with something like a ball or a bike — encourages active play, which is really the best exercise for children.
3. **Executive function.** These are the skills that help us plan, prioritize, troubleshoot, negotiate, be creative and multitask; These are skills that must be learned and practiced — and to do this, children need unstructured time. Being outside gives them opportunities to practice these important life skills.
4. **Socialization.** Children need to learn how to work together. They need to learn to make friends, how to share and cooperate, how to treat other people. If they only interact in very structured settings, such as school or sports teams, they won't — they can't — learn everything they need to know.
6. **Appreciation of nature.** So much of our world is changing. If a child grows up never walking in the woods, digging in soil, seeing animals in their habitat, climbing a mountain, playing in a stream, or staring at a sunrise or sunset, they may never really understand what there is to be lost. The future of our planet depends on our children; they need to learn to appreciate it.

Claire McCarthy, MD,

Get out and enjoy the great outdoors with you children!



Rock Painting

Take a walk and collect a variety of different shaped stones.

Wash and dry

Paint and decorate anyway you want

Let dry

You can then use a sealer to cover and protect your finished creations



No Bake Chocolate Peanut Butter Dessert

Ingredients:

- 18 peanut butter sandwich cookies, finely crushed (about 2 cups), divided
- ¼ cup butter, melted
- ¼ cup Kraft Smooth Peanut Butter
- 1 pkg (4-serving size) Jell-O Vanilla Instant Pudding
- 3 cups cold milk, divided
- 2 oz (1/4 of 225-g pkg.) Baker's Semi-Sweet Chocolate
- 1 pkg (4-serving size) Jell-O Chocolate Instant Pudding
- 2 cups Jet-Puffed Miniature Marshmallows
- 1 cup thawed Cool Whip Whipped Topping



Instructions:

1. Combine 1-1/2 cups cookie crumbs and butter; press onto bottom of 9-inch square pan. Refrigerate 15 min.
2. Meanwhile, beat peanut butter, dry vanilla pudding mix and 1-1/2 cups milk in medium bowl with mixer until blended.
3. Melt semi-sweet chocolate as directed on package. Beat chocolate pudding mix and remaining milk in separate medium bowl with mixer 2 min. Blend in melted chocolate; spread over crust.
4. Reserve 1 Tbsp. of the remaining cookie crumbs for topping; sprinkle remaining crumbs over chocolate layer. Cover with marshmallows, then spread with peanut butter mixture.
5. Refrigerate 3 hours. Then top dessert with Cool Whip just before serving; sprinkle with reserved cookie crumbs.



The 519 is committed to the health, happiness and full participation of the LGBTQ2S communities. A City of Toronto agency with an innovative model of Service, Space and Leadership, we strive to make a real difference in people's lives, while working to promote inclusion, understanding and respect.

The 519

519 Church Street
Toronto ON M4Y 2C9
Front Desk: 416-392-6874 | Info@The519.org



Volunteer/Student Opportunity

for
High School, College/University
Students and Community Members

If you would like to volunteer at one of
our EarlyON Centres please go to the
link below.

<https://www.wsnc.org/volunteer-application>





Comfort Play & Teach



Language and Literacy

Perhaps the most precious gifts that adults can share with children are language and literacy. When we teach children to communicate effectively and to read and write, they are enabled to share and obtain information and learn practically anything they want to learn. Here are some ways for adults to make the time they spend giving this gift Comfort, Play & Teach time.



Comfort

- Language helps children to understand others, to communicate their thoughts and feelings, and to belong. Through language, a child plays, problem-solves and interacts with other people. Adults can support these skills by talking to children, asking questions and showing interest in what they have to say. Children then learn to talk, ask questions and listen too!
- Interactions between caring adults and children are essential to language and literacy development. Throughout the day, there are many ways to help a child develop a love of language, such as reading a story, making lists or labels together, or following a recipe and cooking. A child's skills develop naturally through participating in daily activities and routines.

Play

- Many activities and experiences teach, encourage and reinforce language and literacy skills. These can include picture books, poems, nursery rhymes, finger plays, puppets and songs. Play materials can include crayons, pencils, markers, paper to write with, and dramatic play props like menus, telephone directories, magazines and board books that can be read to dolls.
- How does your learning environment support children's language and literacy skills? Set up the activity areas so that small groups can play and talk together. Make the classroom print rich so children can practice reading books, their names, labels, a story they dictated, or a poem they are learning. Show how language learning occurs in each learning area – art, science, music etc.

Teach

- Children's literacy is supported by adult role modeling. Adults should read to and read *in front of* children – books, newspapers, maps, directories, signs, mail, and labels. This not only demonstrates an enjoyment of reading, but shows that it is a useful skill. Children learn that print means something, and that reading helps them to investigate and understand the world around them.
- Exploring written words and listening to their sounds help children to build up their language and literacy skills. Nursery rhymes let children hear the music and rhythm of language, and detect differences in letter sounds. Storytelling introduces children to story patterns and structure (i.e. plot, climax, resolution) while books teach concepts like letter and word recognition, and matching the text and picture. Books also provide opportunities to engage children in discussions about why certain events happened and what those meant to the main character, as well as any emotions or morals explored in the text.



Visit www.IMHPromotion.ca for more great activities and resources.

Created by the experts through Invest in Kids and hosted by Phoenix Centre for Children and Families and IEMHP



Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

Divisional Manager: Jessie (416) 755-9215 Ext. 242 jessiec@wsncc.org

Bridlewood Site-Supervisor: Barb barbs@wsncc.org

Scarborough Southwest/West Scarborough Site Supervisor: Niña nina.c@wnccc.org

For general enquiries please contact us at:

Bridlewood EarlyON (416) 491-1466 bridlewood@wsncc.org

Scarborough Southwest EarlyON (416) 266-8289 sswearlyon@wsncc.org