

July 2026



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



Turtle Craft

- Supplies:
- Paper plate
- Tissue paper
- Construction paper
- Scissors
- Glue
- Googly eyes
- Marker or crayon

Instructions:

1. Using construction paper cut out head, legs and tail and glue to underside of paper plate
2. Cut out shapes from coloured tissue paper and glue onto back of Plate to make the shell
3. Add eyes and face to head of turtle.



How do children learn?

From the day they are born, children learn and develop by:

- touching • seeing • hearing
- smelling • tasting • moving
- doing (for example, playing).



Children's early development and later health and learning is shaped by the day-to-day experiences within their family and community. Children learn by playing in places where they feel safe, respected, and loved. Children's play is children's work. Remember, you are your child's greatest teacher and role model!

Some things that help children learn and be ready for Kindergarten are:

- a secure attachment www.edu.gov.on.ca/earlylearning
- self-regulation
- play (yes, you may be surprised to hear that play is included!).

Playground Safety



Some important tips about playground safety:

- Most playground injuries result from falls. Children can fall off equipment, fall from heights (the top of a slide on a monkey bar) and trip over equipment. It's important that parents should be careful that small children are not playing on high equipment meant for older children.
- Drawstrings of hoods and collars of jackets, shirts and hats can strangle a child if caught on playground equipment. One way to prevent this is to remove the drawstrings from the child's clothing or apparel. For similar reasons, scarves should not be worn either during play.
- Make sure that metal slides are cool in order to prevent children's legs from getting burned while sliding down. Also, check that there are no splinters or nails sticking out on the surface of playground equipment.
- Make sure that there are no rocks, pieces of glass, toys, debris or other children at the bottom of a playground slide.
- Do not let young children play in areas designated for older children as the young ones can accidentally get hurt by older children or equipment not meant for them.
- It is important to make sure that playground equipment meets current government safety standards.
- In order to prevent young children from wandering off into heavy traffic areas or streets, playgrounds or play areas should be fenced in.
- It is always a good idea to know what kind of games children are playing at school or in the playground. Sometimes seemingly innocent games can end up tragically. Being aware of any potential danger to your child is the first step in accident prevention.
- Have fun and play safe!

Tangy Broccoli Salad

Prep

0-15 mins

Total

1 HR 15 MIN

Servings

12 Servings

Ingredients

- $\frac{3}{4}$ cup mayonnaise
- 2 tbsp sugar
- 2 tbsp Distilled White Vinegar
- 6 cups fresh broccoli florets
- 6 slices reduced-sodium bacon, cooked, crumbled
- 1 small red onion, chopped

Instructions

1. Mix dressing, sugar and vinegar in large bowl.
2. Add remaining ingredients; mix lightly.
3. Refrigerate 1 hour.



West Scarborough

BGC West Scarborough is a vital community hub focused on helping children and youth grow, learn and feel included. We offer a safe, supportive place for young people to discover new opportunities, form lasting friendships and cultivate important life skills. With educational programs and recreational activities, we focus on building confidence and personal growth.

Our programs strive to break down barriers and create accessible experiences for everyone, so each child feels encouraged to achieve their full potential. By enriching young lives, we work towards constructing a brighter, stronger community.

<https://www.wsnc.org/>

After School Programs

Summer Camps

Licensed Childcare

Specialty Programs



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>



Backpack Safety: Tips for Parents

Many parents and childcare professionals are concerned about the weight of books and supplies students carry daily. Backpacks are helpful, but when used improperly or overloaded, they can cause serious **back, neck, and shoulder pain**, and even **posture problems** in children and teens.

How Much Weight is Too Much?

A backpack should **weigh no more than 10–20% of your child's body weight**.

Ex: For a 70 lb child, the backpack should not exceed **14 lbs**.

Smart Tips for Safe Backpack Use

- **Talk to your child:** Ask if they experience pain or discomfort from their backpack. Persistent or severe pain should be evaluated by a doctor.
- **Limit the load:** Only pack what's absolutely necessary for the day.
- **Coordinate with the school:** Discuss options like using lockers or reducing the need to carry all books throughout the day.

Teach proper lifting, your child should:

- Face the backpack
- Bend at the knees
- Use both hands to lift with their legs
- Put on one shoulder strap at a time
- **Leave unnecessary items at home or at school:** If a textbook isn't needed at home every day, leave it at school. Or vice versa.

Choosing the Right Backpack

- **Wide, padded shoulder straps:** Narrow straps can cause shoulder pain and poor circulation.
- **Padded back:** Protects from sharp items and increases comfort.
- **Two shoulder straps:** Always use both! Carrying with one strap can strain muscles and affect posture.
- **Waist strap:** Offers additional support and helps distribute weight.
- **Organized packing:** Use compartments and place heavier items close to the back.

Final Tip for Parents

- Check your child's backpack weekly. Help them remove unnecessary items and repack it properly. A few minutes can help prevent long-term issues!



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Tips provided by Dr.Paul.com

Your feedback is very important to us!

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

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