

October 2025



Five Little Pumpkins Sitting on a Gate

Five little pumpkins sitting on a gate.
The first one said, "oh my it's getting late."

The second one said, "there are witches in the air."

The third one said, "but we don't care!"

The fourth one said, "let's run and run and run."

The fifth one said, "I'm ready for some fun!"

Ooohh ooohh went the wind
And out went the lights
And the five little pumpkins rolled out of sight



One Little, Two Little, Three Little Witches



One little, two little, three little witches,
Flying over haystacks, flying over ditches,
Slide down moon beams without any hitches,
Hey ho Hallowe'en's here!



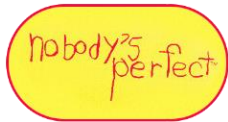
Flutter, Flutter Little Bat (sing to the tune of "Twinkle, Twinkle, Little Star")

Flutter, flutter little bat,
How I wonder where you're at.

Swooping through the darkest night -
You find your way without a light.

Flutter, flutter little bat,
How I wonder where you're at!





Bullying

Help stop bullying before it starts. Bullying can start as early as 3 years of age. It may start as aggressive behaviour like name-calling, hitting, or not letting other children play with the group. These behaviours can worsen as children grow. The best way to stop bullying from happening is to teach your child how to express their feelings and to be respectful and caring towards others.

Be a good example. Your child learns by watching others. This means that they can learn from your good example, as well as from your bad example. If you behave in a positive way, your child will learn that you expect them to be positive. If you want your child to be polite, make sure they hear you saying “please” and “thank you.” If you want your child to be kind and share with others, make sure they see you helping and sharing. If you want your child to be honest then make sure they see and hear you being honest.

If you see your child being aggressive towards another child, set a good example. Do not yell at or hit your child. Help your child put their feelings into words. When you try to understand your child’s feelings, you show them that their feelings matter. Children learn how other people feel by talking about feelings. Accept your child’s feelings, even when they are upset or angry. Let your child know that other people have those feelings too. Talk to your child to help them understand how actions can hurt others and how it can make them feel.

Help guide your child’s behaviour. What you say and do as a parent matters. When you talk to and listen to your child, you are helping them learn how to behave. When you are positive, polite, kind and firm, it is easier for your child to learn how to behave. Give your child opportunities to be social and play with others. Encourage your child to include playmates rather than exclude them.

Be a safe place for your child. Your child needs your guidance and love.

Remember, your child learns how to treat others by how *you* treat others.

Pumpkin Bars

Ingredients

- 4 large eggs, room temperature
- 1-2/3 cups sugar
- 1 cup canola oil
- 1 can (15 ounces) pumpkin
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ICING:
- 6 ounces cream cheese, softened
- 2 cups confectioners' sugar
- 1/4 cup butter, softened
- 1 teaspoon vanilla extract
- 1 to 2 tablespoons 2% milk



Directions

1. In a bowl, beat the eggs, sugar, oil and pumpkin until well blended. Combine the flour, cinnamon, baking powder, baking soda and salt; gradually add to pumpkin mixture and mix well. Pour into an ungreased 15x10x1-in. baking pan. Bake at 350° for 25-30 minutes or until set. Cool completely.
2. For icing, beat the cream cheese, confectioners' sugar, butter and vanilla in a small bowl. Add enough milk to achieve spreading consistency. Spread icing over bars. Store in the refrigerator.

Thanksgiving Turkey

A. Materials you need

- small paper plates
- brown acrylic paint
- construction paper
- glue
- scissors
- googly eyes
- leaves



B. Set-up

Paint a paper plate brown and let it dry.

Create a turkey face out of construction paper. Glue on the beak, the snood, and googly eyes!

Halloween Craft

Materials:

- Orange construction paper
- Black marker
- White paint

Directions:

1. Dip children's feet into paint and make footprints on the orange paper
2. Wait until dry
3. Add face to the feet to make them into ghosts
4. Write the saying



Growing Healthy Together Prenatal Program

This program offers prenatal education, nutrition information, healthy snacks, one-to-one health and nutrition counselling, and peer support to pregnant women experiencing a variety of risk factors linked to low birth weight, including low income, newcomer status and poor nutrition.

The Growing Healthy Together program encourages healthy pregnancies to reduce the number of infants born with low birth weight and supports breastfeeding and positive parenting. This program is delivered at various community locations in partnership with agencies throughout Scarborough.

This is a FREE program and registration is required.

To register please call **416-438-3697, extension 14349.**



Five ways to wellbeing

connect

Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

Be Active

Do something active with your family or friends like going for a walk or playing a game that gets you moving.

Take notice

Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

Keep Learning

We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.

give

Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!

Smile

*It makes you attractive.
It changes your mood.
It relieves stress.
And it helps you stay positive.*



START
THE DAY
WITH A SMILE

Your feedback is very important to us!

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

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