

The H-N REACH EarlyON at Home

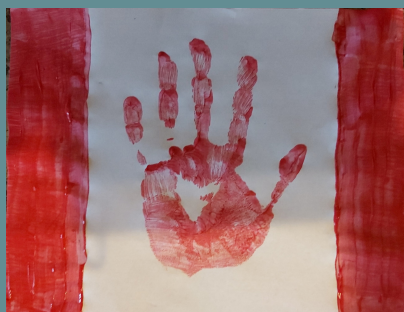
FAMILY NEWSLETTER



CANADA DAY FLAG

The National Flag of Canada is one of the most recognizable symbols of Canada. George Stanley's single maple leaf design became our national symbol in 1964.

Interested in making a flag at home with the kids to help celebrate Canada Day? Check out the picture below as an idea, and when you're done, feel free to send us a picture at earlyon@hnreach.on.ca



AMAZING THINGS CANADA HAS GIVEN TO THE WORLD

Over the years, Canada has given the world some pretty amazing things. Here are just a few of our Country's contributions:

1. **The Chocolate Bar:** Invented in 1910 when the Ganong Candy Factory of St. Stephen, New Brunswick decided to make some of the candies into bars and wrap them individually.
2. **The Jolly Jumper:** Developed by a mom named Olivia Poole in 1910, it was originally made from a cloth diaper! A blacksmith created the soft-action steel spring for it.
3. **The Zipper:** Gideon Sundback invented the zipper in 1913, and when he became president of the Universal Fastener Company in St. Catherine's, the factory was the first to produce it for market.
4. **Superman:** Toronto artist Joe Shuster created the 'Man of Steel' in 1932 and sold it to DC Comics in 1938.
5. **Pablum:** The pre-cooked, packaged infant cereal formula was a lifesaving nutritional breakthrough when Toronto pediatricians developed it in the late 1930's.

McNeil, Mark. 144 Things Canada Has Given the World. Hamilton Spectator, 2006



FOOD LOVERS GUIDE TO CANADA

Ever thought to try caribou? Do you know where most of our country's potatoes come from? Canada is the home to a wide variety of foods and agriculture. Check out this list of popular food items from each province:

Yukon - Has diverse foods like moose, dall sheep, mountain goat, caribou, porcupine, arctic grayling, trout, and kokanee salmon.

Northwest Territories - Featured foods are caribou, duck, organ meats, bannock and wild greens

Nunavut - Pink cold water shrimp is one of the most in-demand species in the world, you can find them in Nunavut!

British Columbia - Produces 95% of Canada's cultivated blueberries

Alberta - Responsible for 60% of Canada's beef population

Saskatchewan - Referred to as Canada's breadbasket because it produces 54% of Canada's wheat and 28% of Canada's grain

Manitoba - Produces 57% of Canada's dry bean crops like navy, pinto, black, and red kidney beans

Ontario - Produces 85% of Canada's domestic wines

Quebec - Responsible for 90% of Canada's maple syrup production

Newfoundland & Labrador, Nova Scotia, New Brunswick - 73% of Canada's seafood comes from Atlantic Canada. 37% lobster, 20.5% crab, 14.9% shrimp, 6% scallops, 2.5% herring, 1.9% clams, 1.9% mackerel

Prince Edward Island - Grows 30% of Canada's potato crops

From the wheat fields of Saskatchewan to Lobster fishing in Prince Edward Island, our country has a wide variety of food to offer the world!

As **National Indigenous Peoples Day** was celebrated Sunday, June 21st, we wanted to highlight some information with our families. Here are some facts you may not know . . .

- Indigenous Peoples in Canada include First Nations, Inuit, and Metis
- There are over 600 First Nations in Canada, speaking more than 50 different languages.
- There are many online educational resources for you and your children to learn more about the many unique Indigenous cultures and histories in Canada. Check out:

<https://www.cbc.ca/kidscbc2/the-feed/where-can-i-learn-more-about-indigenous-people-in-canada>



BOOKS ABOUT CANADA

Check out this amazing collection of books to help your family learn more about our great country:



1. Canada All Year by *Per-Henrik Gurth*
2. The Kids Book of Canada by *Barbara Greenwood*
3. The Kids Book of Great Canadians by *Elizabeth Macleod*
4. Good Night Canada - by *David Adams*
5. Canada ABC: A book about the people and places of Canada, by *Brenda Haugen*
6. M is for Maple by *Michael Ulmer*
7. Honk, Honk, Goose! Canada Geese start a Family by *April Pulley Sayre*
8. I Am Canada by *Heather Patterson*



VIRTUAL CANADA DAY!

On July 1st, Canadians are being invited to take part in virtual celebrations from coast to coast to coast.

As you know, the Government of Canada has decided to celebrate Canada Day in a different way this year so that we can come together virtually and express our pride in being Canadian.

Wherever you are across the country, you will be able to enjoy Canada day Midday and Evening shows on Canadian Heritage's social media sites, and on the CBC and Radio-Canada. There will also be virtual interactive activities for families available in the Canada Day Celebration kit as well. For more information, check out the site <https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/html>



RECIPE OF THE WEEK

Hurray for red and white - and fresh, Canadian strawberries and whip cream!!!

Strawberry Angel Food Dessert

- 1 angel food cake
- 2 packages of cream cheese
- 1 cup white sugar
- 1 container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 jar strawberry glaze



1. Crumble the cake into a 9 x 13 inch dish.
2. Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping.
3. Mash the cake down with your hands and spread the cream cheese mixture over the cake.
4. In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer. Chill until serving.



Competition Time



Win a game the whole family can play - Yardzee

Attend any of our Zoom activities between 29th June & 13th July.

Leave your name & email with the facilitator at every circle you attend to be entered into our free random draw.



For Zoom details contact earlyon@hnreach.on.ca



WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca