



H.O.P.E News September 2009

Benefits of Healthy Eating



- Healthy eating helps children grow, develop, and do well in school.
- Eating breakfast, at home or school, improves children's memory, concentration levels, problem-solving abilities, and creative thinking.
- A healthy diet helps children be more settled, attentive, and ready to learn.
- Poor nutrition is associated with poorer learning in language arts, math, and general knowledge.
- Healthy eating helps prevent child and adolescent health problems such as obesity, diabetes, and dental caries.

Did you know?

- Did you know that foods can affect your emotions.
- Eating breakfast may increase memory and calmness.
- Dairy and other high-protein foods may also increase alertness.

Inside this issue:

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Quick Recipe:

You will need:

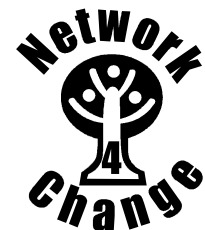
- ★ Bagel cut in half
- ★ Cream cheese
- ★ Fruit of your choice.

Bagel Supreme

Cut bagel in half. Toast. Spread with cream cheese. Top with sliced strawberries, blueberries, or whatever fruit you want.



HOPE News provided by...



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness



17-31 First St. S.

268-2506

www.network4change.ca

Drop By for Coffee, chat and to
Meet our New
Family Outreach Worker
Terra Kohle



WHAT'S HAPPENING THIS MONTH

- Laugh n Learn
Mondays 10:00-11:30
Network 4 Change
- Play Pals
Tuesdays 10:30-11:30
SunGro Centre

Laugh 'n' Learn

Fruit Salad

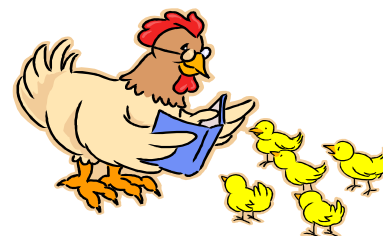
Get a group of young people to sit on chairs in a circle, then get 1 young person to stand up and remove their chair so this leaves 1 person standing in the centre of the circle of chairs. everyone is labeled with three different types of fruit i.e. orange, apple, banana then when the person in the middle calls out one of the fruits the people have to move seats with the people with the same fruit. Or if the person in the middle of the circle calls out fruit salad then everyone must move. The person in the middle has to try and get a seat once he has called out a fruit.



Mondays

10:00 - 11:30

Network 4 Change



A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

★ **October 11, 2009**

★ **October 25, 2009**

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

1-2:30 pm (Beausejour Early Years School)

*Feel free to contact us regarding questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change
Brokenhead River Community Foundation
Beausejour Early Years School
Bright Beginnings
Eastman Family Services and Housing
Association for Community Living

NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

Public Health Nurse

Lisa Hrynyk, RN,BN

Email: lhrynyk@neha.mb.ca

268-7468



PLAY PALS

- TIPS FOR PICKY EATERS
- **Get sneaky.** [Squeeze in more fruits and vegetables](#) whenever you can, whether it's adding grated zucchini or carrots to a casserole or a handful of berries, granola and dried fruit to iron-fortified cereal.
- **Dress it up.** Low-calorie salad dressings serve as tasty and colourful dips for raw broccoli, red peppers, carrots and cauliflower. If your fussy eater finds raw vegetables too difficult to chew, try throwing them into a steamer for a few minutes to soften.
- **Make meal prep family fun time.** Make food fun by involving your child in grocery shopping and in the preparation or cooking of a meal and involving them with safe and simple tasks such as measuring milk or stirring ingredients, will make them more likely to eat their own culinary creations.

Tuesdays
10:30-11:30
SunGro Centre

Join us for...

Snacks

Games

Crafts

Great Conversation



Sunshine Stay & Play



Fall Schedule

September 9th

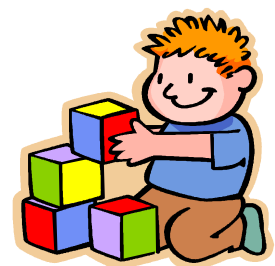
September 23rd

Every second Wednesday

Tyndall Community Center

10:00-12:00

Ages 0-6



For more info call Allison 268-4534



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
	1	2	3	4	5/6
7	8	9 Sunshine Stay & Play 10:00-12:00 Tyndall Community Center	10	11	12/13
14 Laugh n Learn 10:00-11:30 N4C	15 Play Pals 10:30-11:30 SunGro Center Healthy Baby BSJ Health Center 10-12	16	17	18	19/20
21 Laugh n Learn 10:00-11:30 N4C	22 Play Pals 10:30-11:30 SunGro Center	23 Sunshine Stay & Play 10:00-12:00 Tyndall Community Center	24	25 	26/27
28 Laugh n Learn 10:00-11:30 N4C 6:30-8 PM Stone Soup Parent Network Meeting	29 Play Pals 10:30-11:30 SunGro Center Healthy Baby BSJ Health Center 10-12	30 6-8 PM Virtues Workshop	