



## EDMONTON AFTER SCHOOL CARE ASSOCIATION

MEADOWLARK CENTRE -  
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Happy December EASCA families!

I want to take a moment to wish everyone a Happy Holidays and all the best in 2022. I hope everyone has a safe and warm Holiday season and I wish you all the best in the upcoming year. Thanks for putting your trust into EASCA and your ongoing support to our incredible team.

Take care and best wishes,

Megan Dykstra

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Oh, my goodness! We have made it to December!

First, I want to say thank you to all the parents on the Board of Directors who believe that I will be a good fit to cover for Megan while she's on maternity leave. I also want to say thank you to all the wonderful staff at EASCA who always do their best in providing quality care with the children and families of Meadowlark school.

I am so proud of our team!

I am excited to learn more and to keep EASCA the awesome Out of School Care that it is. Let's finish this year with a bang and let's look forward to all the exciting things next year will bring us!

Wendy Zuniga  
Acting Executive Director

# JUST A LITTLE *Reminder*

We would like to remind families to please properly label your child's belongings and to please make sure your child has weather appropriate clothing.

We would also like to make sure parents are coming to the door to pick up at the end of the day. It's important we clearly see who we are releasing your child to and in case we need to communicate anything,

Programming & Activities for the days of Dec 20-23 will be sent out on or before December 15<sup>th</sup>- so please stay tuned!

EASCA is planning an inhouse Christmas party for the children with the possibility of sending a video of the children singing songs and a Christmas play available for parents to view. More details to come!



We would like to thank everyone for helping make 2021 one of EASCA's most successful fundraising years! We sold just under \$3k worth of Stawnichy's and just under \$3k worth of Kernels. The casino was also a great success. It ran smoothly and the organization made great tips!

Thank-you, thank-you, thank-you!



Please join in us welcoming Sarah C to the EASCA Team!

Sarah comes to us with Out of School care experience. She has already bonded with the children and brings a real sense of trust, comfort, and fun to the program.

Welcome Sarah!





**Dec 13-** Kadrian Y (6 yrs)

**Dec 18-** Hayden A (8 yrs)

**Dec 18-** Nikola G (5 yrs)

**Dec 22-** Jackson L (5 yrs)

**Dec 29-** Tyson L (6 yrs)



**Dec 20-Jan 3-** School closed for Winter Break

**Dec 24-Jan 3-** EASCA closed for Winter Break



**Dec 1-31-** Luminaria, U of A Botanic Garden, Devon, AB

**Dec 2-5-** The Nutcracker- Alberta Ballet, Northern Alberta Jubilee Auditorium, Edm, AB

**Dec 3-Jan 2-** Zoominescence, Edmonton Valley Zoo, Edm, AB

**Dec 6-Jan 31-** Legislature Lights Segway Adventure, River Valley Adventure Co, Edm, AB

Dec 11-28- Elf- The musical, Festival Place, Sherwood Park, AB

Dec 11-Jan 1- Candy Cane Lane, Edm, AB

Dec 17-18- Shumka's Nutcracker, Northern Alberta Jubilee Auditorium, Edm, AB

Dec 17-19- Brighten Up Beaumont, Four Seasons Park, Beaumont, AB

## Self-Care for Families

emotional	physical	spiritual
<ul style="list-style-type: none"><li>__ watch a good movie</li><li>__ write each other positive notes</li><li>__ verbalize and talk about feelings</li><li>__ draw self portraits</li><li>__ Say "I love you"</li><li>__ spend time writing</li><li>__ have a sing-a-long</li><li>__ tell jokes</li><li>__ try a new craft</li></ul>	<ul style="list-style-type: none"><li>__ dance party</li><li>__ go for a walk</li><li>__ family bike ride</li><li>__ take a hike</li><li>__ play kickball</li><li>__ tag</li><li>__ roller skating</li><li>__ go to the pool</li><li>__ jumprope</li><li>__ kids yoga</li><li>__ wii fit games</li></ul>	<ul style="list-style-type: none"><li>__ a gratitude list</li><li>__ go outside</li><li>__ talk about forgiveness</li><li>__ write thank you's</li><li>__ volunteer</li><li>__ spend time outside or with nature</li><li>__ practice positive self-talk</li><li>__ plant a tree</li></ul>
mental	practical	social
<ul style="list-style-type: none"><li>__ read together</li><li>__ draw or write stories</li><li>__ kids meditation</li><li>__ find shapes in clouds</li><li>__ practice belly breaths</li><li>__ go on a walk to find new things</li><li>__ make vision boards</li><li>__ try Headspace for kids</li><li>__ create mandalas</li><li>__ make mindfulness jars</li><li>__ play mind strength games like memory</li></ul>	<ul style="list-style-type: none"><li>__ clean up</li><li>__ declutter old toys</li><li>__ assign chores</li><li>__ make a grocery list together</li><li>__ learn about money</li><li>__ make a weekly budget check-in</li><li>__ make a weekly cleaning check-in</li><li>__ homework/study</li><li>__ have a morning &amp; night routine</li></ul>	<ul style="list-style-type: none"><li>__ play in the park</li><li>__ call or visit relatives</li><li>__ have family dinner</li><li>__ play boardgames</li><li>__ host a sleepover</li><li>__ invite friends over</li><li>__ plan a bbq</li><li>__ join a team</li><li>__ do a neighborhood food drive</li><li>__ have talks about friendship and how to be a friend.</li></ul>

## OPEN-ENDED QUESTIONS

WHAT WAS YOUR FAVORITE PART OF THE DAY? WHY?

WHAT MAKES A NICE FRIEND?

WHAT MAGIC POWER DO YOU WISH YOU HAD? WHY?

IF YOU COULD GO ANYWHERE, WHERE WOULD YOU GO? WHY?

WHAT DO YOU THINK THIS BOOK IS ABOUT?

WHAT'S ONE GOOD THING YOU'RE REALLY GOOD AT?

WHAT ARE YOU THANKFUL FOR TODAY? WHY?

WHAT DO YOU LIKE ABOUT SCHOOL? WHY?

WHAT ARE YOU MOST EXCITED ABOUT WITH THE PARTY / THE SCHOOL PERFORMANCE / GOING TO THE RESTAURANT / ETC)?

WHAT DID YOU LIKE THE MOST ABOUT THE WEEKEND? WHY?

HOW DOES IT WORK?

HOW DID THAT HAPPEN?

WHY DID YOU CHOOSE (THAT BOOK / THAT SHIRT / THAT TOY)?

HOW ARE YOU PLANNING TO DO THAT?

WHAT COULD WE HAVE DONE INSTEAD?

WHAT ELSE CAN YOU USE?

HOW ARE THESE THE SAME / DIFFERENT?

WHY IS IT IMPORTANT?

WHAT DOES THIS REMIND YOU OF? WHY?

SHOW ME WHAT YOU CAN DO WITH IT.

TELL ME WHAT HAPPENED.