

## Program of the Month - StrongStart Jackson Elementary School



**Jackson Elementary, 33165 King Road  
Monday to Friday, 9:00 am – 12:00 pm**

StrongStart is a free, drop-in, parent-participatory early learning program for 0-5-year-old children. It runs from September to June, and a qualified Early Childhood Educator leads activities, including stories, music and arts, to help children grow linguistically, emotionally and socially. There are 13 StrongStart Centres located throughout the community.

**More info: <https://earlyyears.abbyschools.ca/>**

## Parent/Caregiver Power: Parents/Caregivers as a Healthy Role Model



Parents and caregivers play a vital role in shaping children's eating habits and lifestyle choices by modeling healthy behaviors. Eating the same nutritious foods you want your children to enjoy, sharing meals together, and discussing tastes and textures can make healthy eating engaging. Involve kids in meal planning, grocery shopping, and even growing or preparing food to build positive habits. Similarly, model active living by participating in physical activities with your children, creating fun games, and encouraging variety. The goal is to make healthy choices enjoyable and part of everyday family life.

<https://appitetetoplay.com/healthy-eating/families/family-tips-parentscaregivers-healthy-role-model>

## Movie Day and Info Fair - January 17<sup>th</sup> 2026

### MOVIE DAY & INFORMATION FAIR

This event is for families with children 0-8. Come learn about programs and services that focus on early childhood and stay for a movie!

FREE EVENT! Registration required!

January 17th, 2026

Fair: 9:30am - 10:30am

Movie: 10:30am - 12:00pm

Sandy Hill Elementary,  
3836 Old Clayburn Rd, Abbotsford

Eventbrite link for registration

Scan the QR Code



## FamilySmart - Abbotsford

**FamilySmart** is a non-profit organization that supports parents and caregivers of children and youth facing mental health and/or substance use challenges. Our work is grounded in compassion, connection, and lived experience. We believe that when families are supported, children and youth do better, and so do the people who care for them. <https://familysmart.ca>



## Parenting Tip of the Month

### Active games for parents and children

Playing active games with your children is a fun way to bond while encouraging physical activity and creativity. Simple activities like setting up an obstacle course with household items, hosting a lively dance party where children lead the moves, or playing “keepy uppy” with a balloon can keep everyone engaged. Games such as “cat and mouse,” where players chase each other for a ribbon tail, and active scavenger hunts that blend movement and problem-solving add excitement and variety. The key is to keep it enjoyable, adapt activities to your child’s age and abilities, and join in the fun to create lasting memories together. You can read the full article at following website:



<https://appetitetoplay.com/physical-activity/active-games/active-games-parents-and-kids-play-together>

## Craft

### Popsicle Stick Hot Chocolate Mug



**Supplies:** Jumbo Popsicle Sticks, School Glue or Hot Glue Gun, Light Blue Craft Paint, Paint Brush, Small Paper Plate -Scissors, Blue Cardstock Paper, White Cotton Balls, Snowflake Stickers

#### Directions:

- First, glue your popsicle sticks together to look like a fence. Eight next to each other and two across to secure in place. Set aside to let it dry completely.
- Paint your craft stick mug shape and allow it to dry
- Cut out a simple handle shape that will go on the side of the mug.
- Have children glue on the paper mug handle as well as any other embellishments, cotton ball rim or marshmallows.

## Télexw (to find something out, to learn) with the Sweeney Centre

### Seasons of the Moon



#### Meqó:s - Fallen snow season

Meqó:s, December 25 - January 22 and means fallen snow season; máqa is fallen snow and es means a periodic cycle of time. This terminology is part of the Stó:lō language, which reflects the seasonal changes and natural occurrences experienced by the Stó:lō people. Stó:lō people are trapping animals such as lynx, beaver, and mink for the Winter. Snow begins to fall, signaling that Winter is here.

More Info: <https://indigenous.abbyschools.ca/node/54612>

### Abbotsford Early Years Centre at The Sweeney Neighbourhood Centre

33355 Beven Ave. Abbotsford, BC



<https://earlyyears.abbyschools.ca>



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