



NOTES FROM ATHENA:

Hello Families,

As we are welcoming a lot of new children, one common theme we see on a daily basis, especially at drop off is separation anxiety. Although it is an entirely normal and a beautiful sign of meaningful attachment, it can be a cause for stress and anxiety both for the child and parent. Different children cope with separation differently and while some adjust well, others need a little bit more time to feel secure. Some things that will ease your child's separation anxiety are preparation, brisk transitions and the evolution of time.

Talk to your child about where they are going, who they are going to see and what they are going to do, this will mentally prepare them for what is to come. Keep goodbyes brief by saying a quick, loving goodbye and avoid lingering, which can increase distress. Create a routine using the same steps at drop-off every day which will help your child feel secure. You can offer them a comfort object like a favorite stuffy, blanket or a family photo to help them through the transition.

From our side, we follow 'Circle of Security', an attachment based model that helps us build secure and meaningful relationships with children. We do this by building trust, being with them as they work through big emotions, delighting in their accomplishment and being a secure base for them to come to when needed.

Wishing you all a happy Thanksgiving and here at Horizons we are thankful for no more time change!



GRACE LOCATION CONTACTS

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Phone

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Infant room.....207-837-0726

Crickets Cell.....204-470-6985

Preschool204-837-0727

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Board of Directors

boardofdirectors@horizonscc.ca



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Horizons Children's Centre



Connection

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brené Brown



EXECUTIVE DIRECTOR'S REPORT

Notes From Shannon

October 2026

It never fails to surprise me how the weather will be warm, and the trees green and full of leaves one day, and suddenly a few days later, a cool wind blows in and the leaves are a beautiful array of yellow, brown, red and orange, and starting to fall to the ground.

Welcome to our new children and families! We hope that you are settling in well, and feeling welcomed into our Horizons Community!

Thank you to all of our families who participated in the Family Photo Sessions this year! We had three beautiful days, and a great turn out. Sam did an amazing job, as usual, and should have the final edited photos out to everyone within the next few weeks! If you have not received your prints by mid-October, please reach out to let us know, so that we can ensure that your email address was recorded correctly!

Looking ahead to October, our fundraising efforts will include Grey Cup Raffle Tickets! These will be available for pick up in the offices at each site, and can be signed out for you to sell, in sets of 10! Each ticket is \$5, and the purchaser will keep the larger part of the ticket, and return the smaller portion with their contact information to the seller to submit back to the centre office. The Grey Cup game will be played on Sunday, November 15, 2026, so all ticket stubs, payments, and unsold tickets must be returned to the office at your centre no later than Friday, November 13, 2026. Tickets are available for pick up now, and more information will be sent out via the Parent App for you all.

We have been able to achieve two of our three renovation projects so far in 2026, including installing the artificial turf on the infant yard at Access, and installing new carpet in the Grace office, and flooring in the Grace staff room! We are currently to the point of waiting on permits and contractor insurance before we can proceed with the bathroom renovations at Hampton. Thank you so very much for the support that your fundraising efforts and donations offer to our programs, as these projects continue to require more and more funds to complete.

Our team will be attending the 2nd session of "52 Ways to Reconcile" with David Robertson on October 6, 2026, and the focus of this training will be how to introduce reconciliation to the children in our care! We are very excited to carry on from the powerful and thought-provoking staff PD on September 18th with Elder Viola and Elder Jocelyne, both survivors of the 60's scoop.

As we head into the season for Halloween, we will be acknowledging the day on Friday, October 30th in the morning, with a costume parade through the Access Winnipeg West building, and Grace Hospital for the Grace and Access sites, and a parade from classroom to classroom at Hampton. Please help your children to enjoy their experience, and help our team to keep the experience fun and safe, but leaving large accessories, long skirts that cannot be tied up to prevent tripping, masks that obstruct vision, and weapons that could cause injury in play, at home. We will be navigating stairs, and hallways where other professionals are trying to work, and want to make the experience as fun and smooth as possible for everyone!

As always, thank you for the gift of sharing in your child's day!

"Every leaf that falls is like a new adventure waiting to happen" – Author Unknown

October 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 <i>Hot Lunch</i>	2	3
4	5	6 <i>Hot Lunch</i>	7	8 <i>Hot Lunch</i>	9	10
11	12 <i>Thanks- giving Closed</i>	13 <i>Hot Lunch</i>	14	15 <i>Hot Lunch</i>	16	17
18	19	20 <i>Hot Lunch</i>	21	22 <i>Hot Lunch</i>	23	24
25	26	27 <i>Hot Lunch</i>	28	29 <i>Hot Lunch</i>	30 <i>Halloween Celebration</i>	31

Regular closure dates and special events for 2026. Please mark your calendars and watch for updates throughout the year.

January 1, 2026	New Year's Day: Closed
February 16, 2026	Louis Riel Day: Closed
March 13, 2026	Staff Professional Development: Closed
April 3, 2026	Good Friday: Closed
April 27- May 1, 2026	Week of the Early Childhood Educator
May 1, 2026	Staff Professional Development: Closed
May 18, 2026	Victoria Day: Closed
May 13, 2026	Annual General meeting
June 18, 2026	Annual Family BBQ Centre closed at 5pm
July 1, 2026	Canada Day: Closed
July 31, 2026	Closed (in lieu of Easter Monday)
August 3, 2026	Terry Fox Day: Closed
September 7, 2026	Labour Day: Closed
September 18, 2026	Staff Professional Development: Closed
September 30, 2026	Truth and Reconciliation Day : Closed
October 12, 2026	Thanksgiving Day: Closed
November 11, 2026	Remembrance Day: Closed
December 4, 2026	Staff Holiday celebration: Closed 12 noon
December 24, 2026	Christmas Eve: Early Closure 2:00 pm
December 25, 2026	Christmas Day: Closed
December 28, 2026	Boxing Day: Closed
Dec 31, 2026	New Year's Eve: Early Closure 4:00 pm
January 1, 2027	New Year's Day: Closed

Horizons Children's Centre Inc.
Grace Location
NEW Billing Schedule 2026

Invoice sent the week of:	Payment due and EFT pull	For the period of:	
December 22/25	December 29/25	January 4 - January 31	20260104
January 19/26	January 26/26	February 1 - February 28	20260201
February 16/26	February 23/26	March 1 - March 28	20260301
March 16/26	March 23/26	March 29 - April 25	20260329
April 13/26	April 20/26	April 26 - May 23	20260426
May 11/26	May 18/26	May 24 - June 20	20260524
June 8/26	June 15/26	June 21 - July 18	20260621
July 6/26	July 13/26	July 19 - August 15	20260719
August 3/26	August 10/26	August 16 - September 12	20260816
August 31/26	September 7/26	September 13 - October 10	20260913
September 28/26	October 5/26	October 11 - November 7	20261011
October 26/26	November 2/26	November 8 - December 5	20261108
November 23/26	November 30/26	December 6 - January 2	20261206
December 21/26	December 28/26	January 3 - January 30	20270103

	Week 1	Week 2	Week 3	Week 4
Tuesday	Spider chicken Dogs, Fruit, vegetable , Milk	Beef meat balls, Mashed potatoes, vegetable, fruit and milk	Butter Chicken, rice, vegetable, fruit and milk	Chicken and vegetable wontons, fruit and milk
Thursday	Chicken Taco bowl, Fruit, vegetable, Milk	Chicken Pancit, vegetable Fruit and milk	Spaghetti and meat sauce (beef), vegetable, fruit and milk	Chicken mac & cheese, vegetable, fruit and milk
	Week 5	Week 6	Week 7	Week 8
Tuesday	Egg Fried rice, fruit and milk	Chicken Alfredo, vegetable, fruit and milk	Perogies and chicken sausage, vegetable, fruit and milk	Falafel, pitas, tzatziki, vegetable, fruit and milk
Thursday	Mini chicken and cheese pizzas, vegetable, fruit and milk	Chickpea curry, roti, vegetable, fruit and milk	Shepherd's pie (beef) vegetable, fruit and milk	Egg rolls, vegetable, fruit and milk.