

Dear Lord Selkirk Strong Start Families,

November is here. Our program focus for this month are Nutrition, Human Body and Feelings. The UBC students from the Nutrition and Science program will bring in two workshops for our children and families. We will learn about food and nutrition through some fun activities with the UBC students. Please check the calendar for the dates.

There are some important days below for this month.

- **Monday Nov 6 & Thursday Nov 9**, UBC Nutrition Workshops.
- **Tuesday Nov 7 & Friday Nov 10**, Pro-D Day. Strong Start Close.
- **Monday Nov 13**, Remembrance Day School Close.
- **Tuesday Nov 21**, VPL Librarian visit.
- **Friday Nov 24**, Public Health Nurse visit.

Parents! Caregivers! Please join us on United Nations International Day of the Child, Monday, November 20, 2017 from 7:00pm-9:30pm for a special evening with [Ellen Galinsky](#). In this presentation, we will learn the essential life skills we must teach our children in order to ensure that they can be successful in life, and how simple it is to incorporate these learning experiences into our day to day activities. Whether you are a parent, caregiver, or a service provider, these skills will benefit you, the children you care about, and the wider community. Ellen Galinsky's presentation will be followed by a panel discussion.

The event will take place at the [Vancouver Playhouse Theatre](#) at 600 Hamilton Street in Vancouver BC. Door to the venue will open at 6:00pm.

We have 70 free tickets available to Strong Start Parents or Caregivers. Interested people should email Robyn Newton to secure their tickets - Robyn.Newton@vancouver.ca Tickets will be distributed on a first come, first served basis. Please take advantage of this opportunity.

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