

November/December 2015

Newsletter



Alpha Child Care Ltd.

DATES TO REMEMBER

Sunday November 1st, 2015
Daylight Saving Time

Wednesday November 11th, 2015
Remembrance Day

Friday November 13th, 2015
PA Day for Public School Board ONLY. Trip to be announced

Thursday November 12th, 2015
PAC Meeting from 7pm-8pm.

Friday November 20th, 2015
Christmas Shoe Boxes are Due

Hanukkah is celebrated this year from Dec 6 to 14

Tuesday Dec 8th, 2015.
Christmas Concert from 4pm - 6pm.

Christmas Drive will run from **December 1st to December 11th, 2015.**

Friday December 18th, 2105
Christmas Luncheon

Thursday Dec 24, 2015
Christmas Eve. Centre will CLOSE at 3pm.

Friday Dec 25, 2015
Christmas Day. Centre is CLOSED.

Monday Dec 28th, 2015
Centre is Closed in lieu of BOXING DAY

Thursday Dec 31st, 2015
New Year's Eve. Centre will CLOSE at 3pm.

Friday Jan. 1st, 2016
New Year's Day. Centre is CLOSED.

WORD FROM THE OFFICE

I hope everyone had a great Thanksgiving and lots of fun on Hallowe'en scaring their friends with their spooky costumes. Thank you to everyone who came to our September Corn Roast. It was great to see all our new friends having fun. Donations of over \$400 from the corn roast were donated to the Run for the Cure team. Thank you to our team, "Alpha's Caring Hearts" Stefanie, Alicia, Mary and Erin and from the Cathedral location Marie, Jennifer, Bhupinder, Kulvinder, Chrissy, Nancy and Patricia for participating. Alpha's Caring Hearts also won the School Team award for raising the most money in the School Category.

The Bake Sale that was held to raise funds for the Nevelle Lake family came to a total of \$606.25. We know that the family will be very grateful for your generous donations. Our deepest sympathy goes to Jennifer and Ed Neville-Lake.

Once again our Parent Advisor Committee (PAC) has resumed meeting and we are still looking for new members. The committee meets once a month from

October to May where we discuss various concerns that parents may have. If you are interested in serving on this committee please see Mary or Lynda.

Lately, I have noticed that a lot of families are having to ring the door bell and sometimes have to wait for a staff member to come and let them in. This can be frustrating for you as a parent, as most of you are either on your way to work or home and in a bit of hurry. Key fobs can be picked up from the office. There is a \$10.00 deposit on each key fob ordered but this deposit will be fully returned to you when you return the key fob at the end of your stay with us. Your own key fob will eliminate your wait time both in the morning and/or evening.

Now that the weather is turning really cold we ask that you please send the following articles of clothing each and every day in order to help your child stay warm while participating in our outdoor activities; a warm winter coat, snow pants, a warm winter hat, two pairs of

mittens (one for morning playground and one for afternoon playground), a neck warmer (no scarves as they present a safety issue as they could get caught on the climbing equipment) and winter boots. Please no gloves or mittens without thumbs as they are not conducive to playing in the snow. Also, ensure that your child also has a complete change of clothing in their cubbie in case they get wet from playing in the snow or have a bathroom accident or a spillage of some sort. Please label each piece of clothing with your child's name in order to ensure that each piece of clothing is easily identified and returned to your child. For the purchase of labels please contact the office.

So often parents ask what items the day care looks for in the way of donations and with the upcoming season a lot of you will be doing some house cleaning and will be recycling some of your children's toys and activities as they have out grown them. The following is a



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WORD FROM THE OFFICE CONT'D

(Continued from page 1)

list of items to save: toys, puzzles, games and books; yogurt containers, toilet paper and paper towel rolls, bits of ribbon, yarn or string, meat trays, boxes, paper of any kind; costumes, clothing for prop boxes, any cultural items as we are a multicultural centre, plastic bags, cardboard boxes, buttons, sponges, any type of recyclable materials. If you are uncertain if we can use it please ask or just bring it in and we will dispose of it if we are unable to use it. All donations really help in controlling our budget costs.

Alpha has provided benches and small chairs in all the cubbie areas in order for the children to sit on while



getting dressed. **PLEASE DO NOT SIT YOUR CHILD ON TOP OF THE CUBBIES.** This is a safety issue as your child may fall off, even with you standing beside them as we have had this happen in the past. I know the benches and chairs are very low and may present problems to parents with back conditions. If this is the case please ask a staff member to assist you as they would be more than happy to help. Let's be proactive and prevent an accident from happening.

Once again the children will be busy preparing for our annual Christmas Concert which will be held on December 8, 2015. Please watch the bulletin board for the time of your child(ren) performance(s). Very shortly we will be posting our

Christmas holiday schedule, please take a minute to sign when and if your child will be away over the Christmas break. This will help in planning special events over this time as well as giving some extra time off to our well deserving staff. Please note that Alpha will be **CLOSED** December 24, 2015 at 3:00 p.m. sharp, December 25, 2015 statutory holiday, December 28, 2015 in lieu of boxing day which is a statutory holiday, December 31, 2015 at 3:00 p.m. sharp, January 1, 2016 Statutory holiday. Wishing you and your family a wonderful Christmas holiday.

Until next time, my door is always open

Mary Soundy RECE, B.A.
Supervisor/Manager

JUNIOR TODDLERS

Hello Alpha parents! Before we begin we would like to welcome all of our new families.

The Junior Toddlers are very busy and engaged learning how to be social. Learning Social Skills does not develop naturally; they need to be learned. Each child is unique, and therefore the Toddlers will continue to learn about sharing and taking turns with each other.

Just a friendly reminder to all the parents, our Toddlers go outside twice a day so they need to dress appropriately for the weather. For the fall season our Toddlers need a hat and light jacket. They need two pairs of shoes, one for indoor and another for outdoors. Please leave the indoor shoes in their cubbies.

Fall comes to an end and winter will be starting soon. It is also that time of year which we are waiting for so eagerly, not for the snow but yes for Christmas time. A time which we spend with our family, friend, a time for lots of treats and gifts. We are

going to share some snack/appetizers ideas for Christmas treats. Hopefully it will help you in preparing Christmas Day. Here it is!

Caramelized Brussels sprouts with Pancetta

TOTAL TIME: 1 HR

SERVINGS: 10

- 3 pounds brussel sprouts
- 6 tablespoons extra-virgin olive oil
- 6 shallots, thinly sliced (1 1/2 cups)
- 2 ounces thickly sliced pancetta, cut into 1/4-inch dice
- Kosher salt
- 1/4 cup oil-packed sun-dried tomatoes, drained and chopped

INSTRUCTIONS

1. In a large pot of boiling salted water, cook the Brussels sprouts until crisp-tender, about 5 minutes. Drain and pat dry. Cut the Brussels sprouts in half lengthwise.
2. In a large, deep skillet, heat 2



tablespoons of the oil. Add the shallots and cook over moderately low heat, stirring, until lightly browned, 10 minutes; scrape into a bowl.

3. Add the remaining 1/4 cup of oil to the skillet. Add the Brussels sprouts, cut side down, and the pancetta. Season with salt and cook over high heat, stirring occasionally, until the sprouts are browned and tender, 10 minutes. Add the sun-dried tomatoes and shallots and cook, stirring, until warm, 5 minutes. Season with salt, transfer to a bowl and serve.

Smoked Salmon Crisps

TOTAL TIME: 45 MIN

SERVINGS: MAKES 3 DOZEN CRISPS

- 4 1/2 tablespoons all-purpose flour
- 2 teaspoons sugar
- 1/2 teaspoon kosher salt
- 1 chilled large egg white
- 4 tablespoons unsalted butter, at room temperature

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JUNIOR TODDLERS CONT'D

(Continued from page 2)

- 1 **tablespoon black sesame seeds**
- 4 **ounces sliced smoked salmon, finely chopped**
- 1 1/2 **teaspoons very finely chopped shallot**
- 1 1/2 **teaspoons very finely chopped chives, plus a few snipped, for garnish**
- 1/4 **teaspoon finely grated lemon zest**
- **Freshly ground white pepper**
- 1/2 **cup crème fraîche**

INSTRUCTIONS

1. Preheat the oven to 400°. Line 2 baking sheets with parchment paper. In a medium bowl, whisk the flour with the sugar and salt. Add the egg white and whisk until smooth. Whisk in the butter until smooth and creamy.
2. Spoon teaspoons of the batter 3 inches apart on the prepared baking sheets and spread to 2-inch rounds. Sprinkle with the sesame seeds and bake in the upper and middle third of the oven for about 15 minutes, shifting the pans from top to bottom and front to back, until the tuiles are golden and fragrant. Let cool.

3. In a medium bowl, combine the salmon with the shallot, chopped chives, lemon zest and a pinch of white pepper. Spoon the salmon onto the tuiles and top with a dollop of crème fraîche and a couple of snipped chives. Serve right away.



Two-Mushroom Velouté

TOTAL TIME: 40 MIN

SERVINGS: 6

- 1 1/4 **pounds white mushrooms—1 pound finely chopped, 1/4 pound thinly sliced**
- 1 **tablespoon fresh lemon juice**
- 4 1/2 **cups chicken stock or low-sodium broth**
- 1 **pound shiitake mushrooms, stems discarded and caps finely chopped**
- 2 **large garlic cloves, minced**
- 2 **teaspoons vegetable oil**
- **Salt and freshly ground pepper**
- 1/4 **cup crème fraîche**
- 1 1/2 **teaspoons ground coriander**
- **Chopped chervil or parsley, for garnish**

INSTRUCTIONS

1. In a bowl, toss the chopped white mushrooms with the lemon juice.

In a large saucepan, combine the chicken stock with the chopped white and shiitake mushrooms and the garlic and bring to a boil; simmer over moderately low heat until the mushrooms are tender, about 10 minutes.

2. Meanwhile, in a medium non-stick skillet, heat the oil. Add the sliced white mushrooms and cook over moderately high heat, stirring, until golden brown and tender, about 4 minutes. Season with salt and pepper.
3. Working in batches, puree the soup in a blender until very smooth; return to the saucepan and whisk in the crème fraîche. Simmer for 2 minutes. Add the coriander and season with salt and pepper. Ladle the soup into bowls. Garnish with the sautéed mushrooms and chervil and serve.

We hope it will help you to decide the appetizers for the holiday season. HAVE FUN!

Until next time,
Ipsita, Alessia, Emilija and our Toddler Friends

INFANTS

Hello everybody and welcome to the Infant room. The Infants are busy growing and most of our Infants are going to be one soon.

As we all know, the weather is changing, so we encourage everyone to bring a winter jacket, hats, mittens and pair of gloves, so we all can stay safe and healthy this winter, while on our daily walks.

Majority of the parents have the same question about how and when their baby will start walking. So, here are some tips that would definitely help you out.

Most of the babies take their first steps around their first birthday, but the age range varies from 9-18 months. So, don't worry if your baby is not walking yet. It all depends on their preference, sometimes they prefer to crawl before they start walking and on the other side, they just start walking without ever crawling before.

1. Buy a push-toy for your baby. This will help your baby to learn how to balance their body, while helping them to strengthen their leg muscles.
2. Gently hold them



from the back while they try to stand up.

3. Kneel a foot away from your child and offer them their favourite toy.
4. Put pillows on the sides to prevent any injury.
5. Place a low table or a chair and put some toys on the table, while they try to stand up and walk.
6. You may also offer them toys in such a manner so they crave to have it and walk by themselves to get it.
7. Always try to encourage them, whenever they make efforts to

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JUNIOR PRESCHOOL

Hello again everyone! This year has been a very busy one and we cannot believe that winter and the holidays are just around the corner. We are so proud of the progress our children have made and look forward to helping them achieve new milestones and goals as a team.

This is a very exciting time of year and our Preschoolers have started showing an interest in holiday music, especially songs and fingerplays that have actions and are interactive. These are a few of our favourites and the children ask us to sing them over and over.



they looked towards the sky.
And the five melting snowmen
waved a fond goodbye.

Itsy Bitsy Snowflake (sung to the tune of "Itsy Bitsy Spider")

The itsy bitsy snowflake
Fell down from the sky
It landed on my nose
And bounced upon my eye
It slid down to my chin
And landed on my tongue
Then it melted all away
My snowflake song is done.

The Reindeer Pokey
(sung to the tune of "The Hokey Pokey")

You put your antlers in,
you put your antlers out
You put your antlers in and you
shake them all about
You do the reindeer pokey and you
turn yourself around
That's what it's all about!
You put your hooves in...
You put your red nose in...
You put your fluffy tail in...
You put your reindeer body in...

Santa's Fingerplay
Someone's peeping through my windows
(peek through fingers)
Tapping at my door

(make knocking motions)
Sliding down my chimney
(make sliding motions with hands)
Landing on the floor
(stomp feet)
He's filling all the stockings
(make filling motions)
And looking at the tree
(turn head and widen eyes)
He has lots of presents
(pretend to count on fingers)
Some for you and some for me
(point at other the self)
I'm peeking round the doorway
(peek around hand)
And Oh! What do I see?
(look surprised)
The jolly face of Santa
(smile)
Peeking back at me.
(peek through fingers)

Singing songs and reciting fingerplays not only encourages language and imagination but also develops fine motor skills, like finger control and coordination. We hope that these rhymes have put you in a festive mood and that you share them at home with the little ones. Have a wonderful holiday season!

Love,
Jaqueline, Ana, Cassie and the Jr. Preschoolers

INFANTS CONT'D

(Continued from page 3)

stand or walk by themselves.
8. Try to walk them by holding their hands or holding them from their ribs.

(<http://www.newkidscenter.com/How-to-Encourage-Babies-to-Walk.html>)

(<http://www.parenting.com/article/learning-to-walk>)



Safety precautions

1. Try to make your house "baby-proof".
2. Try not to leave sharp or such things on the floor that may harm the child as baby is trying to walk.

3. Never leave your baby alone in the house, and they should always be in your supervision.

Until next time,
Lorraine, Sandeep, Kim, Madeha and the Infants

SPECIAL EVENTS

Hello to all our Alpha Families. We would like to take a moment to thank all our parents for attending our annual Corn Roast on Thursday September 24th, 2015. This was our first year that our Corn Roast was provided by Alpha Child Care, as the Owner wanted to give back to our Families and Welcome all our new families to our Alpha Family. However, we were accepting donations to Breast Cancer the Run 4 the Cure and we raised \$410.00 for Breast Cancer Research. Alpha feels that this is an important charity in which our staff participates in the Run 4 the Cure Walk every year.

Daylight Saving Time is on Sunday November 1st, 2015. So please do not forget to set your clock back as day light saving time will begin.

Wednesday November 11th, 2015 is Remembrance Day. This is a day for all of us to take a moment to remember all the People who served in our Armed Forces who have died in the line of duty since World War 1.

Friday November 13th, 2015 is a PA Day for the Public School Board only. The School Age children will be going on a trip to be announced. Please check the School age Parent Board for any further updates. Plus School Age parents need to give the Supervisors a 2 week notice if their child WILL NOT be attending the PA Days, as the trips need to be planned ahead of time with proper notice. This includes notice for Christmas Break and March Break. If no notice is given Alpha will automatically assume your child will be in attendance and withdraw appropriate funds to cover the cost of the PA days.

Friday November 20th, 2015 Operation Christmas Child boxes are due back to Alpha. You will be receiving a pamphlet on how to pack a shoe box and what items you can put in them. Last year between our Cathedral Road location and the Peter Robertson location we

collected 97 shoe boxes and put 97 smiles on children's faces from 3rd world Countries. This year our goal is to try and reach 100. Large cardboard boxes will be placed outside your child's classroom for you to drop off single items if you choose not to put a box together yourself. Alpha staff will create the boxes from the items. The Operation Christmas boxes will be on top of the cubby areas and you are welcome to take as many as you would like. If you have any questions please feel free to come speak to Lynda or Mary in the office. Please don't forget to send the boxes in on Nov. 20th, 2015 in order to send them on time so they will arrive to their countries before Christmas day. Also if you would like to include \$7.00/box towards the shipping fee that would be great.



Our PAC meeting is on Thursday November 12th, 2015. If you have any questions or concerns you can bring them forward to the Parent Representative in your child's classroom if you do not feel comfortable bring them up to the Supervisors. Here are the Parent Representatives for each

Classroom:

Infant Room: Lisa Bunn, Jr. Toddler Room: Lisa Simpson, Int. Toddler Room: Lisa Lavalée, Preschool 1: Tolu Osazuwa, Jr. Preschool Room: Yvonne Azaglo, Sr. Preschool Room: Amanda Rodney, Pre./Kindergarten Room: Donita Thaxter Jacaih, School Age Room: JohnYeaboah

Hanukkah is celebrated this year from Dec 6 to 14. Happy Hanukkah.

Now that Christmas is just around the corner the children's Christmas Concert is on Tuesday Dec 8th, 2015. The Performances will start promptly at 4pm. And will end at 6pm. Here are the show times:
4pm Jr. Toddlers (In classroom), Intermediate Toddlers (in classroom)

4:20pm Infants (in classroom), Jr. Preschool (in Atrium)

4:40pm Preschool 1 (in Atrium)
5:00pm Sr. Preschool (in Atrium)

5:20pm Pre./Kind/ (in Atrium)
5:40pm School Age (in Atrium)

Your children will be busy preparing themselves for the man in RED, as he will be here to hand a gift to your child. There will be an admission fee of a non-perishable food item, new/unused clothing or an unwrapped toy.

If you know of a family who needs our help this year please speak to Mary or Lynda. Otherwise we will be sending all donations to the Salvation Army. The Christmas Drive will run from December 1st to December 11th, 2015.

Our annual Christmas luncheon is on Friday December 18th, 2015. This is where all the children will get together and eat in the Pavilion and enjoy a special Christmas Lunch.

Just a reminder to all the families that Alpha's Christmas Holiday Hours are: Alpha will be open Monday Dec. 21, 2015 from 7am- 6pm

Tuesday Dec 22, 2015 from 7am – 6pm

Wednesday Dec 23, 2015 from 7am – 6pm

Thursday Dec 24, 2015 will be open from 7am- 3pm. (we CLOSE EARLY ON CHRISTMAS EVE)

Friday Dec 25, 2015 we are closed for CHRISTMAS DAY

Monday Dec 28th, 2015 we are closed in lieu of BOXING DAY

Tuesday Dec 29, 2015 from 7am – 6pm

Wednesday Dec 30 from 7am -- 6pm

Thursday Dec 31 we are open from 7am – 3pm (we CLOSE EARLY ON NEW YEAR'S EVE)

Friday Jan 1, 2015 we are closed for NEW YEARS DAY

We hope all our Alpha families enjoy a safe and fun filled Holiday with your friends and families and we will see you in the New Year of 2016!

Happy Holidays,
 Lynda Leroux, RECE
 lyndal@alphachildcare.ca



INTERMEDIATE/SENIOR TODDLERS

Winter Safety

“Winter is coming!” said the Canadians. With the cold weather approaching us, we need to make sure our bundles of joy are all ready with some helpful tips for safety and of course fun, winter play. Also check out this website for more tips and fun information at : <http://www.caringforkids.cps.ca>

General Information:

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be supervised by an adult outside. Check every so often on older children who are playing outdoors for a long time.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Never send children outside in extreme weather conditions such as snowstorms.
- Do not send your child outside to play if the temperature or the wind chill is reported as -27°C (-16°F) or lower. At these temperatures, exposed skin will begin to freeze.
- Help children choose play areas with a warm shelter nearby (e.g., near home or a friend's home).



- Apply sunscreen to exposed skin, even when it's cloudy.

Clothing

If your child's feet and hands are warm, what they are wearing is usually good. If your child is dressed too warm, they could sweat and feel colder when they stop playing.

- Dress your child in layers of clothing that can be put on and taken off easily.
- Wear a hat because a lot of body heat is lost through the head.
 - Keep ears covered at all times to prevent frostbite.
 - Wear mittens instead of gloves so that fingers can be bunched together for warmth.
 - Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes.
- Remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead.
- Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- Remove wet clothing and boots immediately after playing.

Winter play

Active games, making snow angels and building snowmen will help to keep your child warm. Teach your children a few important rules to go



along with winter play.

- Building forts and tunnels can be fun, but this activity should always be supervised by an adult. Forts and tunnels can collapse and suffocate you.
- Don't play on roadside snow banks. Snowplough drivers or other drivers may not see you.
- Don't put metal objects in your mouth. Lips and tongues can freeze to the metal and cause an injury.
- Don't eat snow, which can be dirty.

Tobogganing/Sledding

- Children under 5 years of age should never go down a hill alone.
- Always wear a ski or hockey helmet – not a bicycle helmet – while sledding.
- Never use a sled with sharp or jagged edges. Handholds should be secure.
- Use a sled you can steer rather than a snow disk or inner tube. It will provide better control.
- Always sit up or kneel on a sled. Lying down can increase the risk of injury to the head, spine and stomach.
- Sled during the day

Sukhi, Kelly, Clarah and the Intermediate Toddlers ☺

SENIOR PRESCHOOL

Wow it's hard to believe that November is already here, time is going by way too fast. All of the children have settled into the classroom routines and are loving the time they spend here. They have been very busy with lots of fun activities. They have started the Jolly Phonics program as well as Handwriting



Without Tears. The children have been willingly participates in all programs and seem to be enjoying colouring the worksheets.

Along with our academic work, the children have been busy practicing for the Christmas concert (Tuesday December 8th 2015) and working on some secret projects for their parents.

We continue to encourage the children to be as independent as possible and further develop their self-help skills. This is done throughout the day by dressing and undressing themselves at cubby areas, putting their shoes on their own feet, and tidying up after themselves. We encourage parents to allow their children to accomplish these tasks at

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PRESCHOOL -1

Hey Parents! Rather than dreading the colder weather, let's embrace it!

Here are some fun activities you can do with your children indoors and outdoors. Remember, children still need outdoor active play in the winter too! Just dress your children in proper winter attire. If the temperature or weather conditions don't allow you to go outside, here are some fun things you can do inside!

- **Indoor Obstacle Course:** Use pillows, chairs, the couch and other items in your household to create a fun and active obstacle course for your children to burn off some energy!
- **Window Painting:** Provide your children with washable paint and allow them to use paintbrushes, sponges or even their own hands to create art on your windows! Don't worry, washable paint is easily cleaned.
- **Write a Story:** Together, you and your child can create a story, one word at a time. This will also help your child build their literacy skills!
- **Bake Goods!:** Online there are plenty of recipes for many different baking activities, such as cookies, cupcakes, brownies, etc. Allow the children to help you make them and also, eat them!
- When the temperature allows you to go outside, take this opportunity and use it to the fullest. There are so many fun activities you can do with your children outside. Here is a few of them.
- **Sledding:** Chingcousy Park is an excellent place to bring your sled and go for a ride. Or even small hills in your own neighbourhood.
- **Skating:** Places like Gage Park or even indoor public arenas would be fun to teach your children how to skate!
- **Build a Snowman:** Head to your



backyard or a local park. Bring a hat and scarf to keep your snowman warm, a carrot for his nose, rocks or pebbles for his eyes and mouth and lastly grab some twigs and finish him off with the arms. Also try building a snow dog or cat to keep him company.

- **Grab a Hot Drink:** After you've finished with your outdoor activities, it's always nice to head home or to your local coffee shop and get yourself and your family a nice hot cocoa. Don't forget to add some marshmallows and/or whip cream! YUM!

Enjoy the winter months and use it as a time to spend with your family, enjoy the great outdoors and take in all the beauty that winter brings.

Stefanie, Alicia and the Preschoolers

For more activities, visit: <http://fun.familyeducation.com/seasons/crafts/32841.html>

PRESCHOOL/KINDERGARTEN

It's about that time of year when Season's Greetings are in full swing! It has been a fantastic year thus far, and we are looking forward to welcoming a brand new year.

September was an extremely busy month, with the start of homework for our Junior Kindergartners and our Jolly Phonics, French, Math, Hand Writing Without Tears, and Second Step Programs. The children have been doing a fantastic job arriving at school by 9 a.m. to proceed with our programming with the entire class.

With a new season approaching and festivities beginning, we wanted to explore how different cultures celebrate the holidays. Christmas is a time to spend with family and to be grateful for the year that has just passed and for the year that is fast approaching.

Many cultures have similar ways of celebrating Christmas, however each culture has a special tradition that makes them unique. Here are a few of the cultures that we thought best represented our Senior Preschool/Junior Kindergarten class.

Canadian Tradition: The Eastern Canadian province of Nova Scotia is known all over the world for its fir and pine Christmas trees; therefore, most families in Canada have a fir or pine Christmas tree. In British Columbia, smoked salmon is often served with fruity Christmas pudding, followed by mince pies and dried fruit/nuts.

Portuguese Tradition: The



Portuguese burn Cepo de Natal or the Christmas log, which is a piece of oak that burns on the hearth all through the day on Christmas.

Indian Tradition: Each area has a distinctly different way of celebrating Christmas. In far North Eastern Mizoram, Christmas is a community event, a time for community feasting, called Lengkhawn Zai (with roots in pre-Christian Era). Their Christmas carols are low, soft songs, more signifying spiritual joy than festivity. Goa is one favourite destination for Christmas celebrations, in fact a very large number of people from the country as well as abroad make a beeline to this little coastal state to celebrate their Christmas holidays in style.

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PRESCHOOL/KINDERGARTEN CONT'D

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Jamaican Tradition: Jonkanoo (John Canoe) is a traditional Christmas celebration in Jamaica. This includes street dancing and a great parade through the streets with Jamaicans dressed in colorful masquerade costumes in which masks are worn.

Scottish Tradition: New Years is a bigger holiday amongst the Scottish culture. They believe that if a tall dark stranger enters your home on New Years day that you will have

good luck the whole year through.

Nigerian Tradition: Christmas is a public holiday in Nigeria, which is always marked by the emptying towns, and cities as Nigerians that have been successful return to their ancestral villages to be with family and to bless those less fortunate.

Spanish Tradition: The traditional Spanish Christmas treat is Turrón, an almond candy. The special Christmas dance of Spain is called "Jota" and this dance is

performed after dinner on the main streets. Musical instruments such as the guitars and castanets accompany the Jota.

Have a wonderful holiday season!

Christina, Jeewan, & the Preschooler/Junior Kindergarten



Like US on Facebook

SCHOOL AGERS

Salutations from the gang in the School Age room!

The first couple months of the school year have gone by and from our newly joined JK's to grade 7 our large variation of grades, things are going smoothly for all of the students. They have kept their motivation before and after school; in the mornings keeping a positive attitude especially during their walk and after school maintaining a good focus on the tasks at hand and enjoying the company of each other.

The group will be performing

something for you at this year's Christmas Concert, we are sure that you will all enjoy it as the children will work hard to ensure that you do.

As we so often do, myself as guilty as the next person, we forget those that have fought for the freedom we so graciously should be thankful for each day. Let us not forget this year to dawn a poppy on our sweater, shirt, or jacket and remember the courageous men and women that have served our nation for our peaceful ability to have kids

dropped off to Alpha and make a living knowing your children are safe in this wonderful country. Let's continue to be thankful not just during this period of Remembrance Day, but every day, bringing a smile to each person we pass and a friendly morning/afternoon greeting. A smile goes a long way in changing someone's day, you would be surprised!



All the best for the New Year! From **Michael and the School Agers!**

EDUCATIONAL PRESCHOOL

Hello from everyone here in the Educational Preschool room! We hope you all have had as great a first couple months to the new school year as we have and continue to do so in the coming months.

In our classroom we have had a bright start going through the beginning stages of our number, letter, and concept programs. We have also been experiencing some great times in our

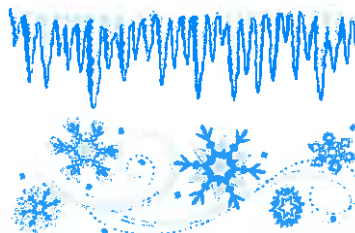
outdoor program where the children have been developing their motor skills and loving the good weather we have received.

As we stumble out of summer through fall into the winter season, it is imperative that we maintain a very close eye on the

weather. This winter is projected to be considerably colder this year than years past with a significant snow fall.

I say projected as you never can tell if our meteorologists are accurate, or dreaming up their predictions. To err on the side of caution let's look at a few things we can do to protect all of our children

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A MOMENT WITH THE MANAGER

Do you have a Christmas tradition? What do you do at Christmas that your children will remember when they are 30? If you do not do anything, perhaps reading the following list will inspire you to begin your own family Christmas tradition.

1. Read a favourite Christmas story on Christmas Eve. Some great selections are "T'was the Night Before Christmas", "The Polar Express", "Rudolph the Red Nose Reindeer"
2. Spend a Sunday afternoon making Christmas decorations for the tree or have your child give them as gifts to teachers, grandparents and friends.
3. Seek out a Christmas tree farm and cut down your own Christmas Tree. Go for a horse drawn sleigh ride and enjoy some hot chocolate afterwards.
4. On Christmas Eve drive around the neighbourhood looking at all the lights and decorations.
5. String cranberries and popcorn for the tree.
6. Make a room in the house a Santa Room. Put up a tree that has all the home made decorations on it that were made earlier in the month.
7. Christmas Eve have a cookie decorating contest and leave them for Santa.
8. Take your child to the local shopping mall to see all the decorations. (Choose a day early in the week to avoid the crowds)
9. Bring pillows, blankets or sleeping bags into the living room and watch a favourite Christmas movie. Have a sleep over under the Christmas Tree.
10. Invite a group of your child's friends and their parents and go Caroling around the neighbourhood or to a local Long



Term Care facility.

11. Have your child purchase a toy that they have asked Santa for and have them donate it to a local charity, explaining that they will be helping some less fortunate child have a nice Christmas to.
12. Buy some white sparkles from the dollar store and on Christmas Eve give the sparkles to your child telling them that it is magic reindeer dust and have them sprinkle it on the lawn to attract Santa's reindeers to stop at their house.
13. Together with your child make a favourite family meal to be eaten on Christmas Eve.
14. Take a picture of your child when they first wake up Christmas morning before they open their presents.
15. Decorate a new unused construction worker sock and leave this at the end of your child's bed for Santa to fill
16. Have your child choose ten old toys that are still usable and look fairly new and put them in a Santa Sack. On Christmas Eve put the bags under the Christmas Tree for Santa to take back to the North Pole to be fixed. (These items you will donate to charitable organization) In place Santa will leave your child new toys in the Santa Sack that was left under the tree.
17. After your child has gone to bed string crepe paper across their bedroom door so that in the morning they will have to break through the crepe paper to get to the Christmas tree.
18. Grow Candy Canes. Plant a small peppermint in a flower pot. After the children have gone to sleep remove the mint and replace it with a small candy cane. The next day the children will think the peppermint grew into a candy

cane. Encourage the children to water it each day and replace it with a bigger candy cane every night. The children will be so excited to watch their candy cane growing.

19. Santa's Footprints. Cut out a foot patterns. Place it on the floor starting with the fireplace and shake icing sugar or flour around the edges of the foot print. Continue to do this leading up to the Christmas tree. This will indicate to the children that Santa has been.
20. Prepare a Hot chocolate bar. In an area that is reachable to the children. Place a container of marsh mellow, mints, candy canes etc., and let the children add what they would like to their cup of Hot Chocolate.
21. For Christmas breakfast prepare snowman pancakes by placing a small pancake on top of a larger pancake add a piece of bacon for the snowman's scarf and marsh mellow for snow balls at the bottom. Chocolate chips can be for the facial features and the buttons.
22. Photograph your child while they are sleeping on Christmas Eve and begin a photo album by placing a picture each Christmas.
23. Wrap up Christmas stories and have the children choose one to be read as their bedtime story for the weeks prior to Christmas
24. Have a picnic under the Christmas tree after it has been decorated.
25. Reindeer Food. In order for the reindeer to find your house on Christmas Eve, make reindeer food by mixing oatmeal and sparkles and sprinkle it on the front lawn so the sparkles shine and show where you live and the reindeer will eat the oatmeal while Santa delivers presents to your house.
26. Christmas Eve Surprise Box. In a box place a new set of pajamas, a pair of slippers, ingredients to make hot chocolate, a new Christmas story, and some

(Continued on page 10)

EDUCATIONAL PRESCHOOL CONT'D

(Continued from page 8)

as the weather changes.

1. Check the weather in the morning – you can never be certain yourself what the weather might be like so take a look the night before and prepare your child accordingly for the coming day. 2. Dress appropriately – layering is the best way for your child to be comfortable in the turbulent climate. Outside in the cold your child will be thankful for the layers that are on them.



Once they are inside they may remove a layer to be comfortable which can then be put back on when returning to the cold outdoors. Don't forget the gloves and hat; they're essential for keeping the heat in the body. Woolly socks wouldn't hurt either, but regular socks are just fine.

3. Have appropriate footwear for indoors and outdoors – cold, wet shoes are not something you would want to walk around in all day, neither should our children. Make sure they have warm outdoor footwear for snow and cold, and comfortable indoor footwear

for the classroom.

Just a few small pointers on keeping the children warm and healthy this winter season, let's not forget to take care of ourselves as the children look to us as an example and need us healthy and ready to go also.

From all of us in the E.P. room, have a wonderful next couple months, a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and a very Happy New Year

Michael and the E.P.'s!

SENIOR PRESCHOOL CONT'D

(Continued from page 6)

home as well in order to be consistent and to build their self-esteem.

As we mentioned before Christmas is right around the corner so we thought we would give you some ideas for some fun holiday crafting projects you could do as a family.

Dish Brush Wreath

Painting:

Materials:

- Green and red paint
- Round dish brush
- Red bow



How To:

Dip the brush into the green paint and create a circle shape that symbolizes a wreath

Dip your fingers into the red paint and print them onto the wreath shape to represent berries

Place the red bow on the bottom of the wreath and you are finished

Paper Plate Ornament:

Materials Needed:

- Paper plates
- Tissue paper circles
- Glue
- Paint brush

- Black paper
- Ribbon
- Scissors

How To:

Lay the tissue circles out on the table

Cover the plate entirely with glue

Place the circles onto the glue/plate

covering the entire surface

Cut out a black square from the paper

and glue it to the top of the plate

Take a piece of ribbon make a loop and attach it to the black paper to hang the ornament up.

Until the New Year,

Erin, Ann and Senior Preschoolers

A MOMENT WITH THE MANAGER CONT'D

(Continued from page 9)

popcorn. Wrap the box and put a tag on it that reads Christmas Eve Surprise Box.(to be opened after sunset).

27. Have an Ugly Christmas sweater day. Begin by allowing the children to decorate a sweater and then allow them to wear it for the rest of the day.

28. Buy a new Christmas ornament for your child each year. This will give them a great collection to start their own home with.

29. Make a scavenger hunt and have

the children look for some of their presents with a flash light. This will work quite well with the Christmas Eve surprise box.

30. Get a large cardboard box (refrigerator size) and make it into a house. Give your child Christmas lights and decorations to decorate their cardboard house with.



31. Save your child's Christmas wish list in a glass ornament. They will have fun looking at all the things that they asked for in years

to come.

No matter what tradition you start with your child the ones that involve spending time with them will be the ones they remember the best.

Have a great holiday season. Until next time, my door is always open





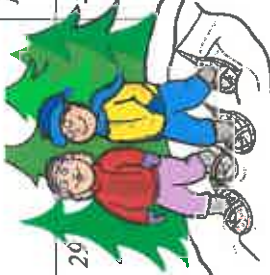


Mary

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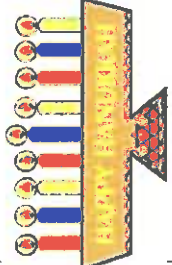












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November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy B'Day Parminder	2 Happy B'Day Gia Menu #3	3	4	5	6	7 
8 	9 Fees Are Due Menu #4	10 SACRIFICE TRIBUTE TO SOLDIERS REMEMBRANCE POPPY DAY VETERANS BEAVER RESPECT HEROES LEST WE FORGET	11  REMEMBRANCE Day... PAC Meeting	12	13 Happy B'Day Sophia PA Day Public Bd.	14
15	16 Menu #1	17	18	19	20 Happy B'Day Ashley Boxes Due Today 	21 Happy B'Day Mikaylah
22 	23 Fees Are Due Menu #2	24 Happy B'Day Ipsita	25 Happy B'Day Alicia	26 Happy B'Day Angelina 	27	28 
29-30	Happy B'Day Johzara Happy B'Day Clarah Menu #3					

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Menu #3</p>	<p>1 Suki's 1st year Anniversary with Alpha</p>	<p>2</p>	<p>3 Happy B'Day Faith</p>	<p>4</p>	<p>5 Happy B'Day Paromita & Omar</p>
<p>6</p> 	<p>7</p> <p>CHRISTMAS FOOD DRIVE</p>	<p>8 Happy B'Day Michayla & Alivana</p>  <p>Alpha's Annual Christmas Concert 4 - 6:00 pm</p>	<p>9 Happy B'Day Besum</p>	<p>10</p> 	<p>11</p> <p>Happy B'Day Nathari & James</p>	<p>12</p> <p>Happy B'Day Millin</p>
<p>13</p>	<p>14</p> <p>Fees Are Due Menu #4</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18 Happy B'Day Arnnav</p>  <p>Alpha's Annual Christmas Luncheon</p>	<p>19</p>
<p>20</p> <p>Christmas Camp</p> 	<p>21</p> <p>Menu #1</p>  <p>The First Day of Winter</p> <p>Fees Are Due Menu #2</p>	<p>22</p> <p>Parminster's 7th Anniversary with Alpha</p>	<p>23</p>	<p>24 Happy B'Day Jaylen</p> <p>Alpha Closed @3pm</p>  <p>Christmas Eye @3pm</p>	<p>25</p>  <p>Merry Christmas</p>  <p>HAPPY NEW YEAR</p> <p>Alpha Closed</p>	<p>26</p> <p>Boxing Day</p>  <p>KWANZAA</p>
<p>27</p> <p>Christmas Camp</p> 	<p>28</p> <p>Alpha Closed in Lieu of Boxing Day</p> <p>Menu #3</p>	<p>29</p> 	<p>30</p> <p>Happy B'Day Noah</p>	<p>31</p>  <p>Alpha Closed @3pm</p>	<p>1</p> <p>Alpha Closed</p>	