

# November/December 2015

## Newsletter

Alpha Child Care Ltd.



### DATES TO REMEMBER

#### November:

**Wednesday November 11** – Remembrance Day and Happy Diwali

**Friday November 13** – PA Day for Public School Boards ONLY – Trip TBA

**Friday November 20** – Operation Christmas Child Boxes Due

#### December:

**Sunday December 6<sup>th</sup>** – Happy Hanukkah

**December 7 – 11** – Christmas Food Drive

**Thursday December 10<sup>th</sup>** – Annual Christmas Concert 5pm – 6pm

**Tuesday December 15<sup>th</sup>** – Spring Ridge Farm for 3 year olds ONLY

**Thursday December 17<sup>th</sup>** – Christmas Luncheon at 11:30am

**Monday December 21<sup>st</sup>** – 1<sup>st</sup> Day of Winter

**December 21<sup>st</sup>, 2015 – January 1<sup>st</sup>, 2016** – Christmas Camp for School Agers

**Thursday December 24<sup>th</sup>** – Centre closed at 3pm sharp

**Friday December 25<sup>th</sup>** – Merry Christmas Centre closed

**Saturday December 26<sup>th</sup>** - Boxing Day and Kwanzaa begins

**Monday December 28<sup>th</sup>** – Centre Closed in lieu of Boxing Day

**Thursday December 31<sup>st</sup>** – New Year's Eve Centre closed at 3pm sharp

**Friday January 1<sup>st</sup>, 2016** – Happy New Year Centre closed

### WORD FROM THE OFFICE

We hope everyone had a safe night trick or tricking over the weekend and I know the children had a great costume party the Friday before.

Thank you to all of our families for the generous donations at the Annual Corn Roast and Bake Sale. Together we raised over \$500.00 and as a team "Alpha's Caring Hearts" raised over \$2300.00! Another \$600.00 was donated to the Neville-Lake family in loss of their 3 precious children and grandfather. One of the children (Harrison aka 'Harry') attended Alpha at the Peter Robertson location and he was pleasant little boy along with the entire family. May they all rest in peace and let us hug our children a little tighter.

Now that the colder weather has approached us, we want to ensure all children are coming to school daily, with appropriate clothing. This includes a winter hat, gloves, snow boots, snow pants, winter jacket and a neck warmer to keep the children warm while playing outside. To promote physical fitness and as per the Early Years Act, all children must spend a portion of their day outdoors, one hour in the morning and one hour in the afternoon. Temperatures that are below -10 degrees Celsius, toddlers will not be going outside, but the preschoolers may go outside for a short period of time as the preschoolers can usually move around and keep warm. A

Supervisor or delegate will make the decision as to whether the children will go outside or remain indoors. Should the children stay indoors, gross motor activities will be provided to promote physical activity. As for the school age children, in extreme weather conditions (-30 or colder or icy conditions like the ice storm of 2013) the children may be kept at the centre as it may be too dangerous to walk. The centre Supervisor or delegate will contact the owner, Greg or manager, Mary, to make the ultimate decision.



If you keep your children warm and cozy, winter is so much more enjoyable! Keep safe and keep warm! Until next time my door is always open!

**Patricia Andrade RECE**  
Supervisor  
patriciaa@alphachildcare.ca

**WE'RE ON THE WEB**  
**WWW.ALPHACHILDCARE.CA**

## JUNIOR TODDLERS

Hello once again to all of our Alpha Families. We are writing our newsletter for November/December and as a Toddler classroom we have decided to write about Remembrance Day (also known as Poppy Day).

### Remembrance Day:

Remembrance Day marks the anniversary of the official end of the World War I hostilities on November 11, 1918. World War I was a massive conflict played out over the whole globe, but particularly in Europe, where troops from Canada supported the Allied forces.

World War I resulted in the loss of huge numbers of lives amongst both civilians and military personnel. Many more people were badly injured. The war left great emotional scars in the servicemen, who had experienced it, and in the communities, whose sons, brothers, fathers, uncles and even grandfathers had died. Remembrance Day commemorates those who died in armed conflicts, particularly in and since World War I.



In Canada, November 11 is officially called Remembrance Day, but it is also known as Armistice Day and Poppy Day. Remembrance Day is commemorated in many countries, particularly members of the Commonwealth, including Australia

and New Zealand (where it is also referred to as Armistice Day). In the United States, Veterans Day falls on the same date. In the United Kingdom, the Sunday closest to November 11 is known as Remembrance Sunday.

### Symbols:

Remembrance Day is symbolized by the artificial poppies that people wear and place at war memorials. The poppies may be worn or placed singly or as wreaths. The use of the poppy as a symbol of remembrance comes from a poem written by John McCrae, a Canadian doctor serving in the military. The poem is called In Flanders Fields and describes the poppies growing in the Flemish graveyards where soldiers were buried.



Poppies grow well in soil that has been disturbed. They also grow in large numbers on battle fields. The red color of their petals reminded people of the blood lost by victims of and casualties in the conflict. Some people choose to wear white poppies to campaign for non-military interventions in conflict situations.

Other symbols of Remembrance Day are the war memorials, which are often near the geographical center of communities. These commemorate

members of the community, who have died in military action. A particularly well-known memorial is the Tomb of the Unknown Soldier in Ottawa, Ontario. The military parades held on November 11 are also symbolic of Remembrance Day.

### In Flanders Field:

“In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
we shall not sleep, though poppies grow  
In Flanders fields”.

We would like for all our Alpha Families and friends to remember this special date, which is important for all Canadians. Thank- you once again and until next year.

*Toddler Classroom, Teachers Chrissy and Nancy*



## SCHOOL AGE

Hello School Agers! We have had a very good start to the school year. We have a great group of School Age children this term and we are having lots of fun getting to know each other and rekindling old friendships.

With the weather getting colder, we do ask that all children are dressed appropriately for the weather with hats, coats, neck warmers, mittens or



gloves and boots. With the addition of boots we are asking each School Ager child to please keep a pair of non marking inside shoes here at Alpha in our shoe basket. Thank you to all of our friends who have already taken this initiative.

Just a reminder to all of our friends who walk with us to



and from school. We do need to be ready to depart on time and remain as a group in an orderly fashion both to and from school. We are a group and must remain together at all times.

We're all doing a good job. Let's keep it up!!

*Jennifer Nikolaou RECE and School Agers*

# SENIOR TODDLERS

Welcome to the months of November and December! I hope everyone had a wonderful Halloween and Thanksgiving. Here at Alpha the children had so much fun 'trick or treating' in all of the classrooms.

The weather is changing quickly, soon it will be winter. We already have cool days when winter gear is necessary. The outdoor play time is such an important part of the children's day. They really need the gross motor (large muscle) movement in order to develop strength, balance, co-ordination, general body control and more. But outdoor play is not fun if we are too cold, hot, or wet. Please make sure you send the appropriate and extra clothing for the expected (or unexpected) weather.



This month we will be practicing for our annual Christmas concert and we hope that everyone will make it out to see our great performances!

In the spirit of the holiday season, we want to share some fun and festive holiday drinks with you! Here are some great drink recipes that you can enjoy with your friends and families:

## Apple-Pie spiced Cider

Here's a delicious way to ward off cold weather: Serve hot cider spiced like an apple pie. Season your cider with the same spices you would use in a pie – such as cinnamon, allspice, ginger, cloves, and nutmeg. Then, heat it up. Add a cinnamon stick to each mug for stirring. Serves 6.

### **Ingredients:**

- 1 1/4 quarts apple cider
- 3 tablespoons firmly packed light-brown sugar

- 7 whole cinnamon sticks, (6 sticks for garnish)
- 1 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- Ground cloves
- Freshly grated nutmeg
- Salt

### **Directions:**

In a medium saucepan, whisk together cider, sugar, spices, and salt. Bring to a simmer over medium-low heat. Remove from heat. Strain into a pitcher; discard solids. Serve in mugs, garnished with cinnamon sticks.

## Black-Currant Cider Sparklers

### **Ingredients:**

- 1/4 cup black-currant juice
- 2 teaspoons fresh lemon juice
- 1 1/2 cups chilled sparkling cider
- Lemon peels, for garnish

### **Directions:**

Combine black-currant juice with lemon juice. Add sparkling cider. Divide between 2 glasses, and garnish each with a lemon peel.

## Peppermint Hot Chocolate

### **Ingredients:**

- 1/3 cup unsweetened cocoa powder
- 1 quart milk
- 1/2 cup semisweet chocolate chips (3 ounces)
- 7 peppermint sticks; 3 crushed (1/4 cup), 4 left whole
- pinch of salt

### **Directions:**

Place cocoa in a medium saucepan. Gradually whisk in milk until cocoa has dissolved. Add chocolate chips and crushed peppermint; simmer over medium heat, stirring occasionally, until chocolate and peppermint have melted, 8 to 10 minutes. Bring to a boil and immediately remove from heat. Add salt. Ladle



into mugs; serve each with a peppermint stick

## Cranberry Sparkler

### **Ingredients:**

- 1 1/2 ounces Blackberry Puree
- 2 ounces white cranberry juice
- 2 to 3 ounces sparkling water
- 1 sprig mint, for garnish

### **Directions:**

Place blackberry puree and cranberry juice in a champagne flute. Add sparkling water to fill. Garnish with mint.

We hope these festive holiday drinks are a hit at your next gathering, or when you're enjoying a relaxing evening with the family!

We would like to wish you all a Merry Christmas, Happy Holidays and Happy New Year!

Until the New Year,



*Kulvinder and the Senior Toddlers*

## PRESCHOOL/KINDERGARTEN

Hello parents! Fall is here with us and cold weather will be with us from now until spring. We will go outside on, as many days as the weather conditions will permit. We love outdoor play and nature; it is important for our children to get outside and use their large muscles. The weather in fall varies, with chilly early mornings and warmer afternoons. It is generally a good idea to send your child to school with a jacket, hat to cover ears, and mittens for chilly weather. PLEASE remember to label them, that will help you and us.

It was really nice to see you all at the Corn Roast. Thank you for taking time to join us for that. We really appreciate your effort, as events like that always help to develop a sense of community. Also, a BIG Thank You to everyone who has contributed with our CIBC Breast Cancer Fundraiser.

We would also like to welcome our new friends Adam, Johnathan and Jack to the Preschool Room. We are glad to have you all here and we look forward to a great year by working together.

As all of us are looking forward to Christmas in December, we would like to suggest a few ideas to spend time and celebrate Christmas with your children and make it special with them.

**Lights Night:** Get in the car and take a drive just to look at the holiday lights and decorations. Or simply walk around your neighborhood. Carry a mug of hot chocolate and a box of homemade cookies with you and make it an occasion.

**Christmas Camp-Out:** One evening, roll out sleeping bags in the living room, and hold a family camp-out underneath the Christmas tree. Don't forget the hot chocolate and carols around the fireplace!

**Library Lane:** Visit the local library and check out books about Christmas. Read one book each night in December as a special holiday countdown.

**Making ornaments:** A few days before Christmas start making ornaments for your Christmas tree. You can use simple materials that are available in the house like: beads and pipe - cleaners ( candy - cane

ornaments), Ribbon, socks, Glitter, sequins and popsicle-sticks ( snowflake ornaments) .

**Baking party:** Children love baking. So, you can involve your children as you bake cookies, gingerbread cookies or make gingerbread house together. Let baking be fun with children. Also, they can give those cookies and baked goods to their grandparents and friends. Yumieeeee!

*Marie, Bhupinder, Gagan and the Preschoolers*

MERRY  
CHRISTMAS



## A MOMENT WITH THE MANAGER

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

*(Continued on page 5)*

## A MOMENT WITH THE MANAGER CONT'D

(Continued from page 4)

- 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 pattern. 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

27. popcorn. Wrap the box and put a tag on it that reads Christmas Eve Surprise Box.(to be opened after sunset).
28. 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.
29. Buy a new Christmas ornament for your child each year. This will give them a great collection to start their own home with.
30. 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.
31. 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.
32. 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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## SPECIAL EVENTS

Remembrance Day marks the anniversary of the official end of the World War I hostilities on November 11, 1918. World War I was a massive conflict that was played out over the whole globe, but particularly in Europe, where troops from Canada supported the Allied forces. World War I resulted in the loss of huge numbers of lives amongst both civilians and military personnel. Many more people were badly injured. The war left great emotional scars in the servicemen, who had experienced it, and in the communities, whose sons, brothers, fathers, uncles and even grandfathers had died. Remembrance Day commemorates those who died in armed conflicts, particularly in and since World War I. So wear your poppy proud and honour those who have died for us.



November 11<sup>th</sup> is also the start of Diwali. **Diwali** (or Deepavali, the "festival of lights") is an ancient Hindu festival celebrated in autumn (northern hemisphere) every year. Diwali is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. The festival preparations and rituals typically extend over a five-day period, but the main festival night of Diwali coincides with the darkest, new moon night of the Hindu Lunisolar month Kartika. In the Gregorian calendar, Diwali falls between mid-October and mid-November. Before Diwali night, people clean, renovate and decorate their homes and offices. On Diwali night, Hindus dress up in new clothes or their best outfit, light up *diyas* (lamps and candles) inside and outside their home, participate in family *puja* (prayers) typically to Lakshmi – the goddess of wealth and

prosperity. After *puja*, fireworks follow, then a family feast including *mithai* (sweets), and an exchange of gifts between family members and close friends. Diwali also marks a major shopping period in nations where it is celebrated. So let us all enjoy the festival of lights mid-November!

Friday November 13<sup>th</sup> is a PA Day for the Public School Boards only. Please let Patricia know if your child will not be attending this day two weeks prior to the date or Alpha will automatically assume your child (ren) will be attending. Trips need to be booked in advance and this will help ensure proper coverage for the trip and bus cost. Keep in touch with Jennifer, your child's class teacher as to where the field trip will take place.

Letters have been distributed regarding the Operation Christmas Child boxes and we would like to continue this process again this year. Last year, between both locations we put together 97 boxes. Our goal is 100 and I believe we can make this happen. Boxes will be set up downstairs please take a few pass some to your family members or colleagues at work to help put smiles on childrens faces! Together we make a difference!

On Sunday December 6<sup>th</sup> is Hanukkah Day. Hanukkah commemorates the Jewish people's successful rebellion against the Syrians in the Maccabean War in 162 BCE. A ritual cleansing and re-dedication of the Temple occurred after the Jewish people's victory. It is believed that there was only enough

consecrated oil to keep the lamp burning for one day but the small bottle of oil miraculously lasted for eight days. Hanukkah, also known as Hanukkah, is referred as the Feast of Lights or Festival of Lights for this reason.



Starting the week on December 7<sup>th</sup> we will be starting a Christmas Food Drive. On Thursday December 10<sup>th</sup>, 2015 the children will be performing at our Annual Christmas Concert from 5pm to 6pm. The admission cost for this event is a non-perishable food item. All donations will be delivered to Salvation Army or if you know of a family/friend who is in need of food or clothing please visit me in the office to support the family in need. Our concert will start at 5pm sharp starting with our Jr. Toddlers, 5:15pm our Sr. Toddlers will be performing, followed by the Preschoolers at 5:30pm and yes the School Agers will be performing at 5:45pm to wrap up the show. Santa will visit everyone downstairs in the hallway handing the children a book and a special gift from Alpha. Special treats will also be provided after the concert is complete.

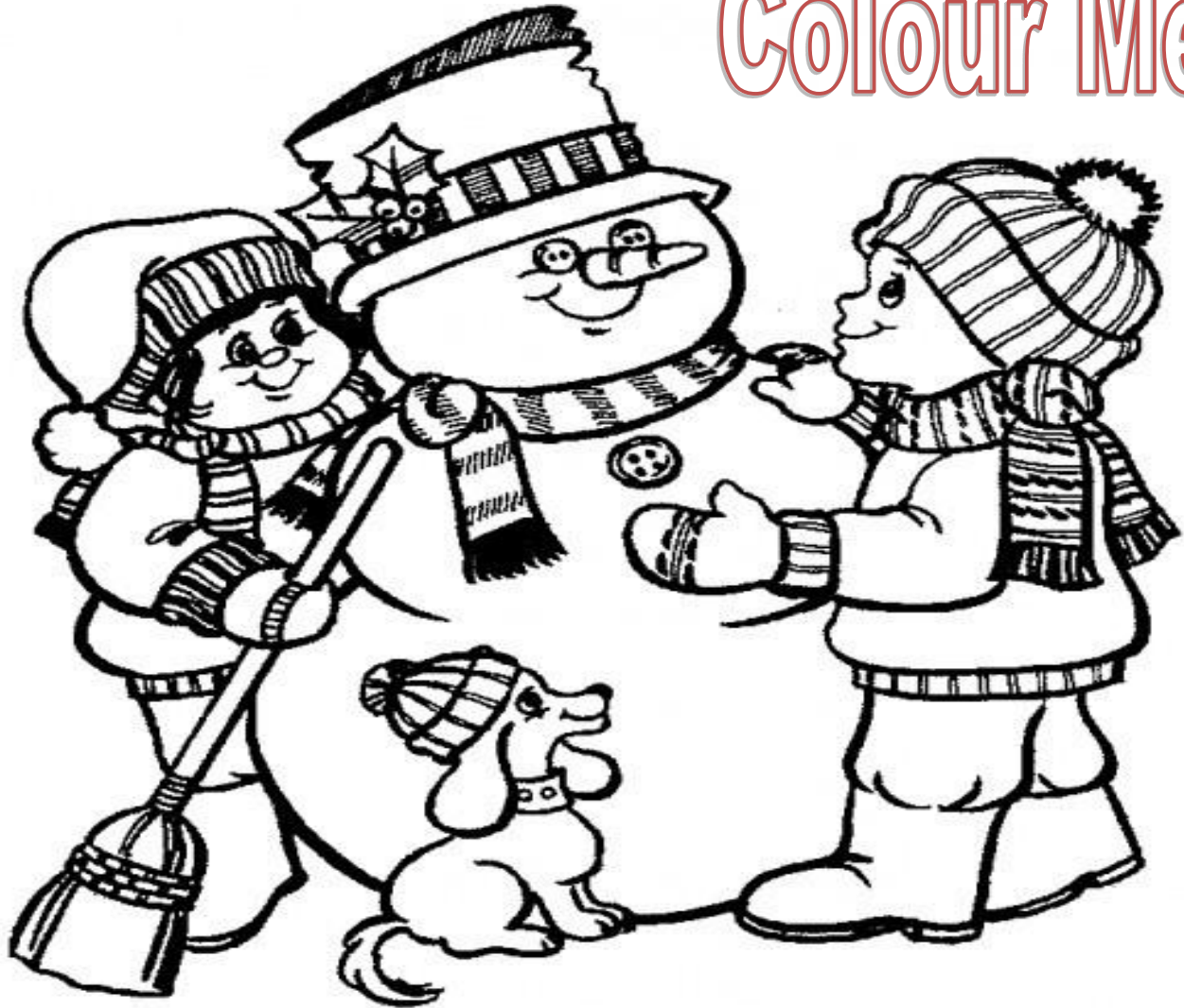
Tuesday December 15<sup>th</sup>, the Preschoolers will be going to Spring Ridge Farms. This trip is for the 3 year olds only to be transported by bus to the location. Volunteers are also needed as we maintain a 1:2 ratio on field trips. Please speak to Marie who is in charge of field trips if you have any further questions.

Thursday December 17<sup>th</sup> will be our Annual Christmas luncheon where all the children and staff have lunch together and eat Faye's special lunch! This lunch consists of turkey, stuffing, mashed potatoes, veggies, vegetarian pasta, homemade cookies

(Continued on page 7)



# Colour Me



## SPECIAL EVENTS CONT'D

*(Continued from page 6)*

and ice cream. It's going to be a delicious event!

December 21<sup>st</sup>, 2015 – January 1<sup>st</sup>, 2016, the school boards will be closed and Alpha will continue to provide Christmas Camp during this break. A two week calendar will be provided to all of our school age children with fun filled days over the holidays to keep your children active and busy! Please look out for this calendar as it will be available towards the end of November/beginning of December.

Over the Christmas holidays Alpha's hours of operation will remain the same expect for: Thursday December 24<sup>th</sup> – Christmas Eve Alpha will be closing at 3pm sharp and late fee charges will apply after 3pm. Friday December 25<sup>th</sup> – Christmas Day Alpha will be closed and Monday December 28<sup>th</sup> – in lieu of Boxing Day. Thursday December 31<sup>st</sup> – New Year's Eve – Alpha will be

closed at 3pm sharp (late fee charges will apply after 3pm). Friday January 1<sup>st</sup> – New Year's Day – Alpha will be closed. Monday January 4<sup>th</sup>, 2016 Alpha will return back to its normal operating hours 6:45am – 6pm.

If you have any further questions my door is always open...see you all next year in 2016!

*Patricia, RECE*  
[patriciaa@alphachilcare.ca](mailto:patriciaa@alphachilcare.ca)

