



May/June 2016 Newsletter

Word From The Office

Thursday May 5th, Alpha will be hosting its annual Spring Concert in celebration of Mother's day on



Sunday May 8th. The children have been preparing everyday by rehearsing their Spring songs to perform on this special day. The children have also been working hard on gifts for their mom's. So please join us in the hall upstairs at 5pm sharp until 6pm. Snacks, coffee and tea will be served after the children's performance. So please stay and watch all the wonderful performances.

Friday May 13th and Monday June 13th will be a PA Day for both Public and Catholic school boards. If your child will not be attending for the day please let Patricia or Jennifer know 2 weeks in advance or Alpha will automatically assume you will be attending and charge the appropriate rates.

Also on Friday May 13th I will be participating in One Brave Night for Mental Health Awareness. What is CAMH One Brave Night for Mental Health? People living with mental illness tell us nighttime is the hardest for them. It is in the darkness

that they feel most alone and have the least amount of hope. CAMH One Brave Night for Mental Health asks Canadians to bravely share one night to

inspire hope for the 1 in 5 people who will experience a mental illness in their lifetime. I will be staying up all night on Friday May 13th and fundraise in order to defeat mental illness. At dawn, participants will post their #sunriseselfies to stand in support of those living with mental illness.

That is a scary number...1 in 5 children have or will battle through mental illness. Other facts regarding mental health are 70% of mental health problems and illnesses have their onset during childhood or adolescence and mental health is a leading cause of disability in Canada. Some other facts are 20% of youth ages 13 - 18 live with a mental health condition, 11% have a mood disorder, 10% have a behaviour or conduct disorder and 8% have an anxiety disorder. I will be collecting donations towards CAMH darkness to light up until May 10th, cash or cheque are accepted and if you donate \$10.00 or more a tax receipt will be issued. If you are interested please see Patricia in the office to

gather your info for tax purposes. All cheques are made payable to: CAMH Foundation, 100 Stokes St. 5th Floor, Bell Gateway Building, Toronto ON M6J 1H4.

Monday May 23rd, Alpha will be closed for Victoria Day. We hope you have a safe and healthy weekend as the warmer weather is approaching! Alpha will return to its normal hours of operation on Tuesday May 24th.

Each year there is the annual walk for Autism and this year we would like to put together a team to represent Alpha's Angels. The date of the walk is Sunday June 5th in Toronto at Nathan's Philip Square. Alpha's Angel's will be walking a 2k walk in Toronto. Fun games and activities will be there to entertain your children. Your family, children and pets are welcome. If you are interested or if you wish to make a donation please see Patricia or Jennifer in the office.

On Wednesday June 15th Alpha will be hosting our annual Father's Day BBQ from 4pm to 6:30pm. Alpha will provide the Hamburgers/

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Dates To Remember

Thurs May 5th - Spring Concert 5pm - 6pm

Sun May 8th - Happy Mother's Day

Fri May 13th - PA Day for both Catholic and Public School Boards (TBA)

CAMH One Brave Night

Mon May 23rd - Victoria Day Alpha Closed

June 2016
Sun Jun 5th - Autism Walk at Nathan Philip Square

Wed Jun 15th - Father's Day BBQ 4pm - 6:30pm Outdoors (weather permitting)

Sun Jun 19th - Happy Father's Day

Mon Jun 20th - Welcome Summer and Summer Menu begins

Junior Toddlers

Canada is very diverse and during the months of May and June there are quite a few holidays that other cultures are celebrating. Here is the list.....

DATE	WEEKDAY	HOLIDAY NAME	HOLIDAY TYPE	WHERE IT WAS OBSERVED:
May 1	Sunday	Orthodox Easter	Orthodox	
May 2	Monday	Orthodox Easter Monday	Orthodox	
May 4	Wednesday	Yom HaShoah	Jewish holiday	
May 5	Thursday	Ascension Day	Christian	
May 5	Thursday	Isra and Mi'raj	Muslim	
May 8	Sunday	Mother's Day	Observance	
May 12	Thursday	Yom HaAtzmaut	Jewish holiday	
May 15	Sunday	Pentecost	Christian	
May 16	Monday	Whit Monday	Christian	
May 22	Sunday	Trinity Sunday	Christian	
May 23	Monday	Victoria Day	Common Local holidays	All except NS, NU, QC
May 23	Monday	National Patriots' Day	Local holiday	Quebec
May 26	Thursday	Corpus Christi	Christian	
May 26	Thursday	Lag B'Omer	Jewish holiday	
Jun 7	Tuesday	Ramadan begins	Muslim	
Jun 12	Sunday	Shavuot	Jewish holiday	
Jun 19	Sunday	Father's Day	Observance	
Jun 20	Monday	June Solstice	Season	
Jun 21	Tuesday	National Aboriginal Day	Observance	
Jun 21	Tuesday	National Aboriginal Day	Local holiday	Northwest Territories
Jun 24	Friday	St. Jean Baptiste Day	Local holiday	Quebec
Jun 27	Monday	Discovery Day	Local holiday	Newfoundland and Labrador

WELCOME SPRING!! In the Toddler room for the spring season we welcome spring with our WORDS. We are encouraging the children to express their feelings, what they want or don't want and share their thoughts. Here are some ways to do that...

Relax and be patient

Parents' worries are usually felt by young children and don't create the ideal climate for taking big developmental strides forward. Talking takes courage. Relax, be patient and trust your child's inborn timetable. Many patient parents I know have experienced their child's verbal skills emerge overnight - a language "explosion".



If your child seems delayed in his or her ability to *comprehend* language, or seems

atypical in several areas of development, get an assessment.

Don't test

What children need most of all is to be able to start talking (or do just about anything else) is our trust. When we test, we aren't trusting or respecting. [Magda Gerber's](#) rule of thumb was, "Don't ask children a question you know the answer to." (In other words, "Where is your nose?") As excited as we get about sharing the adorable way our toddler pronounces his latest words ("Say 'turtle' for Grandma, Johnny!"), performance pressure makes toddlers more likely to clam up.

Read books and tell stories responsively

Reading books responsively means ditching any agenda and
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Senior Toddlers

Hello parents and welcome to spring and summer here in our Toddler class. The Toddlers have been a busy little bunch engaging in many learning experiences. Experimenting with colour mixing in the snow and other sensorial activities, as well as, opportunities to express their creativity, all helped ease us through the winter months. We also enjoyed "hands on" cooking experiences such as muffin making where the children engaged in mixing and blending ingredients together as well as practicing "turn taking"; which, as you know, for Toddlers can be quite a challenge.

Here are some Mother's Day treats to make with your children.

WALNUT-ROSEMARY OAT BREAD MIX

Ingredients:

For the mix

- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon ground black pepper
- 1 cup whole wheat flour
- 2/3 cup quick-cooking oats
- 3/4 cup chopped walnuts

To prepare

- 1 1/2 cup milk
- 1/2 cup expeller-pressed canola oil or extra-virgin olive oil
- 1 tablespoon sugar
- 1 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt

Method:

Whisk

together all-purpose flour, sugar, rosemary, baking powder, baking soda, salt and pepper in medium bowl. Spoon



the mixture into a 1-quart jar. Add whole wheat flour, oats and walnuts to the jar in layers.

CHEESECAKE CREPE ROLL-UPS

Ingredients:

- 2 tablespoons all-purpose flour
- 2 tablespoons milk
- 2 eggs
- 2 teaspoons honey
- 1 pinch salt
- 2 tablespoons butter, divided
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/4 cup mixed frozen berries, slightly thawed
- 1 tablespoon confectioners' sugar, or as needed

Method:

1. Whisk together the flour, milk, eggs, honey, and salt in a bowl to make a smooth batter.
2. Melt 1 tablespoon of butter in a nonstick crepe pan over medium heat until the foam disappears. Pour about 2 tablespoons of the batter into the pan, and swirl to cover the bottom of the pan with a thin layer of batter. Cook until the crepe is no longer runny, about 1 minute; flip and cook the other side for an additional 1 minute. Repeat with additional butter and crepe mix, to make 4 crepes. Set the crepes aside on paper towels.
3. In a bowl, mix the cream cheese with 1/2 cup confectioners' sugar to make a creamy spread. Very gently stir in



the berries. Spread the cream cheese filling evenly over the crepes and roll up. Refrigerate until chilled; slice in 1-inch sections to serve.

MIXED BERRY TRIFLE

Ingredients:

- 1 (12 ounce) bag mixed frozen berries
- 1/4 cup cream sherry
- 1 teaspoon fresh lemon juice
- 1 teaspoon grated lemon zest
- 2 cups heavy cream, chilled
- 1 tablespoon white sugar
- 1 (12 ounce) loaf prepared pound cake
- 1/2 cup toasted coconut

Method:

1. Combine the berries, sherry, lemon juice, and lemon zest in a bowl; toss to blend. Set aside.
2. Beat the heavy cream in a large bowl until soft peaks form. Gradually beat in the sugar until stiff peaks form. Refrigerate cream until needed.
3. Cut pound cake into slices 1/3 inch wide, discarding cake ends.
4. Assemble the trifle by placing a layer of cake slices in the bottom of a glass serving bowl. Spoon half the berry mixture with juice over the cake slices. Cover with half of the whipped cream, and sprinkle with half the coconut. Repeat layering with the remaining cake slices, berries and juice, whipped cream, and coconut. Refrigerate at least 1 hour before serving.

We look forward to an enjoyable summer with our families,
Gagan and Senior Toddlers

Junior Preschool

Welcome to the months of May and June! As you know, May is a special month, because we get to celebrate Mother's Day! However, let's not forget about June, where we get to celebrate Father's Day! During these two special occasions we have various events planned to celebrate our love for our Mother's and Father's. Here are some songs to celebrate Mother's Day that you can sing along to at home:



Do You Know What Day This Is?
(to the tune of "The Muffin Man")
Do you know what day this is,
What day this is, what day this is?
Do you know what day this is --
The second Sunday of May.

The calendar says it's Mothers Day,
It's Mothers Day, it's Mothers Day.
The calendar says it's Mothers Day --
The second Sunday of May.

And so I think I'll tell my mom,
I love her so, I love her so.
And I'll find ways to show my love
The second Sunday of May.

M-O-M-M-Y
(to the tune of "B-I-N-G-O")
I love her, and she loves me,
And Mommy is her name-o:
M-O-M-M-Y,
M-O-M-M-Y,
M-O-M-M-Y.
And Mommy is her name-o.

Mommy, Mommy, Oh So Kind
(to the tune of "Twinkle, Twinkle, Little Star")
Mommy, Mommy, oh so kind,

I am very glad you're mine.
I love you, and you love me.
We're as happy as we can be.
Mommy, Mommy, oh so kind,
I am very glad you're mine.

Mommy Takes Good Care of Me
(to the tune of "Mary Had a Little Lamb")

Mommy takes good care of me,
Care of me, care of me,
Mommy takes good care of me
Each and every day.

She cooks my food and ties my bows,
Sweeps the floor and mends my clothes,
Even stops to wipe my nose
Because she loves me so.

She helps me climb my favorite tree,
Dries my tears when I skin my knee,
Reads to me and plays with me --
My mommy loves me so.

Oh, Mother Dear
(to the tune of "O Christmas Tree")
Oh, Mother Dear,
Oh, Mother Dear,
Oh, how I love you, Mother Dear.
Oh, Mother Dear,
Oh, Mother Dear,
Oh, how I love you, Mother Dear.
You care for me, I care for you,
Not just today, but all year through.
Oh, Mother Dear,
Oh, Mother Dear,
Oh, how I love you, Mother Dear.

This month I would like to highlight the importance of Show 'n' Share as every Wednesday the

Junior Preschool class has selected to participate.

On Show 'n' Share Day, children bring their favourite toy, book, or object to show their classmates. When they engage in this, they are gaining confidence in themselves and in what they love. The positive attention of the others gives children a boost in self-esteem. If a child feels shy at first, they will warm up after a few times.

Show 'n' Share helps to develop your child's language skills in the circle, when they explain what they love about their possessions. The Educator or children asks some questions related to the object

brought in by the child. For example, "How does this work?" "Where did you get it?" "Where do you keep it?" "Why is it so special?" The asked questions will help children learn to

convey feelings, thoughts, and facts with words and complete sentences. Show 'n' Share also develops social skills as children interact with their peers and learn to wait for their turns.

Until next time,
Kulvinder and the Junior Preschoolers



Junior Toddler cont'd

(Continued from page 2)

following our child's interest. Let the baby or toddler stay on one page for five minutes if she wants to and talk to her about everything you see there. Let your child skip pages, look at the book upside down, and *not* finish the story if that's what they choose. Trust your child's readiness, [allow reading to be child-led](#), and we encourage a love of books. And children who love books love and use language.

For additional strategies and tips on how to encourage language at home please visit

<http://www.janetlansbury.com/2012/06/ten-best-ways-to-encourage-toddlers-to-talk/>

Until next time,
**Crissy, Nancy
and the Junior
Toddlers**



Senior Preschool

Hello, all! If you have heard some different songs being sung by your child recently, it is because we have been practising hard to impress everyone at our Spring Concert on Thursday, May 5th. Our classroom is full of surprises for Mother's Day! (Moms, no peeking- and no bribing the children to spill their secrets!)

Lately, we have had five to ten of our twenty-four children each week, who have not returned their blankets after 'wash weekend'. Unfortunately, we do not have many extra blankets available so please try to remember to put the blanket with your child's belongings to bring back on Mondays. This is sincerely appreciated not only by the staff, but your child appreciates it too! This reminder also applies to bringing in diapers when notes are put on cubbies (or pull ups, and any extra belongings that need to be returned) - it helps all of us here to have a good day too!

You may have noticed that there is a change to our weekly 'Show 'n Share' days. Since September all the children have brought a favourite item to show only on Wednesdays. Now, each group of 5 or 6 children have a specific day of the week to present an item which starts with a specific letter of the alphabet. This schedule is posted on the door to the left of our classroom. This will help to teach the children the starting letters of a word and that there are many words that start with the same letter as their name. For example one of our children thought that if he saw the letter Z that meant the paper was his. We have three children whose names start with Z, and six BOYS. whose names start with J.

The children have been enjoying helping to plant flowers and vegetables in the classroom, to transplant into our garden in

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Word From The Office cont'd

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Veggie Burgers, Jumbo Hot Dogs, Potato Salad, Freezies, Lemonade, Water etc, free of charge to all those who attend. A donation jar will be available to place a few coins if you wish to add to our fundraising budget. Our fundraising money will be used to purchase new outdoor materials and to replenish the old toys that have been broken.

We are also working really hard maintaining a vegetable garden and with the help of our Preschoolers and Toddlers, who help water them each day, the children will be able to enjoy home grown berries and veggies. Alpha

also appreciates any recycle items for outdoors. At the moment our playground lacks greenery and we would like to add natural things to our playground and remove all the plastic materials. Please see Patricia if you have any creative junk to donate as we are very crafty and like to refurbish any old materials and turn it into beautiful treasures!

We will be starting our summer menu with Menu #1 on Monday June 20th. This menu will serve cooler food items during the summer months but Alpha continues to serve the same nutritional value that has been approved by a registered dietitian.

Thank you to all the families who have filled out the Parent Surveys. We value all suggestions and do our best to make changes.

Patricia has an open door policy and is available to answer any questions that you may have and address any concerns that may arise. Jennifer is also available in the office when Patricia is away. Please take advantage of the open door policy as we like to work together as a team!

Until July, enjoy the summer heat!

Patricia Andrade RECE

patriciaa@alphachildcare.ca

School Age

Greetings Alpha families. As the warmer weather approaches we are all anxious to get outside and get active. Just a reminder to all of our School Agers and their families to continue to dress appropriately for the weather. A damp and chilly morning could easily become a warm sunny day. As well a beautiful mild morning can turn quickly to a heavy spring rain. Our students are encouraged to wear layers which can be added or shed to accommodate any changes in the temperature throughout the day. We also ask that they continue to wear their outside boots as the fields we cross as we walk to and from school remain quite wet and muddy.

As our surroundings blossom and bloom, we hope you all get a chance to enjoy some of what nature has to offer. Here is a list of some local parks and conservation areas and some of the amenities available at each.

Gage Park

- fountain
- playground
- wadding pool
- garden path/winter skating path

•concerts & other live shows

Chingcousay Park

- gardens
- walking/hiking/biking path
- greenhouse
- skate/BMX park
- playground
- pond
- paddle boats
- splash pad
- petting zoo
- mini golf
- 8 lane, 400 metre track
- indoor tennis, curling, & volleyball
- concerts and other live shows

Heart Lake Conservation Area

- hiking/biking trails
- fishing
- swimming pool
- splash pad
- treetop trekking
- picnicking

Professors Lake

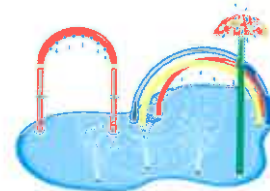
- lake
- fishing
- swimming
- paddle boats
- canoeing
- kayaking



- stand up paddle boards
- volleyball
- playground
- walking, biking, inline skating path

Belfountain Conservation Area

- fountain
- waterfall
- river
- hiking trails
- fishing
- picnic area



Wild Water Kingdom

- outdoor waterslide park
- wave pool
- splash pad
- concession area
- picnic area

Terra Cotta Conservation Area

- pond/wetland
- picnicking/concessions area
- winter snowshoeing

RAINY DAY? Have you been to Aerosports Indoor Trampoline Park? Check it out for some great indoor fun and exercise.

Until next time,
Jennifer and the School Age group

Senior Preschool cont'd

(Continued from page 5)

the playground. Last year we planted flowers, strawberries, cherry tomatoes, potatoes. Faye was able to use some of the fruit and vegetables to make our lunches! Last fall our class also planted tulip bulbs in our garden but our neighbours, Mama and Papa Squirrel, decided that they wanted them instead; this spring, we have replanted the tulip bulbs a bit deeper. Perhaps this will deter the squirrels!

You and your child can plant a vegetable garden at your home at the edge of a flower bed, or in small planters outside (depending upon how much space you have available). Your child can help to dig the holes to plant the seeds, put the seeds in, cover them, water the garden, and even to pull the weeds, and pick the vegetables, once they start growing. Having a garden gives children a sense of responsibility and, ownership, and think about how excited they will be when the 'fruits of their labour' start to grow! They can even give extra vegetables to neighbours, to Faye, or

even to a group such as the 'Knight's Table' to help some of Brampton's hungry residents get some good nutritious vegetables. If you are also planting flowers, think about how much a small bouquet of flowers might be appreciated by an elderly neighbour! We are always looking for ways to 'pay it forward' and what an important message to teach children!

Happy Mother's Day, Moms, and Happy Father's Day, Dads! Until next time, be safe and keep smiling! We do!
Marie, Gagandeep, Bhupinder, and the Senior Preschool Class

Word From the Manager

Hopefully our spring weather is just around the corner and we can look forward to lots of sunshine and warm weather.

At the end of February every one received a copy of their Child's Observation Record (COR) along with all the documentation and social stories that supported the skill development noted on your Child's Observation Record. We have received some very useful feedback from a lot of parents in regards to the new way in which we record your child's progress. Majority of the parents enjoyed the documentation and the social stories that outlined the children's learning journey, they also felt that they were very detailed but would like to see more focus on the "next steps" portion of the report and what they can do at home in order to support their child's learning. Alpha takes all of the feedback received from parents very seriously therefore; moving forward with the new COR I have formed a committee of educators to help me to implement some of the strategies and ideas that have been brought forward to us. The team will first take a look at cross referencing the old evaluation form with the new COR. I have already cross referenced a couple of small areas listed on the COR with the old evaluations form and the majority of the expectations from the old are already listed on the new form they were just worded differently or several expectations are now listed as one. Any goals that have been missed from the old form to the new form will be added if they are of an importance to the child's development. This will be the first objective that the committee will address. The committee will also look at some kind of rating system that could be added to the COR in order for those reading it to have a better understanding of

where your child is functioning. The key may look something like this C = consistent, O = often, S = sometimes and T = more time needed either by the child to develop the skill or the educator to observe the child engaging in that skill. The children will be scored on an 8-level scale from 0 (lowest) to 7 (highest). The eight levels of COR provide an overlapping continuum so that the children can be scored at the developmental and ability level appropriate for them. For example, infants and toddlers would primarily be scored at the lowest levels 0, 1, and 2, but older toddlers might begin to edge into the lower preschool levels 2,3, and 4. Likewise, older preschoolers might begin to be scored at the early kindergarten levels 4, 5, 6, and 7. Based on the child's age and developmental level, the levels give the educators a starting point for scoring, but they can move up or down to the level appropriate for each child. This system accommodates children with special needs and developmental delays as well as those whose early learning may be more advanced in some content areas than others.

A lot of parents also expressed concerns with all the blank developmental areas that were on their child's COR. As explained in the letter that accompanied the COR, there could be several reasons for the blank areas.

1. Either your child's educator has not seen your child perform the skill expected at the next level.
2. Educators do not have the supportive documentation to indicate that your child has mastered the next skill. They may be well aware that your child is able to perform at the next skill level

but they are unable to indicate this without the supporting documentation. Staff were only introduced to this new way of evaluating the children's skill level in the fall of 2015 and therefore, a lot of time and missed opportunity has passed (July to November) in order to obtain the information necessary to support the educators analysis of the level in which your child is functioning.

3. Your child has only been registered with us for a short period of time.
4. Your child has a high absentee rate
5. Your child arrives late to the centre, therefore missing a lot of opportunities to demonstrate what skill level they are functioning at. It is strongly encouraged that your child be at the centre no later than 9:00 a.m. in order for them to gain the full benefits of our program



The next COR that parents will receive will be in June and our goal is to ensure that these gaps are completed therefore outlining more of your child's skill level as opposed to parents receiving blank pages. Due to time restraints and lack of supply staff the committee has been unable meet in order to make the cross reference changes to the COR document. The time frame for completion of the changes will be February 2017. We are too close to the second distribution (June) of the COR document in order to make the changes we want to implement. The educators will try to make more concrete suggestions as to what the next steps will be and how parents can support this learning at home.

Until next time, my door is always open
Mary Soudy RECE, B.A.
Manager

May 2016







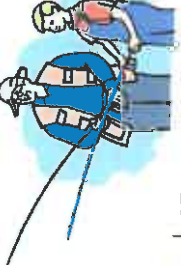
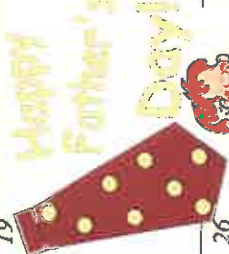
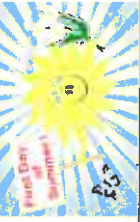

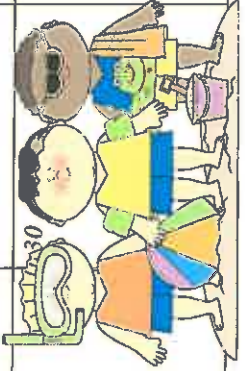
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Menu #1	3	4	5 6 <i>Spring Concert</i>	7	
8 Happy B'Day Khizar	9 FEES ARE DUE Menu #2	10 	11	12 5-6pm	13 PA Day Catholic & Public Bd.	14
15 Happy B'Day Erin	16 Menu #3	17 Happy B'Day Tommy & Xander	18	19 	20	21 Happy B'Day Claire
22	23 VICTORIA DAY Alpha Closed	24 	25	26	27 Happy B'Day Jack	28
29	30 FEES ARE DUE Menu #4	31				

June 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
5  AUTISM SPEAKS CANADA Walk at Nathan Philip Square	6 Happy B'Day Raelyn FEES ARE DUE Menu #2	7 	1 	2 	3 	4 Happy B'Day Faye
12 Happy B'Day Omari & Mason	13 <i>PA Day Catholic & Public Bd.</i> Menu #3	14 	15 FATHER'S DAY Father's Day BBQ 4:00-6:30Ppm	16 Happy B'Day Julius	17 	18
19 	20 Happy B'Day Zoe FEES ARE DUE Summer Menu #1	21 	22	23	24	25 Happy B'Day Anabel
26 	27 Happy B'Day Zenaira Summer Menu #2	28	29 	30 