

# January/February 2016 Newsletter



## Word from the Office

Welcome family and friends into the New Year of 2016. Hopefully everyone had a memorable year in 2015 and will make new memories this year.

The children did a phenomenal job performing their Christmas songs to their families. A lot of hard work and practice went into the show and the end result was a success. Thank you to all the parents who helped sing along, especially to Riley who improvised a beat to Feliz Navidad with the Toddlers.

The weather has been up and down over the past few months and again we are encouraging parents to bring in appropriate clothing for your children. Hat, mittens (preferably 2 pairs), neck warmer, snow pants, boots and winter coat are to be brought in every morning and Alpha's educators will decide on what items need to be worn as some mornings are bitterly cold and in the afternoon not so much. Please ensure all items are labelled as items tend to be

misplaced or in other children's cubby areas. We will continue to teach your children how to put away their belongings in their cubby area.

Monday January 18<sup>th</sup> will be a PA Day for both Public and Catholic School Boards. We will keep you posted as to the trip the School Ageds will be attending. Please check out the wipe off board for any important messages from Jennifer (School Age Leader), for any upcoming messages. Also please do not forget to inform Patricia if your child will not be attending this day. A two week notice needs to be given to Patricia or Alpha will automatically assume your child will be attending and apply the appropriate rates.

Tuesday January 26<sup>th</sup>, Alpha will be hosting its annual Literacy Night from 6pm - 7:30pm. Each



classroom will be providing many different learning opportunities on how to incorporate literacy into your everyday lives. This

event will allow families and children to get together and spend some quality time together. We will have a classroom that will have a book exchange, where the children can bring in a gently used book in exchange for a new book. There will be a craft room, a story telling room, a snack room and a sensory room. You won't want to miss out on this fun night and we hope to see you all there.

February 8<sup>th</sup> we will be celebrating the Chinese New Year which is the year of the Monkey.

## Dates to Remember

Jan 1<sup>st</sup> - New Year's Day Alpha Closed

Jan 18<sup>th</sup> - PA Day Public and Catholic School trip TBA

Jan 26<sup>th</sup> - Literacy Night 6pm - 7:30pm

Feb. 5<sup>th</sup> - PA Day Catholic, School Trip TBA

Feb 8<sup>th</sup> - Chinese New Year

Feb 10<sup>th</sup> - Ash Wednesday

Feb 14<sup>th</sup> - Valentine's Day

Feb 15<sup>th</sup> - Family Day Alpha Closed

Feb 19<sup>th</sup> - Alpha's Annual Staff Awards Dinner closing at 6pm sharp (no late care)



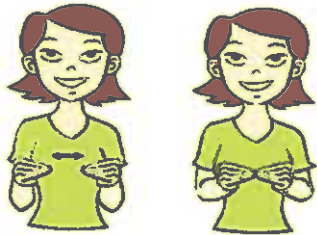
We're on the web visit  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

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# Junior Toddlers

Over the past few months our Jr. Toddler class has welcomed many new friends. As it has been a heartbreaking but rewarding transition for both the parents and children. We worked together as a team and made it over another milestone. Most of our new additions to our class don't have the words to express themselves yet. So in the Jr. Toddler room we are teaching them simple words in sign language to help them communicate what they want. Words like.....

MORE



These are words that can also be practiced at home along with saying the word with the gesture.

Ready or not winter is coming! It is getting colder and colder. Here are some tips to keep warm and be safe for the winter season.....

## 1. Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a wind chill warning. Warnings are based on local climate and are issued when significant wind chills are

expected.

- Weather forecasts are available through radio and TV broadcasts, Environment Canada's Weatheradio service, and online at [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca).

## 2. Plan ahead

- Develop a cold weather safety plan in advance to ensure that safety concerns are addressed when it's very cold, or when the wind chill is significant. For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors.

## 3. Dress warmly

- 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.
- Infants being pulled in a sled need

extra bundling. Because they aren't moving, they can't generate body heat the way a playing child can.

## 4. Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

## 5. Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

## 6. Keep active

- Walking or running will help warm you by generating body heat.

## 7. Beware

- Watch for signs of frostbite and hypothermia (see below).
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
- Check on elderly relatives and neighbours to ensure they are warm enough and have sufficient supplies, particularly when the weather is cold or snowy. They might not feel comfortable going outside to shop and may require food, medications and other supplies.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

## Hypothermia

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or

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# Junior Toddlers

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the person loses consciousness.  
Cardiac arrest may occur.

## What to do:

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of

heat.

## Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb or tingling.
- Frostbite can be serious, and can result in amputation. Get medical help!

## What to do:

- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually, use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

**STAY SAFE AND HAVE A FUN WINTER!!**

*Crissy, Nancy and the Junior Toddlers*



# Senior Toddlers

Happy New Year everyone! We hope everyone had a wonderful holiday season and had the chance to play with their new toys from Santa! We always love the holidays, but we are glad to get back to normal routine.

The Senior Toddlers really enjoyed our annual Christmas Concert even though most of us did not sing, but participated in the actions. A big thank you to parents and grandparents who attended our Christmas Concert. Also, thank you for labelling your child's belongings. This makes it easier for staff to return the belongings to the right child's cubby.

The chilly day's call

for a chilly playground time, and by that we mean dressing appropriately is essential. Speaking of outdoor attire, here at Alpha we have an "I Can Do It" sense of self-help skills. This is achieved by working hard dressing and undressing ourselves, with little to no assistance required (but is usually needed). This is a great way to practice useful skills for future development.

**Thank You** stepping stone to your child's independence.

Each and every day the children are ready for new challenges, tests and adventures. An act as simple as putting on their own winter boots is a major boost in self-esteem. Our roll as the adults in the children's life is to help and encourage them to try new things, to praise them for any level of attempt; to go over the top for successes and to resist "doing it ourselves" just so a task would be done faster or easier. Encourage accomplishments through simple everyday tasks, where the child can take initiative and undertake their own actions. This will be a



Each child has a cubby with their name on it. They will bring their clothing from the cubby after recognizing their names. The teachers help them to put their feet into snow pants and pull them up. The child then attempts to put their feet into their boots. We teach the children to lay the coats hood at their feet. They then slide their hands into the sleeves

and flip the coat over their heads. The teacher helps to zip zippers and make sure that snow pants are over boots. The children should attempt to put on their hats and mittens. It is very important that your child's head, hands and neck are covered. Neck warmers are a great, safe way to cover your child's neck without having a scarf hanging from the back that might be a safety hazard.

As the month of February arrives, we will be talking about one of our favourite celebrations, Valentine's Day! We will be discussing love, family, and friends. We will also be learning about sharing and turn taking, by saying 'please' and 'thank you,' and using our words instead of our actions. We also have a small party to celebrate, and exchange Valentine's Day cards with one another.

We hope you have a Happy Valentine's Day!

**Please**

Until next time,  
*Kulvinder and the Senior Toddlers*



# Preschool/Kindergarten

Welcome to the first edition of the 'Alpha News', 2016! We hope you all enjoyed your Christmas break, and were able to get at least one day to relax. We also hope you enjoyed the Christmas Concert- the children were so excited to present the songs, and they practised so hard! Some days, our reindeer were practically prancing around the classroom in anticipation! Our Grandfriends, at Tullamore LTC, also enjoyed the treat of listening to the children singing their special songs from the concert, as well as other Christmas favourites.

Thank you to those of you who were able to accompany us to Springridge Farm for our Gingerbread making adventure. We truly appreciate you taking time from your busy schedules to help out- we couldn't take the children on these fun trips without your assistance! The children enjoyed smelling the fresh ingredients, rolling out the dough, designing their gingerbread men, and best of all, eating them! Yummy!

Now that the New Year is upon us, we are looking forward to some new additions to our programme. Mary

Soundy, our Manager of Operations, was recently at a show and saw some VERY COOL special 4D flashcards (Octagon4D+) that, when used with tablets or I-phones, allows the flashcards to become interactive. One set is of 26 animals (one for each letter of the alphabet), and the other is a set of 26 occupations.

Food cards can be downloaded from the electronics, then when the animal cards and food cards are set on the table behind the electronics, they 'come alive' (e.g. the monkey actually eats the bananas!). The cards were so



amazing that I even had to buy a set for my own granddaughter for her birthday!

You may have noticed some small changes in our classroom as well, that happened at the end of autumn. I dug up some plants from my garden and we transplanted them into pots to brighten our room, then we added a fishbowl which houses our male Betta fish, Rouge, who is red.

Unfortunately, Rouge, and Rouge Deux didn't make it, so now we have Rouge Trois. The children just thought Rouge was staying in his house because that's where he goes when the room is too noisy. Before we bought Rouge, the children and I did a small experiment where we put a small box on our heads then tapped it, so the children could hear how loud the tap sounds. That is what Rouge hears in his fish bowl! I explained, so the children promised that they wouldn't bother Rouge by tapping. They have all remained true to their word, too! Unfortunately,

just before our Christmas Concert, Rouge and his bowl went for a horrifying tumble onto the tiled floor and on the following Monday I went back to the store to buy Rouge Four! This was the only Rouge that the children saw lose his life in the

classroom. Many were upset about our poor fish but the excitement of the Concert overshadowed his death.

Now that the Christmas holidays are over, we are looking forward to the

next long weekend- Family Day, 2016 which is on Monday, February 15<sup>th</sup>.

Below are some fun activities of different price ranges for you and your family to enjoy. The most important part of Family Day is obviously spending time with your

family, so you can go outdoors, and build a snowfort; go skating at Gage Park; journey to Toronto to skate at the Natrel Rink at Harbourfront, then go to HarbourKIDS: Snowglobe (enjoy skating, arts and crafts, a snowglobe inspired place and

much more; go skiing at Mount Chinguacousy on Bramalea Rd, at Glen Eden in Milton, or at Blue Mountain in Collingwood- where you can also do lots of other winter activities such as tubing. If you want to stay closer to home you could go tobogganing at Metro Park (behind Brampton Mall), or behind Tokyo Maki Sushi (Bartley Bull Pkwy & Main St). More fun is found at Fantasy Fair indoor playland at Woodbine Centre (Hwy 27 & Rexdale Blvd); or you could go to see a compilation of Robert Munsch stories acted out in 'Munsch Mash' at Solar Stage Children's Theatre (4950 Yonge St). Visit Casa Loma, the Science Centre, Ripley's Aquarium, or the

ROM in Toronto, LegoLand or Reptilia (even the squeamish love it!) in Vaughan. If you don't mind driving a bit further you could



## Word From The Office cont'd

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For those born in in the year of the monkey (1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004), 2016 is considered an auspicious year. For those celebrating this special event please share with our educators and dress up for the event and help us participate with your culture. **Gong Hey Fat Choy!**

Sunday February 14<sup>th</sup> is Valentine's Day! It has evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards. Not everyone celebrates Valentine's Day, especially if you are single, but this day is a day to spend with your loved ones, and your children. If you're a lady, buy yourself a piece of jewelry or make an appointment for yourself at the spa!



This is a day to celebrate you. People always say "Love others as you love yourself." It's okay to love yourself! So do it, in style. As for the single men, this is the perfect opportunity to have fun too. Traditionally Valentine's Day is marketed towards women, but you can certainly lay claim. Go to a movie or sporting event with some friends. You can also let the special women in your life (mothers, sisters, and friends) by treating them to a date and/or buying them flowers. Or show your friends and family how much you love them by sending cards or gifts. As a single person, you can make an enormous impact. Single or not enjoy your day and Happy

Valentine's Day.

Monday February 15<sup>th</sup> is Family day and Alpha will be closed for the day. Extend your weekend with family and friends or just relax in your

home environment.



On Friday February 19<sup>th</sup> Alpha will be hosting its annual Staff Awards Dinner and Alpha will be closing at 6pm sharp and not offering any late care for that evening. This is to ensure the staff have an opportunity to get ready and arrive on time to this special event. A few staff will be receiving some awards for reaching milestones and others will be receiving awards for leadership skills, most flexible, co-worker choice award etc. Alpha only hires the best of educators and we would like to express our appreciation through this event. Thank you for your support in ensuring the staff leave on time to prepare for an important night.

Until next time keep warm and my door is always open!

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



## Preschool/Kindergarten

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enjoy a weekend outing to Niagara Falls-stay in an inexpensive motel or have the time of your life at Great Wolf Lodge or at Sheraton on the Falls (they have a 3 acre indoor waterpark attached!). While in Niagara Falls, you could also visit the Butterfly Conservatory or see the lights on the partially frozen falls



(absolutely beautiful- but don't just take my word for it!). If you like to

enjoy animals and the outdoors, you could spend some time visiting

Riverdale Farm in downtown Toronto (a favourite place of Mayor John Tory), see the llamas, deer, emus and bison at

High Park Zoo or spend the day at the Toronto Zoo in Scarborough. Whatever you decide to do, enjoy your family time! There is nothing



more important! (Some of these ideas came from my experience and some came from 2 websites: Family Fun Things to do in Toronto-Places to See and Do-todocanada; and Toronto4Kids.com)

Until next time, keep smiling- we do!  
**Marie, Bhupinder, Gagandeep, the Preschool and Sr Kindergarten Class**

# A Moment With the Manager

So often parents ask what the difference is between our Junior and Senior Kindergarten Program and that of the Public/Separate School Boards. When we devised our Kindergarten program we obtained the goals and guidelines that both the Separate and Public Board use and implemented them into our program's philosophy.

Alpha's main objective is to encourage and help each individual child to develop good self-esteem and social skills, which become our cornerstone of learning with confidence. Play is work, in which a child learns and develops many skills. Our role is to ensure that the environment is stimulating and encourages free expressions, enrichment of language and cognitive

skills as well as the development of large and small muscles. Since each child grows at a different rate, the educator's role is to build on what the child is capable of doing. This may mean that each child is working on a different skill and it is the educator's role to encourage the children to try different activities, thus, initiating new learning in all areas of development.

*'Alpha's main objective is to encourage and help each individual child to develop good self-esteem and social skills, which become our cornerstone of learning with confidence.'*

Alpha has specific goals set for each of the developmental areas of social, language, mathematics, fine motor skills, art, and music, science and technology, which we work on each and every day with the children (a copy of this can be obtained from the office) these goals are based on the "ELECT" document (Early Learning for Every Child Today) which is used in the new all day learning programs. This document is just the basic skills expected of the children at the different developmental milestones, Alpha not only meets these goals but by far exceeds them in all developmental areas. All aspects of the children's learning is based on the

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## School Age

Welcome to 2016! I hope you had a wonderful holiday and were able to spend some quality time with your families. We are looking forward to 2016 and hope that you are too.

This is the time of year to reflect on the year that has past and make plans and goals for the fresh new year. It would be a great idea to discuss this with your children perhaps around the dinner table. This is a great way to learn about their new interests, dreams and struggles and maybe share a few of your own. Reflecting, planning and goal setting is a way to help them set up for a lifetime of confidence and success.



Here is the "S.M.A.R.T." method to help you to be successful when planning your goals.

**S. SPECIFIC** - do not use general or vague terms (be exact, WHO is involved WHAT do I want to accomplish WHERE identify a location WHEN establish a time frame WHICH identify requirements and constraints WHY specific reasons, purpose of accomplishing get the goal)

**M. MEASUREABLE** - use a method to calculate that applies (save \$100, or lose 6 lbs)

**A. ATTAINABLE** - choose something possible that you can control (like auditioning for a new acting job vs becoming a famous actor)

**R. RELEVANT** - choose something important to you (we are more motivated when it's something we really want)

**T. TIME-BOUND** - give yourself a deadline and possibly additional checkpoints to ensure you stay on track (at the half way point you should be half done) choose an end date or a specific time period like by May 1st, or in 30days.

Whether you are looking to spend more time with your children, get an improved grade in a specific subject, save for a vacation, become healthier or change a career this method can be helpful. So please, reflect, plan and set yourselves up for success. Good luck! And all the best in 2016!!

*Jennifer and the School Ageds*



# A Moment With the Manager cont'd

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children's interests which introduce the children to new and exciting ideas and concepts. While the children are engaged in the various activities made available to them the educators will take a picture of your child engaging in the activity and then they will compose a social story outlining what your child is learning from manipulating these materials. A formal written report referred to as COR (Child Observation Record) is completed and a copy of this report is given to you on a semi-annual basis along with all the documentation of your child's learning journey. Mastery of any of these skills is not necessarily accomplished at a specific time over the year, but, on a more sporadic scale. Both Junior and Senior Kindergarten children participate in our Jolly Phonics Program. The Jolly Phonics Program helps the children understand that each letter of the alphabet makes a particular sound. The first letters that are taught to the children are S,A,T,I,P,N as these letters combined make the most three letter words and it is three letter words that children first learn to read. This process is done through teaching the children an action that represents the sound being taught, which is then followed by a work sheet that is completed by the children. At the end of the second term the Senior Kindergarten children's reading skills are tested by using the PM Benchmarking system. By the end of Kindergarten your child should be reading at a level four and by the end of Grade one a level 16. A lot of our children are reading above these levels before entering grade one. To further develop the children's language and communication skills, the children contribute to writing their own books throughout the year.

In turn each of the children take home a personal journal to record special happenings that take place in the child's life (vacations, shopping, playing a game or having special visitors in the home.) The following day at Show'n'Share circle the children with the guidance of the educators, will read to the other children what has been written in the journal. In addition to this the children are assigned a particular topic of the month (e.g. science, outer space, family) in which they are to research and present their findings to the other children. This not only helps the children to build self-confidence but increases their vocabulary skills as well.

Along with our language program we also introduce the children to basic math skills using the Nelson Math program (which is the math program used in public school) and is supplemented by Math makes Sense program. The children are first introduced to the activities that help them to recognize and rote count to 100, understand the value of the numbers to 20, match objects on a one-to-one correspondence and be able to estimate and count, completing worksheets based on these concepts as well as doing simple adding and subtracting problems. The children also learn to use simple measurement terms correctly, use standard and nonstandard measuring devices appropriately and put two or more objects in order of size or mass. Toward the end of the year the

educators will also start to introduce fractions, time, and money concepts. In order to accomplish and meet the individual needs of each child, Alpha maintains a maximum of a 1:12 ratio and a minimum of a 1:8 ratio versus a 1:25 ratio as stated by the School Board standards. Alpha feels that all children deserve as much individual attention as possible in order to develop their skills to their fullest potential. Each child is unique and learns in a different fashion which is respected by all educators in order that the child can in turn contribute constructively to society.




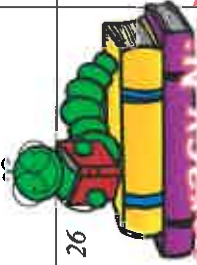

We will be hosting a Kindergarten Information Night on January 12, 2016 (Springdale location only) (Cathedral Road location date TBA) to give those parents whose children are eligible for Junior and Senior Kindergarten for September 2016 a complete outline of what Alpha's Kindergarten Program consists of. This would mean that your child will be 4 or 5 on or before December 31, 2016. The Kindergarten classroom will be set up in order for you to view the activities and curriculum materials. And all the Kindergarten staff will be here to answer any questions that you may have. Sheila our wonderful chef will also be here to serve you a sample of her wonderful recipes that she will be serving to the children for lunch over the course of the year. Hope to see everyone there.

Until next time, my door is always open.

**Mary Soudy**  
RECE, B.A.  
Manager



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 	4 <b>Happy B'Day Zoya</b> Fees Are Due Menu #4	5	6 	7	8 <b>HAPPY NEW YEAR 2016!</b> Alpha Closed	9 <b>Happy B'Day Nancy</b>
10	11 Menu #1	12	13	14 	15	16
17 <b>Happy B'Day Lawmar</b>	18 <i>PA Day Public &amp; Catholic Bd.</i> Fees Are Due Menu #2	19	20	21	22	23
24	25 <b>Faye's 6th year Anniversary with Alpha</b> Menu #3	26  <b>Trivia Night</b> 6-7:30pm	27	28 <b>Kulvinder's 11th year Anniversary with Alpha</b>	29 	30
31						



# February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
Happy B'Day Mary	Fees Are Due Menu #4  Gung Hay Fat Choy Menu #1	 Family Day Alpha Closed Fees Are Due Menu #2	Wednesday Ash Happy B'Day Neha	 PA Day Catholic Bd. Happy B'Day Sophia	Happy B'Day Jahneyah	
14	15	16	17	18	19	20
HAPPY VALENTINES DAY!!! Happy B'Day Jadon	Fees Are Due Menu #3	Happy B'Day Tyson Bhupinder 1st year Anniversary with Alpha	Happy B'Day Neha 	Alpha's Annual Awards Dinner No Late Care, Closed 6pm Sharp 		
21	22	23	24	25	26	27
	Fees Are Due Menu #4					Happy B'Day Marie
28						