

# March/April Newsletter 2017

## Word From the Office

Top of the mornin' to you all!!!!!!  
Happy St Patrick's Day. I wonder if March will come in like a lion or a lamb. I really hope it comes in like a lamb as I am really excited for the arrival of Spring and it's lovely warm weather.

Income tax receipts are in the office ready for pick up. When you pick up the receipt you will be asked to sign for it in order for the office to keep track of who has picked up their receipt and who has not. There will be a minimum charge of \$10.00 for any duplication of the receipt.

Once again we will be having our fun filled March Break Program for six to twelve year old children. If you have not already signed up for this program and need a spot, please see me or Lynda as soon as possible as spots are limited.

March 21<sup>th</sup> to the 24<sup>th</sup> has been designated as Parent Appreciation Week here at Alpha. We will be honouring all our great parents for all their support and contributions. Watch our bulletin boards for further details.

February 3<sup>rd</sup>, 2016 you received a copy of your child's observation records if you wish to set up a

time to discuss this document with your child's educator please fill out the last page of the document and submit it to your child's educator so that we can set up a time to that is convenient for everyone.

Recently I sent out the follow up letters to our Kindergarten Information night. If you have not already returned them please do so as soon as possible as we are now in the planning stages for September enrolment and want to ensure that your child has a spot reserved for them in September for our Kindergarten Program. If you were unable to attend our Kindergarten presentation and would like a package please feel free to ask Lynda or Mary for one.

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

## Dates to Remember

**Thursday, March 9th, PAC Meeting**  
from 7pm-8pm

**Sunday March 12th, Daylight Saving Time** (set you time 1 hour ahead)

**Monday March 13th - 17th, March Break**

**Friday March 17th, St. Patrick's Day**

**March 20th - March 24th,**  
Parent Appreciation Week

First Day of Spring

Parent Surveys go to Parent Monday  
March 20th, 2017

**Friday March 31st, Parent Survey's**  
due back

**Friday March 31st, Picture Day for**  
Infants, Intermediate Toddlers and  
Sr. Preschool

**Saturday April 1st, April Fool's Day**

**Monday April 3rd Picture Day for**  
Junior Toddlers, Preschool 1 and  
Preschool/Kindergarten

**Tuesday April 4th, Picture Day for**  
Educational Preschool and Junior  
Preschool

**Wednesday April 12th Hop-a-Thon**  
for Muscular Dystrophy

**Thursday April 13th, PAC Meeting**  
from 7pm-8pm

**Friday April 14th, Good Friday**  
CENTRE CLOSED

**Monday April, 16th, Easter Monday**  
CENTRE OPEN regular hours

**Monday April 16th, PA Day for both**  
Public and Catholic School Boards Trip  
to be announced

**Tuesday April 18th, Pot Luck Dinner**  
6:30-8pm

# Infants

Hello everyone! I hope this message finds all you loving parents well and in good health.

Spring has some what finally arrived and we are so happy about it! Just a friendly reminder to all the parents, our Infants go outside twice a day for our daily walks so they need to dress appropriately according to the weather. We all know Spring is a sunny season but it can get cold as well and our Infants need jackets, gloves, hats and boots to stay warm outdoors. Please keep a pair of shoes in their cubbies. It is unsafe to wear any kind of open toe shoes or sandals,. Running shoes are the safest foot wear. Also, as all of you know children have accidents and they end up getting their clothes dirty while engaged in play or learning new self-help skills. Please provide an extra change of clothes to be kept in their cubbies, such as, pants, shirts and socks in case an accident occurs, so the children can be changed. Please make sure



to label all of the items for your child in case it is missed placed. Thank You!

In the Infant classroom, the Infant educators are really focusing on self-help skills with the children. These self-help skills are encouraged in the Junior Toddler room for when your child begins in that classroom. Here are some tips you can use that we use in the Infant classroom to build independent self-help skills.

There are 3 important types of self-help skills:

- 1) **Self-feeding:** the best way to build independent feeding skills, is to learn the normal developmental stages of self-feeding. For example, starting to eat finger food by themselves and then aiming to hold the spoon and fork and eating by themselves. Another one can be drinking from a bottle, then transitioning to the sippy cup and then drinking from an open faced cup during lunch

time.

- 2) **Independently dressing:** Encouraging older Infants to dress-up by themselves can be the toughest task sometimes! By providing them with minimal assistance and encouraging them to pull their hats, gloves and socks off by themselves and pulling up pants after each diaper routine can be a good way to begin their dressing and undressing self-help skills.

- 3) **Helping with daily routines:** Encouraging the Infants early on about tidying up toys after playtime, washing hands and independently wiping their face with a wash cloth or face wipe can help them begin to develop self-help skills and give them ample time to work on these important tasks at an early age.

Until next time!

Love,

*Lorraine, Kim, Annie, Madeha and the Infants!*

# Junior Toddlers

Hello Family and Friends of Alpha Child Care,

We hope everyone is keeping warm during this cool/warm winter we are having in 2016/2017. Reminder to please continue bringing in hats, mittens/gloves, neck warmers, boots, snow-pants and jackets for our Junior Toddlers. We always want the children to keep warm while playing outdoors!

Can you believe it's March already? Where is this year going already? During the months of March and April the Junior Toddler classroom will be talking about Spring, and incorporating it with our daily schedule and program planning. We will be discussing about



how rain makes flowers and grass grow, rainbows and their pretty colors, and how the insects start coming out when the weather gets warmer. We will be learning about the colors that we see in the Spring, and most importantly what we wear for springtime. Parents, if you can provide rain boots, rain pants, rain jackets

*(Continued on page 3)*

## Junior Toddlers cont'd

*(Continued from page 2)*

and any Spring clothing you have for your children, that way when going outside we can still stay dry but still have fun!

In the classroom the Junior Toddler educators would like to start a grass garden. We would like the children to plant their own grass and watch it grow day by day. It would be a great experiment and the children will have their own part, meaning they will get to put the soil in a cup, put the



grass seeds inside, and continue to water their grass. It should be interesting to see grass grow!

Spring Season is around the corner; here are some Spring activities to do at home:

- **Paper Plate Flowers** (get your children to paint the paper plate and help them cut it out into a flower shape)
- **Garden Sensory Bin** (fill up a bin with soil, rocks, soak it with water and more)

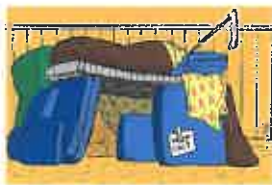
- **Coffee Filter Rainbows** (color on a coffee filter with markers, spray it with water and you'll get a beautiful coffee filter rainbow)
- **Very Hungry Caterpillar** (cut up some cucumbers and tomatoes! Helping eating in a fun way!)
- **Outdoor Spring Art with Colored Sand** (fill up empty bottles with colored sand, poke a hole and be creative)

Take care,  
*Alessia, Ipsita, Theresa and our Junior Toddler friends*

## Intermediate Toddlers

The sunshine is making its way back into our lives as March Break approaches we look forward to the warmer, longer days. As Spring approaches bringing new growth. With new growth, come the awakenings of new adventures and ideas. As parents we often dread keeping our children occupied during breaks from school and child care. Some fun indoor activities you can do with your children include backwards day, building a fort, painting and for fun in the kitchen, making butter. These are activities that are easy to do and don't need too many materials.

For a great backwards day to happen you must participate as well. You can't have a backwards day without eating dessert first before each meal. At breakfast eat



some fruit first and then serve the pancakes, eggs, or toast. At lunch time eat some yogurt or frozen yogurt before serving the main dishes. Don't forget to put your clothes on back to front as well. You can encourage your child to walk down the hallway backwards, sit on a chair backwards and don't forget to read a book backwards. This is a way to ensure some giggles and laughs.

To build a fort find some sheets, blankets, pillows and sleeping bags. Ensure you have all the cushions from the couch which are the best for building a fort that includes the couch. You can also use chairs or a small table or two. Once you have assembled these materials let your young engineer imaginations take over. This is when the fun

really begin as you watch and follow your child's(ren) directions. When the fort is completed, crawl in and have your snack and/or lunch in the fort. While in there play a board or card game and of course have a nap in there. This fort will also be a great place to have a family sleep over.

Your little Picaso's don't need an easel to make gorgeous art for your house. Just put a plastic table cloth or newspaper on the kitchen table and some water paint that you can find at any Dollar Store in an old egg carton a paint brush or two also found at the Dollar store. The paper found in your printer is fine or any paper you may have around the house. You can also purchase in expensive paper at the Dollar store. Let the painting begin! You will be amazed at how artistic your child is.

*(Continued on page 5)*

# A Moment With the Manager

Effective January 1, 2017 the new regulation on sleep/rest routine came into effect. So I thought I would take this time to address this new regulation to keep you informed of the changes.

**"Alpha's responsibility to keep parents/guardians up to date on Alpha's sleep**

In accordance with the Child Care and Early Years Act Ontario Regulation 137/15 33.1(2) (c) (i) and in conjunction with Alpha Child Care Ltd policies and procedures it is Alpha's responsibility to keep parents/guardians up to date on Alpha's sleep time routine. If your child is a toddler or preschooler (infants will be provided with a crib) they will be provided with a cot with their name on it and it will be equipped with a sheet for your child to have a quiet break from the busy classroom routine, following the lunchtime meal. We ask that you the parent/guardian provide your child with a light blanket for the educators to cover your child up with. (Unfortunately, due to health and safety reasons Alpha is unable to give your child a bottle or soother while on their beds). The children will be encouraged to calm their body on their cot through the help of the educators in the classroom by rubbing your child's back, soft music playing and the blinds pulled down to create a calm atmosphere for your child to successfully relax their bodies. If your child falls asleep they will be allowed to sleep up to a maximum of two hours. Those children who have rested on their beds but have not fallen asleep will be given quiet activities to engage with either on

their beds or they will be invited to partake in the activities that have been set out at the tables. For those children who have fallen asleep the educators will be performing a direct visual check of each sleeping child in their classroom, by being physically present beside the child while the child is sleeping and looking for indicators of distress or unusual behaviour. Any significant changes in your child's sleeping patterns or behaviours during sleep time will be documented in the message book and then communicated to you at pick up time. Any changes required by you to the manner that your child is supervised or positioned will also be recorded in the daily log book and will be put into place as soon as possible provided the requests are cohesive to the Joint Statement on Safe Sleep: Preventing Infant Deaths in Canada and group care offered by Alpha Child Care. In addition to this every half hour an educator will go around and physical place their hand on the back of your sleeping child to check for indicators of distress or unusual behaviours. The educator that makes the physical check will then sign the sleep room inspection form/number ratio form indicating that they have completed the check.

For the children in the infant program the procedure is a little different but still encompasses all the above procedures throughout sleep. The Child Care and Early Years Act 2014 31.1 (1) states that every child younger than 12 months

who receives child care at a child care centre is placed for sleep in a manner consistent with the recommendations set out in the "Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada." Unless a child's physician recommends otherwise in writing, Infant diapers will be changed just before being put into their **individual** crib and their shoes need to be taken off and put in the designated area. Infants will be placed in the crib (on their backs if they have not mastered rolling from their backs to their stomach or sides which is accordance with the Joint Statement on Safe Sleep) and then parental directions are followed provided they fall within Alpha's philosophy. These directions will be posted above each infants crib along with their name. This will ensure that all educators working in the infant program are aware of how your child likes to go to sleep. During rest time, an educator needs to do a visual and physical safety check every 15 minutes if a child is in the infant sleep room. This needs to be recorded on the Infant Daily Sleep Room Monitoring Form that is posted on the sleep room door. These forms are kept in the classroom in a binder. When there are 3 to 5 children asleep in the infant sleep room, a minimum of 1 educator will be in sleep room with the children. If there are 6 to 10 children sleeping in sleep room a minimum of 2 educators will be in the sleep room. The third educator is then automatically the designated person to do the safety checks every 15 minutes and document this on the Infant Sleep Room

*(Continued on page 5)*



## A Moment With the Manager cont'd

(Continued from page 4)

Monitoring Form. When 1 or 2 children are sleeping in the sleep room the blind on the playroom window must be open in order for the educators to have a clear view of the sleep room and an educator will check the children every 15 minutes and document on the Sleep room Monitoring Form the times the checks were completed. Any significant changes in the children's sleeping patterns or behaviours during sleep will be noted in the message book and will be verbally communicated to the parents at pick up time as well as documented on the child's daily information form. To create a sleeping atmosphere, all who enter the sleep room must whisper. Quiet music maybe played from the tablet, CD player or ipod. The electronic sleep monitor is on at all times when a child is in sleep room. This monitor will be checked daily to ensure that it is in working order. Batteries to

the device will be changed every six months or when necessary. Documentation that this has been completed will be recorded in the message book. **Monitoring devices are never used as a replacement for the direct visual checks.** Infants should not have anything other than a light blanket in the crib with them as this could cause suffocation. Times that an infant goes to sleep and wakes up will be posted on the sleep room chart beside each of the children's names which is posted on the sleep room door. This also indicates which children are in sleep room. A flash light will be stationed in the sleep room to ensure there is sufficient light in the sleeping area or room to conduct direct visual checks.

Until next time, my door is always open

*Mary Soundy  
RECE, B.A.  
marys@alphachildcare.ca  
905-458-4884*

## Sheila's Kitchen

### Slow Cooker Overnight Breakfast Casserole

Wake up relaxed, refreshed and ready to eat, with this great dish from my family kitchen to yours. Let your favorite breakfast sausage ingredients wake you with a yummy smell of breakfast ready for you and your family.

Total: 8 hr 30 min Active: 30 min  
Yield: 12 Servings (  $\frac{1}{2}$  goes to my son the hockey player)

#### Ingredients

- 2 packages (12 ounces, each) Johnsonville Hot & Spicy Breakfast sausage
- 1 cup chopped green onions
- 1 sweet red bell pepper, chopped
- 1 can (4 ounces) diced mild green chilies
- 1/4 cup chopped fresh cilantro
- 1 package (30 ounces) frozen shredded hash brown potatoes

(Continued on page 12)

## Intermediate Toddlers cont'd

(Continued from page 3)

Don't forget to display the gorgeous paintings for all the family to see.

Do you want to "cook" with your child(ren) without the mess then here's a recipe for you. Purchase some whipping cream (liquid not already whipped) from your local grocery store. Have your child(ren) find a plastic container with an airtight lid. Help your child find a measuring cup. Place a piece of masking tape at the  $\frac{1}{2}$  cup line and

then let your child pour the whipping cream into the measuring cup up to the bottom of the tape. If your child is a toddler you can use less whipping cream and have them help you pour using hand over hand. They can then pour the whipping cream in to the plastic container put the airtight lid on and then put any kind of dance music and have the children shake the containers until the cream and liquid separates. This will take a few minutes. You can help your child

shake that container. You will know its

ready when you have a solid ball in a watery milky looking liquid. Open the container drain out the liquid and add salt to your "ball" of butter. The salt is optional. Let them spread the butter on some toast or a cracker. Yummy!! I hope you enjoyed the cooking!

Spring has Sprung!!  
*Katasha, Sukhi, Alicia and the Intermediate Toddlers*



## Special Events

Welcome to all our Alpha Families. I hope March comes in like a Lion and goes out like a Lamb so that we can have an early spring as some of us have Spring Fever and cannot wait for the grass to become green and to see buds on the trees.

We would like to thank everyone who attended our Literacy Night on Tuesday January 24<sup>th</sup>. It was a huge success and a great turn out. The children really enjoyed visiting all the different room set-ups. The Infant room was all nice and cozy with tents and comfy pillows for reading in the dark with flashlights. The Junior Toddler room was where the children could exchange books, Preschool 1 room had lots of exciting different sensory activities for the children to explore around literacy. The Junior Preschool room had a variety of dramatic materials for the children to role play and dress-up, Senior Preschool room had lots of interesting materials for block play that incorporated literacy such as blue prints for building a plane, maps, children's pictures on blocks etc. The Preschool/Kindergarten Room along with the Intermediate Toddler educators read a story called "Mm Cookie" and then made swamp water for the children to drink as well as the children following recipes to make their own trail mix etc.

**Thursday March 9<sup>th</sup> from 7pm. - 8pm.** is our Parent Advisory Committee Meeting. If you have any concerns, please 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

On **Sunday March 12<sup>th</sup>**, is Daylight Savings time. We are just reminding everyone to please turn your clocks ahead 1 hour as we now get to spend more time with our family and friends in the evenings.

**Monday March 13<sup>th</sup> - 17<sup>th</sup>** is March Break and the children will be busy with lots of cool and fun exciting activities. Please check your child's message board for any cool activities that may be planned for the day. Plus, on Friday March 17<sup>th</sup>, is St. Patrick's Day please come dressed in green, orange & white.

On **Monday March 20<sup>th</sup>**, our Parent Survey's go out to our Parents. This is great, as it provides Alpha with lots helpful feedback and for us to meet your needs. Our door is always open if you need to speak with any of the Supervisors and please share your ideas with your classroom parent representative and they can share the information back to the Parent Advisory Committee. The classroom representatives are posted outside your child's classroom door. The Parent Surveys are due back to us by Friday March 31<sup>st</sup>.

**Monday March 20<sup>th</sup> to March 24<sup>th</sup>**, is Parent Appreciation Week. Special activities will be planned each day over the week for the parents. We will provide you with a variety of pamphlets and information sheets that you may find beneficial to you and your family.

"Say Cheesel" and smile for the camera as once again Picture day is coming up for Spring Pictures. On Friday

**March 31<sup>st</sup>**, is Picture day for the Infants, Intermediate Toddlers and the Senior Preschool classrooms.

**Monday April 3<sup>rd</sup>**, is Picture Day for the Junior Toddlers, Preschool1 and the Preschool/Kindergarten classrooms.

**Tuesday April 4<sup>th</sup>**, is Picture Day for the Junior Preschool and Educational Preschool classrooms. The Photos will begin at 9am sharp! Photos will be taken by Picture This Image, and for those families with siblings, pictures will be taken on the same day as the youngest sibling.



On **Wednesday April 12<sup>th</sup>**, the children will be participating in our Hop-a-Thon as the children will be raising money for Muscular Dystrophy.

**Thursday April 13<sup>th</sup>**, is our Parent Advisory Committee Meeting from 7pm.-8pm.

On **Thursday April 13<sup>th</sup>**, is our Easter Luncheon at 11:30am. Everyone will be eating together in the Atrium. Our wonderful Chef Extraordinaire will plan a wonderful lunch for all the children, their educators and friends. We will enjoy ham, scallop potatoes, cooked vegetables, dinner rolls, salad and a yummy cake. Just a reminder that Sheila will prepare a lovely food substitution for those of us who cannot eat pork.

**Friday April 14<sup>th</sup>**, is Good Friday and the centre will be CLOSED and we will be OPEN on

*(Continued on page 7)*



## Junior Preschool

Hello, our fellow parents and children! The Junior Preschool room hopes everyone had an excellent Valentine's Day and Family Day, as well as enjoying our last little bit of cold weather! (Let's hope) During the months of March and April, we would like to provide you with some fun activities to engage with your children during March Break, as well as how to dress for the rainy and damp weather that is soon coming.

### March Break Activities in your home and outside:

- **Fashion First:** While going through your children's clothes, ask them to choose a top they no longer like or that may be a little small or dated. Once they choose an item, let me decorate it! They can use: scissors, glue, sparkles, felt pieces or any scrap items you have around the house. They can later have a fashion show to show off their new designs.
- **Picnic:** You can do this as a play date or just with your children and have an indoor picnic. For lunch or



dinner, ask the children to come up with the menus. Throw a blanket down on the floor and Bon Appetit!

- **Have a Dance Party:** Ask your children what song or type of music they would like to listen to and dance until you can't dance anymore! It's a great way to fit some exercise into the day, as well as teaching your children different movements or positions. You can say: Let's hop forward and back, jump side to side, and bounce up and down.
- **Go on a Scavenger Hunt!** Prepare a list of items with your children that you think you might see outside, such as: a stick, leaf, pine cone, piece of paper, fire extinguisher, etc. and hunt away!
- **Make an Obstacle Course outside:** In your front or backyard, use some items around your house or shed and create an obstacle course. Again, this is an excellent way to help your children burn off some energy as well as stay active.

For more ideas on fun things to do with your children during March Break, you can visit: [www.canadianfamily.ca](http://www.canadianfamily.ca)

### How to dress for the rainy weather:

While the warmer weather is soon approaching, we will be getting some rainy and damp days as well. As Alpha believes in the importance of outdoor discoveries for the children's development and well being, we will be encouraging outdoor time on the wetter days. We would like to remind the parents of appropriate clothing for this type of weather: slush pants, rain boots, fall/rain coat, hats, neck warmers, and gloves. While umbrellas are necessary during the rainy weather, the children are not permitted to bring them outside due to our Health and Safety Policy. Please also remember to always have an extra set of clothes in your children's cubby in case they get wet or dirty. Thanks

*Stefanie, Ana, Jacqueline and the Junior Preschoolers!*

## Special Events cont'd

*(Continued from page 6)*

Monday April 16<sup>th</sup>, for Easter Monday for regular business hours. However, on Monday April 16<sup>th</sup>, it is also a PA Day for the Public and Catholic School Board and the trip for the day will be announced later on in the month.

On Thursday April 18<sup>th</sup>, will be our Annual Pot Luck Dinner from 6:30pm.-8pm. We will enjoy a sit down dinner with all our families out in the atrium to enjoy lots of

multicultural entrées, salads and desserts. Please inform your child's educator if you will be attending and how many people will be joining your party, just to ensure we have enough food for all our guests. If you are not sure what to bring or do not have a favorite dish you would like to make. Here is a guide line:  
Appetizers: Sr. Toddlers and Preschool/Kindergarten  
Salads: Infants, Jr. Toddlers and Educational Preschool  
Entrées: Jr. Preschool and Senior

Preschool

Desserts: Preschool1 & School Ages.

A list will be posted outside your child's classroom door. If you are not sure how much to bring the general rule is bring enough to feed your own family. We look forward to seeing you there!

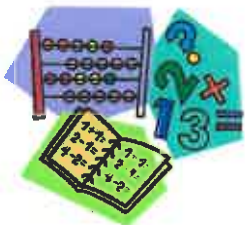
Until next time,  
*Lynda Leroux, RECE*  
[lyndal@alphachildcare.ca](mailto:lyndal@alphachildcare.ca)

# Preschool/Kindergarten

Wow! March already! We think everyone is just about over the snow, freezing rain and cold temperatures and ready for some sun and warm weather! We hope everyone enjoyed your winter, and had some good fun in the snow!

Spring is right around the corner and the Senior Preschool/Kindergarten children are working very hard within the classroom. The Senior Preschoolers and Junior Kindergartens have been working on learning letter sounds by using the Jolly Phonics program. Each child has the opportunity to participate and offer words beginning with the week's letter. The children are very willing to try and give a word and make very good attempts by sounding out the word they used. Encouraging this idea at home during homework time will continue to promote and develop this skill even further.

The Senior Kindergarten children have begun their weekly spelling tests of familiar sight words. We highly encourage that these words be practiced at home as well as at school so that the children are successful on test day.



The math program has been going well for both the JK and SK children. The concepts are

becoming a little more challenging as the weeks go on, but the children seem to be understanding and

handling the tasks they are given well.

It is that time of the year again when the fun little bunny comes to visit. So the Senior Preschool/Kindergarten class have decided to give you a few fun recipes that fit the season, with the hopes you will at least try one of them at home.

## Easter Nests

- 1/4 cup butter
- 4 1/2 cups mini marshmallows
- 1/4 cup creamy peanut butter
- 1/2 cup semisweet chocolate chips
- 4 cups chow mein noodles
- candy eggs (mini Cadbury eggs, M&Ms or jelly beans)

In heavy saucepan over med. heat melt butter and marshmallows until smooth. Stir in peanut butter and chocolate chips until melted. Remove from heat and stir in chow mein noodles. Work on wax paper and form 18-24 mounds. Dip fingers into cold water as you work to prevent the mixture from sticking and shape each mound into a nest. Fill with 2 or 3 candies each. Cool and store in airtight container if they last that long.

## Crepe Egg Brownies

### Ingredients

- 8 tablespoons of butter
- 2 ounces semi sweet chocolate
- 1 cup sugar
- 2 eggs, beaten
- 1/2 teaspoon vanilla
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup flour

- 1/4 teaspoon salt
- 10 to 12 mini cadbury creme eggs

### Instructions

1. Preheat oven to 325 degrees.
2. Line an 8 inch pan with parchment paper.
3. Melt the butter and semi sweet chocolate together over low heat in a medium saucepan. Stir with a wooden spoon.
4. Remove from heat and add the sugar. Stir well.
5. Now add your eggs and vanilla, stirring until it's smooth.
6. Add chocolate chips, flour and vanilla salt. Stir until combined.
7. Transfer batter to pan and place in oven.
8. Bake for 20 minutes. Remove from oven, and place each mini egg randomly in batter and press it down.
9. Pop back in the oven for another 15 to 20 minutes.
10. Remove from oven and allow to cool.
11. Slice with a knife into squares.
12. Serve with a big old creme egg loving smile

## Cadbury Egg Cookies

- 1/2 C Crisco (I use butter flavored) 1/2 C Butter
- 1 C brown sugar
- 1 C white sugar
- 2 Eggs
- 1 1/2 t vanilla
- 1 t baking powder
- 1 t baking soda
- 1/2 t salt
- 2 1/2 C flour
- 6T unsweetened cocoa powder
- 1 10 oz bag Cadbury Mini-Eggs\*

(Continued on page 9)



## Preschool/Kindergarten cont'd

(Continued from page 8)

Preheat oven to 350. You'll need to chop up those Cadbury Eggs. I

just put them in a ziplock bag and bang on them with a marble rolling pin until they look like the picture below. A hammer would work too. Go get a child and put them to work.

You know the drill. Cream



together the butter, crisco, brown sugar and white sugar. Add in eggs one at a time and the vanilla. In a separate bowl whisk together the flour, soda, baking powder, salt, and cocoa powder. Add to the butter mixture to combine and then mix in the candies. *And a little secret...if you want your cookies to look pretty like mine, save a few egg pieces and pop them on top of the cookies before baking so you get those*



*colorful speckles on top!*

Drop onto a cookie sheet and cook for about 8-10 minutes. Mine are always done in exactly 9. They're soft and fudgy in the middle and a little crisp on the edges with crunchy little candy bits throughout. Yummers. Eat!!

<http://www.cravingsofalunatic.com>

Until Next Time,  
*Christina, Jeewan and the Senior Preschoolers/ Kindergartens*

## Senior Preschool

Hello Everyone!! We are nearing the end of winter and slowly preparing ourselves for Spring. We want to remind everyone to keep bringing all of your child's outdoor winter clothing even as the snow slowly disappears. Even if there is no snow outside it may be very cold or wet during outdoor time, so every child should have snow pants, a warm jacket, boots, mitts and a hat. Alpha tries to have extra items to lend out but this isn't always the case. If your child doesn't have a particular item and there isn't any to spare they still must participate in outdoor time.

The children in the Sr. Preschool classroom have been very busy over the past couple of months practicing how to hold a pencil, using the proper grasp. This is done



through multiple activities during the day. The children have really been interested in using stencils and pencil crayons during free play time. If an educator sees that the child is having difficulty holding their writing tool they will sit with them and practice this concept. During Jolly Phonics and Handwriting without Tears the children have been practicing their pincer grasp by colouring corresponding pictures to the lesson being taught. Tracing books and other fine motor activities (tongs, scissors and tweezers) are available throughout the day for the children to explore. All of these activities can be done at home as well in order for the children to gain hand strength and confidence in their printing abilities.

Easter is right around the corner so we wanted to share some of our favourite Easter crafts for you to do with your family.

### FOAM CUP BUNNY CRAFT

Supplies:

- small foam cup
- pink paint
- paintbrush
- pink and white cardstock paper
- black and pink marker
- Wiggly Eyes
- pink Fuzzy Sticks
- pink Pom poms
- scissors
- glue
- tape

Directions :

1. Gather all of your supplies. Start by painting the outside of your foam cup with your pink paint. Set it aside to dry completely.
2. While your paint is drying cut out two bunny ears from your pink and white cardstock paper. Cut a section off of your pink Fuzzy Stick and tape it to the back of your ears.

(Continued on page 10)

## Senior Preschool cont'd

(Continued from page 9)

3. Glue your googly eyes onto your foam cup. Use your pink and black marker to draw a nose and mouth on your bunny.
4. Finish your bunny craft by poking the ears down into the top of the cup and then glue the pink pom pom onto the cup for the fluffy bunny tail.

### Bunny Clay Pot

#### SUPPLIES & TOOLS:

- 4" clay pot
- White acrylic paint
- White Foamie sheet
- Pink Foamie sheet
- Googly eyes
- Pink acrylic paint
- Black sharpie pen
- Tacky glue



#### DIRECTIONS:

1. Paint pot with white paint. Allow time to dry.

2. Paint circle cheeks.
3. Cut 2 bunny ears.
4. Cut 2 pink insides of ears & glue together.
5. Attach ears to inside front of pot.
6. Cut triangle for nose. Glue in place.
7. Attach googly eyes.
8. Draw whiskers & mouth.

### Popsicle Stick Bunny

#### Supplies:

- Jumbo Popsicle Sticks {3 per bunny}
- School Glue
- White/Pink/Black Cardstock
- Scissors
- optional - white craft paint/paint brushes

#### Directions:

1. First grab three popsicle sticks {three per bunny} and glue them together to look like a triangle.

Set aside to let it dry completely. Repeat.

2. While those are drying, grab your white cardstock paper and cut a triangular shape that will be placed within the popsicle stick design and be the face of the bunny. At this time, you should also cut out two long bunny ears, eyes and of course sweet bunny nose with big cheeks from the remaining cardstock.
3. To finish off the *Popsicle Stick Bunnies* - have children glue their paper pieces in place and add other embellishments they see fit. Once done, set aside to let it dry completely before displaying proudly!

Happy crafting,

*Erin Cassie and the Senior Preschoolers*

## Educational Preschool

Welcome everyone to the end of winter and the beginning of spring! The New Year is in full stride in the E.P. room and we are having more and more fun with each passing day!

We hope that the New Year has started brightly and continuing to bless all of your families as we progress through 2017! With the weather changing we remind you that it is still important to stay properly dressed as temperatures are supposedly going to be lower than usual over the next couple months. So much for that groundhog's prediction! So let's

keep the children and ourselves dressed appropriately as we ease into the spring weather. In the E.P. room our educational program is moving along very nicely, the children are learning more and more every day making positive strides with all the fun activities we do.

March and April bring a lot of things: a change in the weather, more daylight, Earth Day, the celebration of Easter, and of course St. Patrick's

Day. A day where we all wear an extravagant amount of green, funny looking hats, try to make friends with as many Irish people as possible, and for some - enjoy a nice pint of green....water!

For many, or even most, the celebration of St. Patrick is

conveyed by adults by drinking green (or non green) beverages, and for children by enjoying a lot of different green coloured themes. But who really was this St. Patrick guy?



## Educational Preschool cont'd

*(Continued from page 10)*

Patrick is said to have actually been a Welshman that was taken from his land at the age of 16 to be a slave in Ireland and tend sheep for six years until he escaped and returned to his native Wales. Others say it was Scotland he was taken from, but the story remained that he stayed in Ireland for six years until his return home. Patrick entered the church shortly after returning home and would end up making it back to Ireland to bring Christianity to island. In his teachings he would use the shamrock to explain the Holy Trinity, thus making the shamrock all the more potent in his

celebration. For all of his dedicated work for the church, Patrick was never canonised by a Pope, but Christian/Catholic churches declared he is a Saint in Heaven and is still very revered in Ireland and elsewhere today as St. Patrick. As for the snakes he supposedly ran out of town while on a fast? Well, truth told the Irish climate doesn't allow for any type of snake, so this story is in fact a lifelong fable. This day is an actual holiday in Ireland, Northern Ireland, Newfoundland and Labrador and is

widely celebrated by the Irish Diaspora in Great Britain, Canada, United States, Australia, New Zealand among others.

Now that we've been slightly briefed on old St. Paddy, we can enjoy the day now with a little bit more understanding and appreciation of the patron Saint of Ireland!



Until next time,  
*Michael and the Educational Preschoolers*

## Preschool 1

### What's been going on!

During the winter season it has been a bit difficult for the children to play outside. The weather doesn't like our playground very much. We have been cooped up inside for weeks at a time. The educators has come up with creative ideas to keep the children in Preschool 1 entertained.

During indoor free play time, we have been using our sensory bin to its full potential: water with boats have been used, water with animals, water with bubbles and babies, water with fizzles ( the fizz in the water and change the waters colour). After the water, we then switch it to sand:



we put dinosaurs, plastic egg containers, scoops, shovels, we have castle building competitions. During gross motor time, the Junior Preschool class has been so nice to us, we switched classrooms.

While we set up our classroom for free play, with many different actives on every table and every centre. The Junior Preschool class sets up there room with gross motor toys, the foam climber, tunnels, rolling scooters, bouncy balls, bouncy animals and sometimes a giant mat where the children like to do somersaults and roll around. We even have dance parties to get everyone excited and

have fun dancing, we stomp our feet, clap our hands. These songs are also a great way to allow children to follow the rhythm, listen to the beat and follow along with the steps of the song. We are hoping the sun will come out soon, and warm up the playground so we can actually go outside. But for now, we are enjoying our indoor time and coming up with creative ways to keep our minds and bodies moving.

As always our doors are open, and we are more than happy to share in person all the fun stories and moments we have together.

*Clarah, Kelly and the Preschool 1 class*

## Alpha Child Care Ltd.

900 Peter Robertson Blvd  
Brampton, Ontario  
L6R 1A2

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

# Sheila's Kitchen

(Continued from page 5)

- 1-1/2 cups shredded Cheddar cheese
- 12 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

### Directions

1. Cook sausage according to package directions; cut into  $\frac{1}{4}$ -inch slices; set aside.
2. In a bowl, combine green onions, red pepper, chilies and cilantro; set aside.

3. Spray the interior of a 5 to 6 quart slow cooker with vegetable cooking spray.
4. Layer one-third of the hash browns, sausage, green onion mixture and cheese into crock pot.
5. Repeat layers twice.
6. In a bowl, beat the eggs, milk, salt and pepper; pour over layered ingredients.
7. Cover and cook on low for 7-8 hours or until thermometer inserted into the center reads 160°F
8. Serve up (If only our children could serve this up in our beds )

Happy cooking,  
*Sheila* , Chef



## School Age

A warm welcome from everyone in the School Age room to all of you in the Alpha family! This school Age group have been having a very mixed school year with some of our older children entering very new, challenging, and interesting education modules, and our younger ones focused on maintaining their adjustment to the new learning methods of elementary school programming. All have been doing their best after school to focus on their school work and continued learning, as well as enjoy the post learning company of their peers here at Alpha. They have been brainstorming ideas for the spring concert, and they will certainly do something to give you all a grand show.

April 22<sup>nd</sup>, aside from my brother's birthday, is Earth Day! A day when we celebrate the world that we live in and reminded of how lucky we are to be on the only planet that can sustain human life. A bit dramatic, well, not if you consider the rate



at which the world is polluted each day. Thankfully there are people on this planet that really do care and Recycling programs have been hugely invested in over the last five to ten, even 20 years, and there is a lot of things we can recycle that a lot of us probably don't know about:

1. **Water filters:** Good for you for cutting down on wasteful water bottles in favour of filtering your own water! But what happens when your filter's done filtering? Hand in your used Brita/Mavea pitcher filters and bottle filters to Preserve, a company that turns old plastics into products such as toothbrushes, cups, and cutting boards. Visit [preserveproducts.com](http://preserveproducts.com)

2. **Shoes:** Instead of kicking your old sneakers to the curb, donate them to be used to make running tracks, playground surfaces, and basketball courts through the Nike Reuse-a-Shoe program. Since 1990, this program has collected over 25,000,000 sneakers to make sustainable sports arenas. Head to [nikereuseashoe.com](http://nikereuseashoe.com)

3. **Makeup:** Before you chuck your

old compacts, check with your makeup company to see if they'll accept spent packaging. MAC, for example, accepts returns through its [Back to MAC](#) program. The double reward: If you take six pieces back to a MAC store counter or send them in, you'll receive a free lipstick. Isn't recycling beautiful?

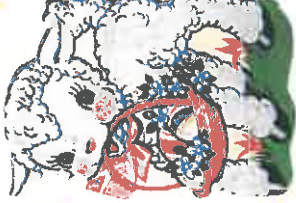
4. **Wine Corks:** Talk about uncorking the possibilities: An organization called reCORK repurposes your wine corks into shoe soles. Plus, they've planted more than 7,000 cork trees in Portugal to make their endeavor even more sustainable. We say cheers to that! Find a drop-off location at [recork.org](http://recork.org)

Who wants free makeup? Well ladies, or men, there is a way! Need a reason to drink more wine? Well, maybe we don't need that, but there is lots of reasons for us to research recycling a bit more, and make our children aware that the future is brighter if we all do our part to keeping the world's resources, a resource!

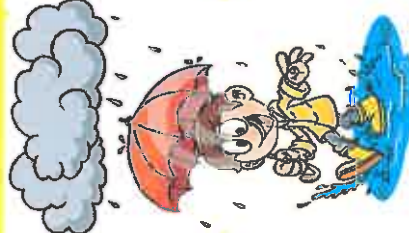

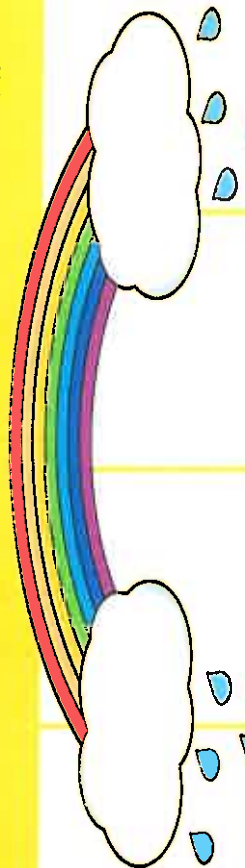
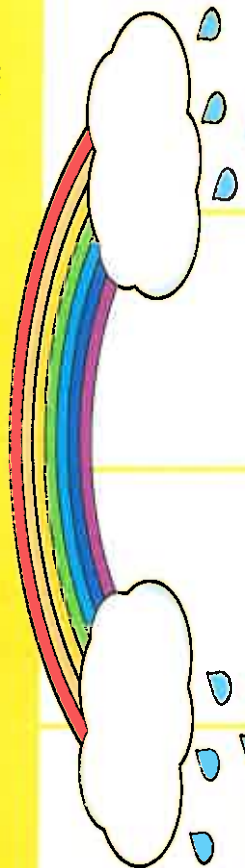
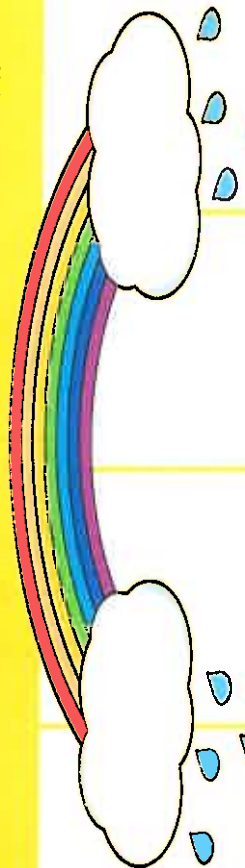
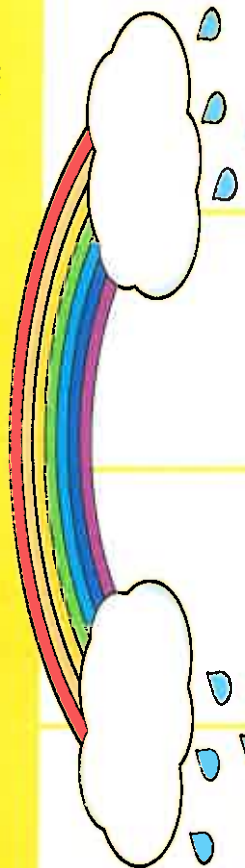


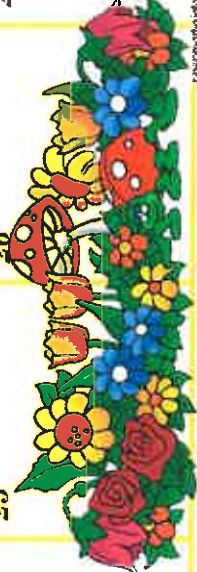
*Michael and the School Agers - Reduce, Reuse, Recycle!*



# MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 Happy B'Day Elijah	6 Happy B'Day Aama  Menu #4 13 Happy B'Day Jacqueline  Fees are Due Menu #1	7 Happy B'Day Jasayah	8 Happy B'Day Arianna & Mia  15 Happy B'Day Emily  <b>March Break</b>	9 Happy B'Day Misha  PAC Meeting 7-8  16	10 Happy B'Day Oscar, Caitlin, Maximus & Christopher  17 St. Patrick's Day  Ipsita's 3rd Anniversary with Alpha  24	11 Happy B'Day Michael's 6th Anniversary with Alpha  25
12 Happy B'Day Mannat  	20 Happy B'Day Rylan & Liam  Parent Survey Menu #2 handed Out  27	21 Happy B'Day Efe  <b>Parent Appreciation</b>	22 Happy B'Day Efe  29 Happy B'Day Amelia	23	30 Parent Survey Due Back  <b>PICTURE DAY</b> Infants, Inter. Tods & St. Pre	

# APRIL 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2	 <b>CHEESE!</b> 3	 4	 5	 6	 7	 <b>APRIL Fools Day!</b> Happy B'Day Sheila 8
9 Happy B'Day Sura	10 Fees are Due Menu #1 11 PICTURE DAY Jr. Pre & EP	12 Hop-a-thon for Muscular Dystrophy 13 Happy B'Day Daniel PAC Meeting 7-8 20	14 Happy B'Day Michael 15 Happy B'Day Samantha <b>Good Friday</b> <b>Alpha Closed</b> 21	16 Happy B'Day Aviraj <b>HAPPY</b> <b>EASTER</b> 22 Happy B'Day Kimora  <b>Earth Day!</b> 29 Happy B'Day Aarav	17 Easter Monday PA Day Menu #2 18 <b>Pot Luck</b> <b>6:30 - 8pm</b> 19 25 Fees are Due Menu #3 30	23 24 Fees are Due Menu #3 26  27 Happy B'Day Gurnoor 28