



July/August 2017 Newsletter

Word From The Office

July and summer are here once again and with it is lots of sunshine, which means that it is vacation time, a time for fun and laughter. The holiday schedules are posted; please take a minute to indicate when or if your child will be away on vacation. This will really help in staff scheduling and in planning special events for the children.

Our summer camp program is underway, bringing back old friends and welcoming new ones. Once again, our Summer Camp is a busy, action packed program, therefore, requiring lots of energy, so be sure that your child is getting enough rest in order to fully participate in this fun time. This years' camp councilors at the Springdale location are Michael Burns, Klein Wilhelm and Areanna Jacob. Travelling with the campers to Cathedral will be Klein or Chrissy Dument (these two staff will be taking turns travelling.) We know how much fun the children had in the past and this summer we have once again some new and exciting trips planned, so it looks to once again be a great summer.

Now that our new outdoor learning environment is in operation and the children are learning so much while engaging with nature we are asking for a couple of things in order for your child to gain the most out of the natural learning environment. In the environment the children have access to a water pump to use as they wish within their play. We are highly recommending that all children have a complete change or two of clothing in their cubbie at all times as sometimes your child's learning will cause them to become dirty and or wet. We are asking that you please send your child in older clothing or clothing that you do not mind them getting dirty or wet. We also highly recommend that your child's outdoor shoes be water shoes that have a firm grip on the bottom. Water shoes can be purchased at Walmart, Giant Tiger and the Supercenter and they are a reasonable price. Please make sure that your child's name is on the shoe in order that they can be identified easily. The educators want the children to experience nature to its fullest without becoming anxious or worried that mommy and daddy are going to be upset with them for getting wet or dirty. June 29th is international mud day and the children will be playing and engaging with water and sand in order to participate in the mud activities on that day. Your co-operation in this matter is appreciated.

Dates To Remember:

Saturday July 1st/17
Canada Day! Happy 150th Birthday Canada

Monday July 3rd/17
Alpha is CLOSED in Lieu of CANADA DAY

Monday August 7th/17
Civic Holiday. Alpha is



Summer Dress Code: shorts, t-shirt. Long pants, sweatshirt, underwear, socks, indoor shoes, outdoor shoes, or a shoe with a rubber sole with a grip to enable your child to use the climbing apparatus, sun hat, and sun screen. Please remember that open toed shoes (sandals, flip flops) and CROCS are NOT safe footwear on the playground as your child may accidentally stub their toes and cause serious injury. Sandals may be worn indoors if they are closed toed but FLIP FLOPS are not permitted at the day care at all as something could just as easily fall on your child's toes indoors. Safety is always our number one concern.



While staff are off having their well earned vacation, the following familiar faces will be in the classrooms helping out to ensure that our programming runs smoothly and at the high standards that Alpha offers. Please welcome Tara Kelly, Teresa Escobar, Shelby Townsend, Fatima Aamir, Aeranna Jacob, Sabiha Lokandwala, and Vanessa Yanqui all these staff members are very familiar with the children and the routines of Alpha.

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

Hey there, from the Infant Room! We hope everyone is enjoying the nice warm weather; we sure know the infants are! Now that the cold weather is done, we need to ensure our children are safe in the outdoor environment. When spending time outdoors with family, friends, loved ones, etc., please make sure your child has lots of water to stay hydrated, as well as applying sunscreen to all exposed areas every hour. (Don't forget to apply it to behind the ears and neck! These areas are sensitive and occasionally forgotten).

Since the Infants have been exploring the new 'Natural Playground', we have noticed a drastic change within their development and growth. As the children explore outdoors, they

can establish their own limits, explore and understand boundaries, as well as learn new skills needed to be more physically literate. They will also explore and learn through 'mistakes' or trial and error. As the seasons go by, the children will be active outside on different types of terrains, such as grass, snow, sand, etc. Exploring this will help with balance, strength and hand-eye co-ordination. Outdoor exploration also promotes imagination and creativity.



We fully understand, it sometimes isn't easy to watch our children get messy, dirty or wet, as we know the clean-up afterwards isn't the most fun. Although as they explore and become dirty and messy, they are using all their senses in different ways, exploring different textures and feelings, and reaching conclusions daily. We cannot express how much the Infants love being outside; exploring the slide, sandbox, sensory, and even using some small toys on a blanket on the grass, with the wind blowing in their hair as we sing familiar songs and fingerplays.

For more information on the benefits of a natural outdoor playground, you can visit www.bcrpa.bc.ca/hin/natureplaygrounds.pdf and if you have any further questions, feel free to ask the Infant team.

Annie, Kim, Stefanie, Madeha and the Infants

Junior Toddlers

Hello again everyone! We are super excited to welcome the Summer months, and as we do so, it is more exciting to introduce outdoor activities to your Children.

Outdoor play is a beneficial part of Children's learning, growth and development. With summer here, it is time to take full advantage of the wonders of nature, and all of the outdoor play spaces. Playing outdoors gives Children the opportunity to explore nature, and use their senses to learn more about the environment that's around them. With our newly built playground, the children are surrounded by more wildlife and nature, which has made outdoor activities more of an interest for them. Here are some easy summer activities you can enjoy with young children:



- ◆ Provide plastic pails and shovels to the children for digging in the sandbox at your local park or recreation centre.
- ◆ If you can arrange excursions, take children to places such as the zoo, water parks or recreation centres.
 - ◆ Involve children in helping to plant flowers around the garden and encourage them to pick flowers when out on a walk around the block.
 - ◆ Provide bats, soft balls and skipping ropes to encourage children to get involved and active.
- ◆ Provide chalk and allow children to draw on surfaces such as sidewalks to encourage creativity.
- ◆ Take children to play pool areas within the community.

Lastly, as you set out on these summer adventures, be sure to keep the

following safety precautions in mind:

- ◆ Remember to apply sunscreen if you are in direct sun with the children
- ◆ Bring a sun hat to shade the eyes and face
- ◆ Make sure that children using riding toys such as bikes and wagons are not in danger of rolling or speeding down a slope and losing control
- ◆ Watch children very carefully around outdoor water pools, even the very shallow ones as some children are not steady walkers and could topple into the pool.

The outdoors is a learning environment just as the classroom is, and now that the weather is getting warmer, it is time to take full advantage. Remember to keep safety on your mind at all times and have fun!

Until next time,
Ana, Alessia, Theresa and the Junior Toddlers



Intermediate Toddlers

Summer days are here and the children are out to play! The Intermediate Toddlers are having fun in the sun and enjoying the new natural playground. They love looking at the bugs, trees and planting in our gardens.

As the weather gets warmer it is important for everyone to take care of yourselves and others. Drinking plenty of liquids and making sure we do stay in the shaded areas to minimize exposure to sun. Being in the sun for too long can cause sun burn, rashes and even cancer.



Here are some sun safety tips we can follow;

- **Wear sunscreen:** should be at least 30 SPF
- **Drinking lots of water:** this will keep us hydrated and helps to reduce the chance of heat illness.
- **Covering up:** wearing light colours and loose material to help reduce exposure on our skins. Also by wearing a hat to shade use from the sun.
- **Limit yourself in the sun:** making sure you there is lots of shades around you such as parks with lots of trees, awnings, umbrellas or gazebo

tents

Have Fun and Be Safe and enjoy the nice warm weather!
Sukhi, Jacqueline, Felicia and The Intermediate Toddlers!

<https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-tips-parents.html>

<http://kidshealth.org/en/parents/sun-safety.html>

<http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php>

Preschoolers 1

Hello Parents. At this time of year your child might be moving up to the next classroom which means they have to leave what they have become comfortable with to start in another room which might make them become and/or feel different before they are able to settle in.

Transitions are changes in a routine and you are the change agent for your child, meaning, your role is pivotal to the success of the transition.

Moving or transitioning from one thing to another not only happens at childcare but begins when your child wakes up in the morning. It involves a series of actions during which children are actually leaving one activity and taking up another. These activities would include: waking up in the morning, getting out of bed, brushing teeth, dressing, having breakfast, getting into the car, arriving at your next destination, saying hi to a friend, switching classrooms, separating from you, driving home, eating meals, bathing, getting ready for bed etc. which creates a routine.

Transitions are changes in a routine and you are the change agent for your child, meaning, your role is pivotal to the success of the transition. Often times children respond to the stress of transitions by whining, getting angry or defying a parent. Parents often respond by cajoling, giving in or

getting angry. As the change agent, there are things you can do to increase the chances you'll be able to move your child from one activity to another without incident and it's worth thinking about how well you're doing this.

How well transitions go will depend upon many things, including your child's current ability to cope with change, your child's communication skills, you and your child's current level of tolerance, how much sleep you had the night before, how much sleep your child had the night before, heavy traffic and aggressive drivers, weather conditions etc.

Since transitions happen so frequently, it can be helpful to use different strategies. Parents who provide empathy and support, help the child gain a sense of control, create rituals that provide predictability and teach their child ways to cope with change will find far greater success. Listed below are strategies that will help make transitions easier for your child.

- **Involve your child in the decision.** Ask your child, "What

might help you feel more comfortable?"

- **Walk your child through the process,** explaining how it will go. Knowledge is power.
- **Show visual aids** such as reading books on the subject.
- **Explain the benefits** so the child can learn the positive outcomes, too.
- **Slow down the pace.** Give your child a chance to wind down or to say goodbye.
- **Learn to read your child's cues** and help him/her learn to identify them too.

A misstep in how you handle moving your child from one activity to another, even when it's seemingly become routine, has the potential of coloring your child's day. For instance, tights instead of socks, pigtails instead of ponytails, shoes instead of sandals can, on some days, be more than your child can handle. When you think about it, it's really not so different for adults. Nothing can impede a transition like discovering that you've misplaced your keys when you're leaving home, or finding you have a dead battery.

It's not realistic to be well-rested,

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Preschoolers 1 cont'd

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healthy and positive all of the time. It's difficult to be at your best and feel your best consistently, no matter how hard you try. Some of these things just aren't under your control. Your focus must be on what you can control.

- Try to give yourself plenty of time just in case.
- Use a "transition toy" your child can hold before, during and/or

after the transition.

- Describe what's going to happen next and what he or she can look forward to.
- Compliment your child on something he or she is doing well.
- Remind your older child what will happen later in the day.
- Ask your child care teacher what works at child care.
- Sing a favorite song together.
- Make a game out of the move, and

let your child be the leader.

- Ask other parents what works for them.

If one strategy doesn't work, give it more time. If you're still having problems, make modifications or try something else. Keep at it and you'll find something that is good for both of you.

Good luck and Happy transitioning!
Clarah, PJ and the Preschool 1 class

Junior Preschool

Wet Is Wonderful . For years we have said "We can't go outside today it is raining".



For years we have missed many experiences for learning and interactions.

Outside is transformed when it is wet. The wet ground smells different, our environment sounds different and the ground feels different. Opportunities for language and exploration are varied; digging for treasure in the wet sand or looking at the rain drops on the leaves. Snails and worms love the rain

and will come out to play. The earth becomes - soft, squishy, cold, rough, dark, tickly, muddy.

Outside in the rain is missed out on because it can be cold and we get messy.

We can easily prevent this by wearing the proper gear.

Rain boots, rain jacket, splash pants and umbrella or rain hat. We dress for



the snow and the hot weather, we should dress for the rain.

Jr Preschool team would like to provide your child with the best opportunities, looking for snails, worms, rain drops and digging in the wet sand, because of the opportunities playing in the rain provides we would like to go outside and explore our wet world. Please provide us with the correct tools to explore outside in the rain (listed above).

Your child will have a whole new experience to share with you and best of all you don't need to get wet.

Until next time enjoy the rain.
Erin, Kelly, Donna and the Junior Preschoolers

Sheila's Kitchen

How to picnic like an event planner. Pointer for you and your family.

- 24 hrs. before the picnic you need to review food choices so that you can keep all things cool or frozen during the day of.
- Park coolers under trees this help to stay cool.
- Some drinks can be frozen beforehand (drinking boxes) so they are part of the cooling system.
- Have two coolers one for drinks and



one for food this way the food cooler stays closed until you need it.

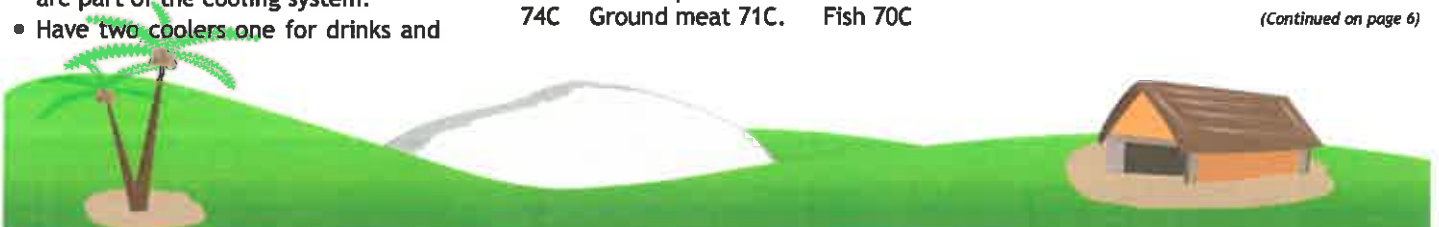
- Premade salads in jars are your best bet. Layer for eye appeal just place dressing on the bottom and shake up to mix when ready to eat.
- Paper plates, napkins and plastic forks and knives are the easiest.
- Eat sooner than later and have wet naps on hand so the bugs won't follow you around all day.
- Take temperature on BBQ food items
- Internal temperature for Chicken 74C Ground meat 71C. Fish 70C

- Have fun toys to play with on the beach and in water. Your children will be sleeping like baby's all the way home.

Strawberry and Avocado Salsa

Stir 3 diced medium avocado
2 cups of chopped strawberries
2 tsp finely chopped cilantro seeded
1 seeded minced jalapeno
pepper\1tbsp lime juice add to taste
½ tsp salt in medium bowl.
Serve with tortilla chips. Serves 4

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Senior Preschoolers

We hope everyone is having a wonderful and relaxing summer full of fun. August is Kids Eat Right Month and is the perfect time to think about how you can get your children involved in the kitchen. Bringing kids into the kitchen can benefit them in a number of ways. Cooking can help:

- ◆ Build basic skills.
- ◆ Encourage an adventurous palate.
- ◆ Help young kids explore with their senses.
- ◆ Boost confidence.

At the beginning of summer, the children in the Senior Preschool class wanted to make popsicles with real fruit. They really enjoyed eating these popsicles so we wanted to share the recipe with you as well as other simple healthy snacks to make this summer.

Fruit Popsicles

Ingredients:

4 different fruits (such as strawberry, kiwi, raspberry, blueberry)
Any fruit juice or water
Popsicle tray

Instructions:

1. Pour juice or water into popsicle tray
2. Add in desired fruit
3. Freeze for 24 hours and enjoy!

Rainbow Fruit Ice Cubes

Ingredients:

Any desired fruit (such as raspberries, blueberries, kiwi, orange)
Cold water
Ice cube tray

Instructions:

1. Wash all the fruit



2. Cut fruit into small pieces
3. Fill each cube ½ full with water
4. Add fruit to each cube
5. Pour more water to fill each cube
6. Freeze for 24 hours and enjoy!

Fresh Fruit Pizza

Ingredients:

1 seedless watermelon
1 cup sliced strawberries
1/2 cup blueberries
2 whole bananas

Instructions:

1. Slice the watermelon into circle slices.
2. Cut each circle into 4 halves.
3. Top with the a few strawberries, followed by the banana, and lastly the blueberries.

Strawberry Frozen Yogurt

Ingredients:

4 cups frozen strawberries
3 tablespoons honey
½ cup plain Greek yogurt
1 tablespoon lime juice

Instructions

1. Put all of the ingredients in a blender and blend until smooth
2. If you use frozen strawberries you can scoop and enjoy immediately. If you use fresh strawberries, add extra liquid, or if you just want a more solid consistency, pour into a container with a lid and freeze until desired consistency is reached. Then just scoop and enjoy!

Spending time in the kitchen with your kids can foster an interest in food and cooking that will last for life! Enjoy!

Senior Preschoolers, Annie and Cassie

Junior/Senior Kindergarten

We would like to start our summer newsletter by welcoming our new friends along with their families to the Senior Preschool/ Kindergarten room. With sad tears we said good bye to our SP/JK/SK friends and we wish them the best of luck in school. It's hard to believe that another school year has ended. We have had a wonderful year with your children, and we would like to thank everyone for their support throughout the year.

Over the summer months we will be reviewing our academic programs with the children along with fun and wet summer activities. It is important to

continue to review letters, sounds, and numbers throughout the summer. Participating in reading, writing and math activities this summer can be a great way to spend time together, e.g. writing about a family vacation, visiting your local library, playing letter/word/number games. Here are some summer safety tips to keep in mind.

Stay fit and active this summer

Keeping children physically active improves their health,



increases their confidence, gives them a chance to make friends and also keeps them from becoming bored. Encourage children to think about any potential risks before they start their activities. Together, create your own family summer safety rules.

Safety questions for children to ask themselves:

- Is my bike fully tuned up?
- Are my in-line skates or skateboard in good shape?
- Is my helmet certified and

(continued on page 7)



Special Events

Hooray finally summer is here and the warm weather is here to stay, hopefully. We would like to thank the children for their wonderful performances at our Spring Concert and for the Families who attended for our Annual Father's Day Barbeque. The \$200 donated will go towards the walk for Autism. A big Thank You.

Our Autism walk that took place in June was a huge success, although we did not have many walkers Alpha's Angels still raised \$1450 the additional \$200 donated at our Father's Day Barbeque helped. A big thank-you to Erin Wilhem, our team captain who helped to make this possible and to all those who donated towards such a wonderful cause. Alpha is lucky to have great



supportive families to help raise Awareness for Autism!

Thursday June 30th, 2017 is officially the last day of school for the school age children and is the end of the school year. However, Alpha continues to keep their doors open during the summer months and will be reviewing all of our academics, to keep the children stimulated and busy during the summer.

Since Canada Day falls on Saturday July 1st/17 Alpha will be closed on Monday July 3rd, 2017 in lieu of Canada Day and we will be CLOSED on Monday August 7th, 2017 for the Civic Holiday. We hope everyone has a safe, happy summer. Remember to stay cool and drink lots of water!!!

Until next time have a Happy Summer!
Lynda Leroux, RECE
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Sheila's Kitchen

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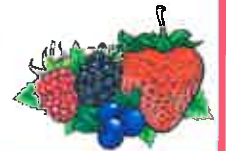
Summer Berry and Spinach Salad

Whisk 4tbsp lime juice. 3 tsp each maple syrup and Dijon mustard and ½ tsp salt in a small bowl. Slowly whisk in 1/2 cup olive oil until combined.

Layer Dressing on the bottom of the mason jar and load in order.

- Baby spinach, (142 g pack)
- 2 sliced avocados
- 2 cups berries
- 2tbsp sunflower seeds
- 4 Diced hard-boiled eggs
- Green onions
- Shake and enjoy (Serves 4)

Happy summer.
Sheila



Campers

Summer is here and that means the historic Camp Alpha has returned for another fun filled summer of excitement, wonder and adventure! Camp Alpha will ensure the children have a very positive summer of enjoyable activities, great camaraderie, and most importantly a very safe environment whether in or out of the c l a s s r o o m .

We, the staff, will do our best to have the children well prepared for their camp experience this summer, but it is important that their positive and healthy experience starts in the morning - at home. So a few things to reiterate, that I am sure you already know, just to prep the children for each day:

1. **Lunches** - it is important that the children have a lunch that consists of a variety of food groups. Ex. Bread, fruit, vegetables, but it is also important we remember allergies that are within the classroom. Peanuts, and other nuts, as it is standard practice to avoid



bringing these into any school setting but to also avoid any other allergies that may be in the classroom. The children will help, as will I, by informing you of any allergy that the classroom may have. Please try your best to send food and drink in plastic containers to avoid as much garbage as possible to not only make things easier for the children, but to also keep our environment clean.

2. **Clothing and swimwear** - The children should be dressing appropriately for the weather, ensuring that they have proper clothing and footwear each day. Remember that open toe sandals are not permitted at Alpha, all footwear must have closed toe. This also includes water shoes that the children *must* have to take part in any splash pad/water related activities. The children must bring their clothing for water play EVERY DAY to Alpha, as we could be involved in water play at any given day.

3. **Sunscreen** - An absolute must, each day, every day, and all the time! I suggest leaving a bottle at

Alpha in the children's cubby area so it is readily available every day. Have the children's name on the bottle in permanent marker so it is not mixed up with other children's bottles as there may be some allergens to certain sunscreens.

4. **The Schedule** - This will vary from week to week with so many different activities. Please be aware of the schedule each week your child is in camp as there are trips in certain weeks and the bus will be leaving at a strict, pre-determined time so it is imperative you have your child at the centre prior to the buses arrival.

Just a couple reminders for the parents and the children, for they will be responsible for their belongings once they leave the house. Here at Camp Alpha we wish everyone a very safe and enjoyable summer and hope that all the school age children have a great experience and return to school refreshed and recharged.
Michael and the Camp Team!



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Junior/Senior Kindergarten

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specific to the sport I am participating in?

- Does my equipment (e.g. wrist guards, knee pads, lifejacket, etc.) fit me properly?
- Do I understand the rules of the game and the skills needed for the activity?
- Am I playing in a safe area (e.g. park versus the road, supervised pool or lake)?

Be SUNSMART

One bad sunburn in childhood can double the risk of developing skin cancer (Canadian Cancer Society). Help protect you and your family:

- Reduce sun exposure between 11 a.m. and 4 p.m. or



when the UV index is 3 or more

- Seek shade or create your own shade • **S L I P I** on lightweight clothing that covers your arms and legs
 - **SLAPI** on a wide brimmed hat and UV protected sunglasses with wraparound frames and even shading
 - **SLOPI** on sunscreen and lip balm with SPF 30 or higher and reapply every 2 hours
 - Keep babies under one year out of the direct sun

Have A Great And Safe Summer!

Christina, Katusha and the Senior Preschool/Kindergartens

A Moment With The Manager

Now that the summer months are here I felt it was fitting to discuss with you the importance of taking your children on a vacation. Just like you and me, everyone needs a break from their daily routine, even the children, as life in itself is stressful and exhausting. Sometimes we forget that being at day care all day everyday is a child's work which can be full of frustration, challenges as well as many successes. Then in the midst of all that we rush them off each night to participate in some extra curricular activity, whether it be soccer, swimming, hockey or dance. The children burn a lot of energy trying to meet all these expectations, therefore, children need time to relax, rejuvenate and enjoy life's little things, just as much if not more than we as adults do. So, this summer I encourage you to take your children on a mini vacation.



Take advantage of the times when you can be with your children for extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child. It is important that your child see you letting your hair down and putting your feet up and relaxing in order for them to learn from your role modeling. When planning your vacation involve the children in the planning process. Pick up brochures and schedules of the places that you would like to visit or take a trip to the library to gather information on the places you might see while vacationing. Remember try not to plan too much as this can cause undue stress and fatigue. As well, remember to always take your child's lead whenever possible. If they really want to just swim in the pool versus going to the museum, let them, both of you will have a much better time doing something that you want to do as supposed to something that you have to do. Vacation time gives you ample time to build on the special relationship that you have with your child. Remember relationships get strengthened tickling toes in bed just as often as they do from the many places that we may visit together.

Have a great time with your child this summer and create some lasting memories that both of you will cherish for many years to come.

Until next time, my door is always open
Mary Soundy RECE, B.A.
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We're on the web visit
www.alphachildcare.ca







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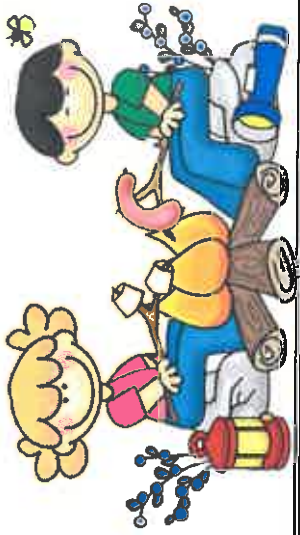
July 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 	3 CANADA 150 ALPHA CLOSED FEES ARE DUE Menu #3	4 Mary's 29th Anniversary with Alpha Summer Camp Begins	5 Happy B'Day Darlington	6 Happy B'Day Neil	7 	8  Happy B'Day Mira
9 	10 Happy B'Day Tara Menu #1	11	12 Happy B'Day Suki	13	14 Happy B'Day Piercy & Felicia	15
16	17 Happy B'Day Ajooni FEES ARE DUE Menu #2	18	19	20	21	22 Sheila's 4th Anniversary with Alpha Happy B'Day Ann
23	24 Menu #3	25	26	27 Happy B'Day Kwame	28 Happy B'Day Lorraine	29
30	31 FEES ARE DUE Menu #1					



August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
	FEEs ARE DUE Menu #1	Happy B'Day Kelly	Happy B'Day Kimone	Happy B'Day Rose	Happy B'Day Kwaleen	
6	7	8	9	10	11	12
	CIVIC HOLIDAY ALPHA CLOSED Menu #2 Kelly's 5th Anniversary	Happy B'Day Kelly with Alpha				Happy B'Day Ethan Happy B'Day Madeha
13	14	15	16	17	18	19
Happy B'Day Manraj & Nicole	FEEs ARE DUE Menu #3	Happy B'Day Kelly	Happy B'Day Kelly			
20	21	22	23	24	25	26
Happy B'Day Manraj & Nicole	FEEs ARE DUE Menu #1		Erin's 13th Anniversary with Alpha	Happy B'Day Georgia		Happy B'Day Danielle
27	28	29	30	31		
	FEEs ARE DUE Menu #2					