



July/August 2017 Newsletter

Word From The Office



It's officially summer and it was a rainy month in June, but hopefully we will enjoy hot summer days ahead. Our educators ensure they keep the children hydrated by providing them with water while outdoors and ensure they are engaged in play, in shaded areas. To protect the children from the sun's harmful rays, the children must have sunscreen with SPF 25 or higher, that the parent will provide the educators with and it will be applied to all exposed skin areas. If you do not provide sunscreen for your child all exposed skin areas will be covered with a light long sleeve shirt and pants and of course a hat will be worn while outdoors. Just a reminder that crocs, sandals and flip flops are unsafe and may not be worn on the playground or indoors. We encourage running shoes so the children can run freely without worrying about their shoes slipping off causing injury to their body.

During the summer months our educators are due for some well deserved time off. You will be seeing the same familiar faces throughout the classroom and I will try to keep it as consistent as possible with minimal changes. We would like to welcome Kazeem to the Alpha family, who is our new School Age/Camp Leader, while Camila is away on maternity leave and we look forward to her return in April 2018. We would also like to welcome Enoch, who will be covering our float position relieving educators for breaks and covering the educators at the end of their shift, to go home. When ratios allow Enoch will complete cleaning duties within the centre. We are very excited to have both of these educators on board to share their many talents with us.

Over the summer months please inform your child's educator if you will be away for a day or a week. This helps us maintain Alpha's budget and ensures we have proper coverage in each classroom. All class lists are posted outside your child's door.

On June 4th, 2017 Alpha's Angel participated in the Walk now for Autism to help raise awareness for Autism. We raised \$200.00 at our bake sale and together between both locations we raised \$1250.00. We would like to thank all the families who joined us for the Family BBQ last month. Total donations was \$415.00. Once again thank you for being so generous, we truly appreciate all your support and the children will enjoy a comfy book nook in their classroom. This will help the children self regulate when they have strong emotions and just need a place to get away when they need a break from a loud environment. This book nook will definitely support children to calm their bodies and enjoy reading a book in a quiet area!

July 3rd, 2017, Alpha will be closed in lieu of July 1st to celebrate Canada's 150 Birthday. August 7th, 2017, Alpha will be closed for the Civic holiday and September 4th, 2017 Alpha will be closed for Labour Day.

Another reminder to parents, if you are withdrawing from the program Alpha needs a 2 week withdrawal notice in writing. If your child is entering the school board this fall, a 2 week written notice still needs to be given or Alpha will assume that your child will be continuing in our Jr./Sr. Kindergarten program and will be charged the applicable rates, this also includes subsidized families. So be sure to inform Patricia or Jennifer in the office.

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Dates To Remember:

July 1st - Happy Canada Day celebrating 150 years!

July 3rd - Alpha Closed in Lieu of Canada Day

August 7th - Civic Holiday Alpha Closed



Word from the Office cont'd

(Continued from page 1)

It is with great sadness that Faye, our in house chef, will be retiring at the end of August. Although she works behind the scenes, and a lot of families do not have the opportunity to greet her, she will definitely be missed within the centre by the children and the Alpha families. Faye commits to providing healthy, nutritious lunches and snacks. She prepares food for all major functions that happen at Alpha and without her the children would be leaving Alpha with empty bellies. The children often look forward coming in from outdoors to discover what Faye has prepared for them. When Faye arrives in the



morning the Preschoolers often stop her in the hallway, give her hugs and ask "What's for lunch?". To say that Faye will be missed is an understatement as it will be hard to imagine our workplace without her! She is one of those rare people who instantly became a friend instead of "just" a colleague. There are no words to truly reflect how much we will miss working with Faye. Over the past 7 and half years with Alpha, it is clear that Faye's dedication to our families has made a huge positive impact on our company. We hope retirement brings her wonderful things!

With that being said we would like to welcome Vincent Bracco who will be working along side Faye for the next two months. He is eager to start his journey

with the Alpha family and bring his home style cooking flavour to our organization! Alpha looks forward to working with Vincent and we are excited to try his home cooked meals! Welcome to the Alpha family Vince!

Until next time my door is always open. Keep cool, be safe and enjoy the fabulous summer!

Patricia Andrade RECE
patriciaa@alphachildcare.ca

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Junior Toddlers

It's been a busy few months in the Jr. Toddler room and we've been busy in the classroom, always exploring and learning. We've been working especially hard on our self-help skills and have been learning how to dress and undress ourselves for outdoors. Hopefully sweater weather is in the past and its all sunny days ahead. Just a reminder, that when you are sending your child to daycare they are required to wear a hat at all times. If your child does not like wearing hats or tends to take it off, you can always find one that ties under the chin to help solve that. We recognize that the morning can be a bit chilly and it doesn't warm up until later in the day, feel free to pack your child shorts and t-shirt in their bag and let the educators know it's there to change them into for the afternoon. We also



ask that you bring sunscreen for your children SPF 25 or higher to protect them from the UV rays as we are outdoors for a minimum of 2 hours a day. It's going to be a great summer and we are excited to take in all the fresh air we can.

The Jr. Toddlers have been experiencing a lot of biting happening in our classroom. Biting is a very common and normal behaviour among toddler aged children as it is a way of communicating frustration when they do not have the language to do so. Also, teething is happening at this age and by biting, it relieves the pressure and pain that is felt in the mouth from those teeth poking their way through. The educators in the classroom have been reading the book "Teeth are not

for Biting" and encouraging the children to attempt to use their words as biting hurts. This can also be spoken about and encouraged at home. There are many books you can get about biting and many resources online outlining the reasons why biting is so common among toddlers and strategies you can use to deter the biting. Here is a link you can visit that goes into further detail about biting among toddlers.

<http://kidshealth.org/en/parents/stop-biting.html>

Alpha also has many resources on hand regarding biting. Feel free to ask the educators to get some for you if you are interested!

Alicia, Prabhjot and the Jr. Toddlers



Senior Toddlers

Hello Alpha parents and welcome to the month of July! We welcome our new friends Moussa and Ibrahim and his family to our Alpha family.

Now that summer is here we want to ensure that our children have the right clothing and accessories for the outdoors. please make sure your children have summer hats and sunblock on as the rays can be really strong during the summer time and the appropriate footwear.

The Senior Toddlers have been interested with sea animals. We have

discussed about the different fishes and other animals in the ocean, we have also been creating crafts of jelly fishes and reading books, it was a fun experience to do with the toddlers.

Now that the weather has been getting better there are many activities that you and your family can do over the summer break here are some ideas:

1. Make ice cream sandwiches
2. Visit the beach and collect shells
3. Have a picnic at the park.
4. Go out for fireworks for Canada's day!
5. Visit a Waterpark

6. Visit a museum
7. Learn how to swim
8. Plant flowers together
9. Bike rides
10. Visit Ripley aquarium

I hope these ideas will help your family over the summer break, always remember to stay safe and have fun!

Elsie and the Senior Toddlers



Junior Preschoolers

Welcome to the month of July and August! Last month we had a wonderful time at the Father's Day B.B.Q.

We can finally enjoy the outdoor weather with outdoor discoveries, observing flowers blooming, bunnies hopping and insects flying around. As we go to the playground we see how the mommy bird sits down in her nest and waiting for eggs to hatch. The Junior Pre-Schoolers are very excited to see the baby chicks.



To keep you and your family busy here are some great ideas for various events taking places in and around Brampton. Most events are also free.

Downtown Farmers' Market

When: Saturdays

Where: Main Street North and South

Time: 7 AM - 1 PM

Admission: Free

Veggie food, Yoga and Culture festival

When: August 26

Where: Brampton Soccer Centre

Time: 10:00am - 10:00pm

Admission: Free

Canada Day in Brampton

When: July 1

Where: Chinguacousy Park

Time: 12:00 PM - 10:00 PM

Admission: Free

Story time and crafts at Chapters Brampton

When: Every Tuesday

Where: Chapters Brampton (52 Quarry Edge Drive)

Time: 10:30am

Admission: Free

Inspirational Music in the Park

When: Every Tuesday

Where: Gage Park

Time: 7:00pm to 9:00pm

Admission: Free

Carabram

When: July 14 to July 16

Where: Various Locations

Time: Various Times

Admission: Adults: \$12, Children Free

Tech Spark Summer Camp: Kids Making Apps

When: July 3 to August 25

Where: 173 Advanced Blvd

Time: 10am to 3:30pm

Admission: Free

Have a great summer,
Kulvinder and Junior Preschoolers!

Faye's Kitchen



I have finally made it to my "Golden Years" and will be retiring from Alpha Child Care Ltd on August 31st, 2017. It has been a pleasure working with everyone involved at both Alpha locations. The owner Greg Humphreys, has an incredible knack for this business and chose a professional senior staff team, who in turn have professional child care educators. I will miss the children and parents who have given me their support over the years. It has been a joy cooking for the children, who surprisingly, love almost everything I prepare. They are always interested in what I am making for lunch and snacks and give me lots of hugs each day. I will leave with wonderful memories. Thank you everyone

Faye Grooms



Senior Preschoolers

Hello everyone! Summer is here and as all you know we go outside twice a day. Please make sure your child has a sunscreen, a hat, outdoor shoes and pair of extra cloths in case they get wet or some accident happens throughout the day.

We will be doing water activity fun days starting in July but a reminder will be provided to all. Please make sure you send a towel, boots, shorts etc. for water days.

Preschoolers are growing fast and most of them are going to school in September. For some children starting school can be really difficult. Every child is shy to go somewhere new and see people they



never met before. So, here are some tips to prepare them for first day of school.

1. Let them know about their school schedule and timing of school.
2. Make sure you visit the school with your child and show them where their classroom will be and introduce them with their new teacher.
3. Talk to them about school and ask their siblings to tell them more fun part about the school.
4. Ask their feelings about starting school.
5. Reading books before sleep about school will also be a great idea.
6. Tell them how everyone feels about first day at school. For example: you as a kid also felt nervous about the first day of school.
7. Reassure them if any

problem arise you will be with them always.

8. Tell them if they have any problem they should tell their teachers first.
9. Find out some fun activities after school that they can join.

For more information you can visit these sites:

<http://theimaginationtree.com/2013/08/top-tips-for-starting-school-parents-teachers.html>
<http://www.parents.com/kids/education/kindergarten/prepare-your-child-for-school/>

Until next time,
Jennifer, Nancy, Sandeep and the Preschoolers

Campers

The school year is over and summer has begun!

Our Summer Camp program has lots of trips and fun activities planned. From going to the movies, Chinguacousy park and bowling to Lego challenges, Kool-Aid art and potluck. We also have new summer educators, Kazeem, Klein and Chrissy. This summer will be a blast!



Here are some everyday necessities for Campers to make the most of our Summer:

A water bottle. It gets extremely hot in the summer and it is important for everyone to keep hydrated. We will be going outside everyday.

Sun 35+ Sunscreen, scent free. Sunlight consists of ultraviolet (UV) rays, as well as related rays such as UVA, UVB, and UVC. UVA rays are present throughout the day and are the most important cause of premature aging of the skin. In addition, UVA rays are responsible for photosensitivity reactions and also contribute to skin cancer.

Water Wear. Which includes swim wear, water shoes, towel and extra clothes. NOT ALLOWED: Crocs, Flip flops and any open toed shoes. Because of the wet surfaces and the lack of grip on those types of shoes children will be more prone to fall. (children who do not have the appropriate foot wear will not be



able to participate in water play.)

Healthy Lunch. Because we will be having lunch either on a trip or outside a microwave or freezer isn't accessible. So always pack a non-microwavable lunch. As well as, having all the

food groups in there as well (dairy, fruits, vegetables, meats, and grains). Eating a healthy lunch will make your energetic child keep up in the hot weather.

With all these things packed **EVERYDAY** we will have the best and safest summer!

Your Camp leaders Chrissy, Kazeem, Klein



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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.

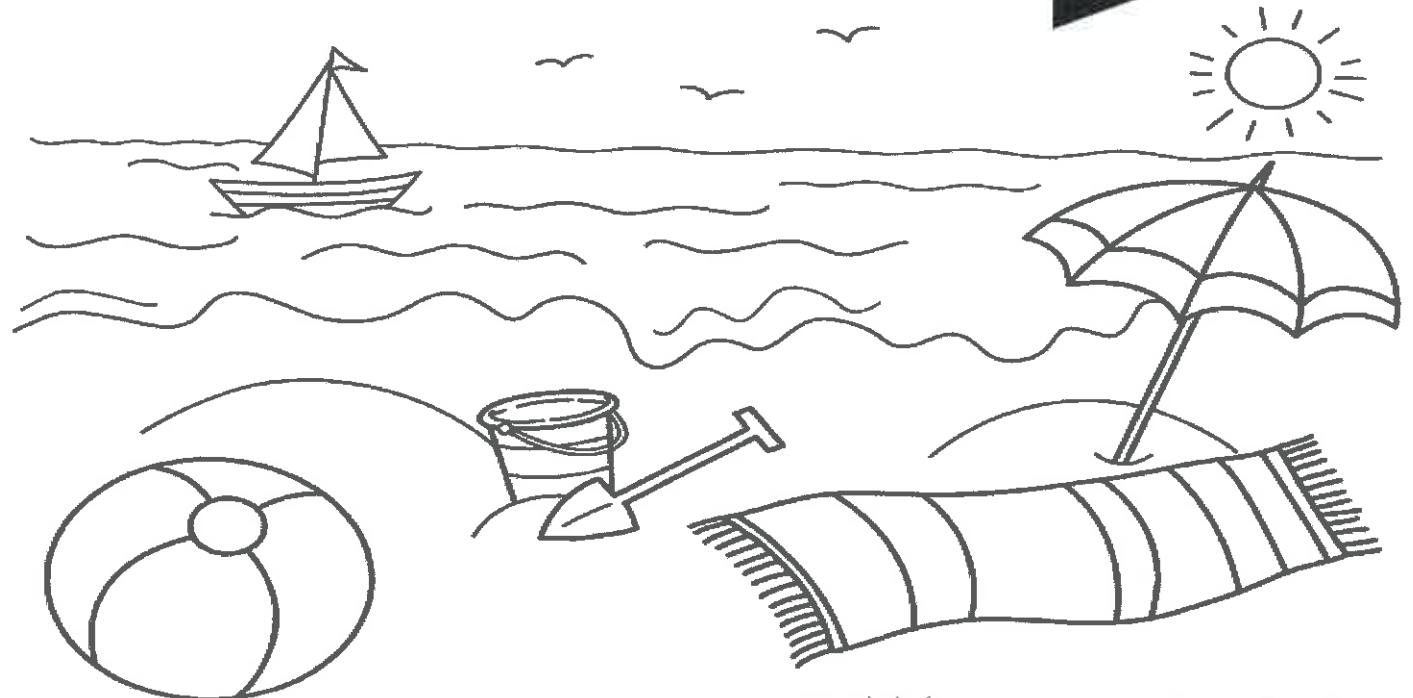
Take advantage of the times when you can be with your children for extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child. It is important that your child see you letting your hair 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 Soudy RECE, B.A.
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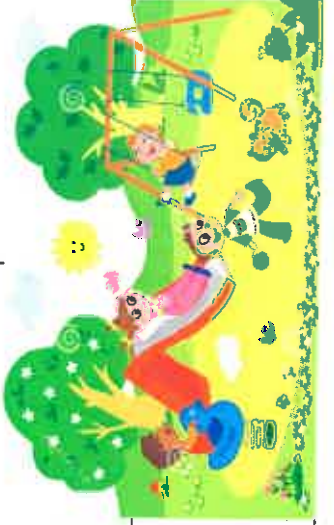




July 2017

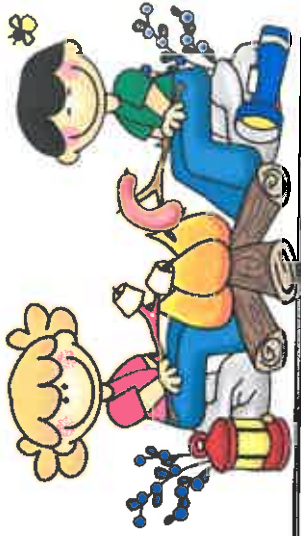






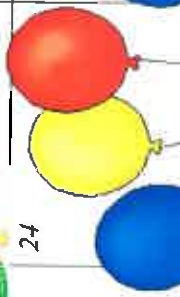

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----------------------------|-----|------------------------------|---------------------------|----------------|
| 2 | 3 CANADA 150 ALPHA CLOSED FEES ARE DUE Menu #3 | 4 Happy B'Day Khianna | 5 | 6 | 7 SCHOOL'S OUT! | 8 150 Years |
| 9 | 10 Menu #1 | 11 | 12 | 13 Happy B'Day Jamie | 14 | 15 |
| 16 | 17 FEES ARE DUE Menu #2 | 18 Happy B'Day Taliah | 19 | 20 | 21 Happy B'Day Levi | 22 |
| 23 | 24 Menu #3 | 25 | 26 | 27 Happy B'Day Grayden | 28 | 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 Brayden & Julian | |
| 6 | 7  ALPHA CLOSED Menu #2 | 8 | 9 | 10 | 11 | 12 |
| | | | | | Happy B'Day Marcelo | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | |  | | | |
| 20 | 21 FEES ARE DUE Menu #3 | 22 | 23 | 24 | 25 | 26 |
|  | | | |  | | |
| 27 | 28 FEES ARE DUE Menu #2 | 29 Happy B'Day Nathanael | 30 | 31 | Happy Retirement FAVE  | |