

January/February 2018



Dates To Remember

Monday January 1/18
Centre is CLOSED in lieu of
New Year's Day

Thursday January 11/18
PAC Meeting from 7pm.-
8pm.

Tuesday January 16/18
Kindergarten Information
Night between 6:30pm. -
7:30pm.

Monday January 22/18
PA Day for both the Catholic
& Public School Boards.
Trip to be announced

Tuesday January 23/18
Family Literacy Night
between 6:00pm -7:30pm

Thursday February 8/18
PAC Meeting from 7pm.-
8pm

Friday February 9/18
PA Day for both the Catholic
& Public School Boards.
Trip to be announced

Wednesday February 14/18
Valentine's Day

Friday February 16/18
Gung Hay Fat Choy -
Chinese New Year

Monday February 19/18
Family Day --- CENTRE IS
CLOSED

Friday February 23/18
STAFF AWARDS DINNER
--- No LATE CARE we
CLOSE at 6pm SHARP!!!!

Word From The Office

Happy New Year!! I hope everyone had a great holiday season and that Santa fulfilled all your wishes. We have noticed that Santa has brought a lot of new mittens and hats. Please be sure to label all articles of clothing with your child's name so that we can ensure that all pieces are put into the proper cubbie. (Please see your supervisor to obtain information about purchasing labels). Please ensure that the children have the following each and every day in order to participate in our outdoor program. Snow pants, warm coat, boots, a hat, a neck warmer (scarves are not safe) and two pairs of mittens. (one pair for morning outdoor playtime and one pair for the afternoon outdoor play time.)

Now, that the snowy weather is upon us, we ask for your help in maintaining a clean dry environment for the children. Since the children spend approximately 50-70% of their days on the floors we ask that you **PLEASE REMOVE YOUR SHOES/BOOTS BEFORE ENTERING THE CLASSROOM.** If you are in a rush and you need something within the classroom environment please ask a your child's

educator and they will be more than happy to help you.

On January 16, 2018 we will be hosting our Kindergarten information night beginning at 6:30 p.m. Your child is eligible for Junior Kindergarten if they will be four years old on or before December 31, 2018 and are eligible for Senior Kindergarten if they are five years old on or before December 31, 2018. We will have a presentation on the benefits of remaining in Alpha's Kindergarten Program. We will run through the goals that are expected of the children and we will have a power point presentation on what a day in Alpha's Kindergarten Program would look like. You will then have an opportunity to visit our Kindergarten class and view all the curriculum pieces that the children are exposed to as well as Jacqueline, RECE and Emilija RECE, OCT the Kindergarten educators will be here to answer any questions that you may have. There will also be samples of lunches and snacks prepared by our wonderful chef Sheila, for you to try. I hope everyone can join us and obtain the information that you will need in order to make the best decision for

your child's Kindergarten program.

With the change of season fast approaching us, a lot of us will or have changed coats or purses, therefore, please remember to put your access card/fob in your different apparel. If you have lost or



misplaced your card/fob please let us know in order that we can delete it from the system. If you need a new card/fob or have not purchased a card/fob yet (\$10.00 per card/fob, which is fully returned to you when the card/fob is returned to us at the end of your child's stay with us.) please let us know in order that we can issue one to you. This will save you a lot of time waiting for someone to let you in, as sometimes the educators are very busy and cannot always answer the door right away. It is Alpha's policy that only an Alpha employee may open the front door to allow the person on the other side of the door access into the child care facility. **PARENTS may not** open the door to anyone, even if they know that the child of the person on the other side of the door is registered with

(Continued on page 2)

Word From The Office cont'd

the children please try and find an Alpha employee to open the door. Also, when you are letting yourself in and someone unfamiliar follows you in, please make sure a staff member is aware of this in order that we can ensure that the person is someone who should have access to the child care centre. Safety is our number one priority and working together we can ensure that our environment will be as safe as possible.

Staff would like to thank everyone for all the wonderful treats that were sent in over the holiday season. Everyone thoroughly enjoyed them. Your thoughtfulness was appreciated very much by everyone.

Don't forget those extra hugs and kisses to those you love on February 14, 2018, Valentine's Day. Hopefully the ground hog will see his shadow and there will be only six weeks of winter remaining.

Income tax receipts will be in the office by the end of February. If you require your receipt to be split between mother and father, please let Lynda or Patricia know ASAP. This will help with delays in obtaining a replacement receipt.

Until next time, my door is always open

Mary

marys@alphachildcare.ca
905-458-4884

(Continued
from page 1)

Alpha's program. The reason for this is that the status of parents may change with Alpha, therefore, no longer allowing them to pick up their child. We appreciate that you want to help, but for the safety of

Infants

We hope that everyone had a great holiday filled with love and memories.

It's hard to believe that it is 2018 as the children are growing so quickly. Most of the Infant class are eating solids, feeding themselves and walking. Some of the children are starting to say words as well.

As we all know encouraging Language in your young child can be difficult. It is so hard not to compare your child with others who are the same age. Here are some ways that you can encourage oral language. Talk to your child whenever and wherever you can throughout the day. Describe what they are doing. (I like how you are pushing the car around) What you are doing with them (I am going to give you a bath and then label their body parts.)

Get close to your child so they can see your lips and facial expressions as they hear your voice and make eye contact with you. Respond to your child and expand on what they are pointing at or trying to say.

If a child points to the light on the ceiling then respond "You like or see the light." If your child grunts and gestures towards the counter respond by saying "You want something from here?" "The crackers?" (hold them up) Encourage the child to say the word by repeating it a few times. (Cracker, Cracker). All young children love to sing songs. As you are describing what you are doing with your child you can say it in a sing song voice to capture your child's attention. Singing childhood songs and nursery rhymes



are a great way to encourage language. The lyrics to most songs can be found on line and Wal-Mart has great cheap children's C.D'S to purchase and play in the car.

Incorporating story time just before bed time helps to calm and relax your child for a restful sleep. It is a nice time to show children the letters on the page, look at the pictures and listen the words you are saying to them. It will be amazing how in a few months, your Infant will start to repeat and use their words throughout their daily routine when you incorporate some of these strategies.

Have a great year

Kim, Ann, Suki, Vanessa and the Infants

From Sheila's Kitchen

Happy New years to all my Alpha parents and children, wishing you and your love ones an amazing new year of possibility's.

Many parents ask me for lunch ideas for their School Agers. So, I pulled this together from Pinterest and hopefully this will help. I know one thing for sure is you really need to make them the night before if you want to have an easier start in the morning. At our

(Continued on page 3)

Junior Toddlers

Hello again everyone! We hope you all had a fantastic holiday, celebrating with family and friends and enjoying some much needed down time.

We have a busy year ahead and we in the Jr. Toddler room cannot wait to see what adventures the New Year will bring us. The educators will continue to nurture the children's autonomy especially in self-help skills such as dressing and undressing. We will also be working hard on developing the children's social and verbal skills particularly when playing and interacting with their peers. Reminding and encouraging the children to use simple words, such as "No" and "Mine" when they are upset will allow the children to problem solve without hitting, biting, scratching, etc. Unfortunately there have been a number of scratching incidents, so making sure that your child's nails are trimmed or filed will reduce scratches



and injury.

Some tips for trimming your child's nails are:

- Make a habit of happily trimming your own nails in front of your child, allowing them to see that it does not hurt and always ask, "Do you want a turn?"
- Use nail clippers or baby nail scissors with rounded, blunt edges, no sharp points until they are able to sit still.
- Play a game, pretend their fingers are a family with a mommy, daddy, baby, etc. who need a haircut or sing a song such as, "The itsy bitsy finger went to the nail salon, snip, snip went the nail and then we are all done". Finish with a great big kiss for each finger.
- Soften them up with warm water first, ideally after a bath.
- If you cannot do all 10 fingers at once try again the next day.



- Use a nail file while your child sleeps.

We realize this is not a simple task especially for a squirmy toddler but we hope that at least one of these tips will work for you and your little one!

Thanks for stopping by and see you next time!
Ana, Theresa, Simranjot and the Jr. Toddlers

From Sheila's Kitchen cont'd

Easy Lunch Box PLANNER

DRINK:	Milk:	Juice:
Water: Bottle Fruit Infused	White Strawberry Chocolate	Grape Apple Orange Cranberry Lemonade Sport Drink
MAIN:	Protein:	Toppings:
Grain: Sliced Bread English Muffin Bagel Crackers Tortilla Pita Bread	Turkey Ham Chicken Breast Hummus Egg Pepperoni Tuna/Chicken Salad	Lettuce Zucchini Slices Tomato Pesto Cucumber Avocado Pickles Sun Dried Cheese Slices Tomato Cream Cheese Mayo Olives Mustard
SIDES:		EXTRAS:
Cheese Yogurt Nuts Apple Slices Oranges Grapes Banana Chips Pretzels Graham Crackers Crackers Baby Carrots	Sweet peppers Fruit Leather Cherry tomatoes Broccoli Florettes w/ ranch Cooked Pasta Edamame Berries Cheese Cracker Trail Mix Dried Apples	Wet Ones Fork Spoon Ketchup Lip Balm

Free Printable Download at www.thefairyprintmama.com

(Continued from page 2)

house one parent was cleaning up after dinner and the other was making lunches and reading school notes for the next day. This way you know what's a hit with your kids and what's not, from what they have left in the lunch box from that day.

Children tease each other about some types of foods that may be unknown to them, so it may be helpful to not put things in that are not to stinky for example egg salad sandwiches great for breakfast not so great for lunch pails that are sitting beside you. Ask your children what their friends are having. Sometimes food looks better in someone's else lunch. Let them pick parts of their lunch choices so they have a say in their lunches. Veggies with dip, this can be a go to when you have Veggies all cut up and placed in a container with some water and placed in the refrigerator let them pick their veggies for the day and salad dressing make great dips. Fresh bread or rolls cut and buttered and placed in lunch zip bags and then placed in freezers makes for a cold pack and avoids boredom. Cut up luncheon meats or left-over chicken from dinner, cheese and crackers are always a big hit Lunch is an important part of the day it's a break from the on tasks moments and it's time to relax unwind a little with their friends.

I hope this was helpful and reduces stress for you and your love ones.
Sheila
Chef

Senior Toddlers/Preschool 1

enthusiasm as much as we do! If you have not already had a chance to meet Fateemah, feel free to say hello! We are delighted to welcome Teresa and Fateemah to our classroom and for you to get to know them if you have not already had the chance!

We are also excited to announce that we have switched back to being a preschool room (Preschool 1). This means that a majority of our children are now 2.5 years old and we will begin to work towards skills that are appropriate for this age group such as making friends, using verbal and non-verbal communication, and problem solving. Other changes that come with being a preschool room are that we will now be using the preschool playground (the playground that is accessible through the back of the toddler playground) and that we will be closing in the Junior and Senior Preschool rooms. If you will be



dropping off your child before 8:00 AM then you will drop them off to the Junior Preschool room (this is the classroom to the right of the kitchen) where they will be greeted by Erin, Kelly, or Areanna or if you will be dropping them off before 7:15 AM you will drop them off to the Senior

Preschool room (the classroom directly across from Alpha's entrance doors) where they will be greeted by Cassie or Felicia. Likewise, if you will be picking up your child after 5:30PM, you will find them in either of these two classrooms.

If you have any questions or concerns regarding these changes, feel free to bring them to our attention and we would love to discuss them with you! *Clarah, PJ, Fateemah and Preschool 1*

Hello
Senior
Toddler
Families! We

would like to start by wishing you all a happy new year and we hope that you were able to get some rest and spend time with your loved ones over the holidays!

With the new year we also have some new faces in the room! Our Lead Educator, Clarah, has traveled back to her homeland of Africa for several weeks. A new face to our classroom and to Alpha is Fateemah (Tina). She has been working with us for several weeks and has gotten to know the children who enjoy her support and

Intermediate Toddlers

Hello Family and Friends! I hope everyone enjoyed their holidays with their loved ones.

We start off this new year with happiness and loads of new learning in the Intermediate Toddler room. It is still the winter season so we want our Intermediate Toddlers warm and bundled up when they go outside in the playground twice a day for an hour, weather permitting. We are always encouraging the children to put their own clothing on/off and put away so it is very helpful if their clothing is labeled with their names on them.

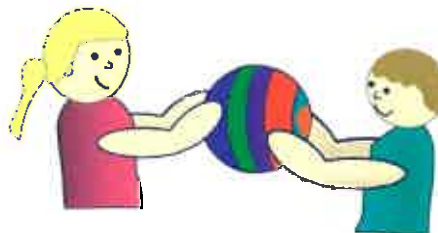
Over the past few months we have been encouraging our Intermediate Toddlers to share the materials in the classroom with their peers. I am sure as parents you have seen your child have a challenging moment where they are not

sharing. Well do not worry, let us introduce you to The Toddler Creed!

The Toddler Creed:

If I want it, it's mine. If I give it to you and change my mind later, it's mine. If I can take it away from you, it's mine. If I had it a little while ago, it's mine. If it's mine, it will never belong to anybody else, no matter what. If we are building something together, all the pieces are mine. If it looks just like mine, it is mine. If I saw it first, it's mine. If you are playing with something, and you put it down, it automatically becomes mine. If it's broken, it's yours.

Teaching children to share can be a hard task but



it is completely normal that your Toddler can't comprehend what sharing is about yet. They need to develop a healthy sense of ownership and empathy before they are developmentally ready to freely give their precious belongings to another. Give them time and encouragement to develop these skills. The struggles over toys will be common. It's no fun to watch your child grab a toy and shout "Mine!" But if your child is playing with other toddlers, he/she won't be the only one doing it. So do not worry keep encouraging and practicing the act of sharing.

Take Care,
*Angli, Teresa, E, Madeha
and Intermediate Toddlers*

Junior Preschoolers

Happy New Year everyone! We hope everyone had a wonderful holiday season and was able to spend some much needed time with family and loved ones. Just a reminder to everyone to please label every piece of outdoor clothing your child brings to Alpha, this includes sweaters that may be taken off during the day. We encourage the children to be as independent as possible and have them share the responsibility of putting their belongings into their cubbies when they are finished with them. It can also be difficult for educators to keep track of what items belong to each child when they are similar in colour and are not labeled.

In the classroom we will be continuing to explore different concepts on a daily basis. The children have been working on being able to hold printing/colouring tools with the correct pincer grasp. This is being done through the use of two programs; Jolly Phonics and Handwriting Without Tears. These programs are also exposing the children to concepts such as colours, shapes, letters and their sounds. Having your child here by 9 am will ensure that they are getting the most out of these programs and are able to engage in some fun learning opportunities.

Valentines day is right around the corner, so here are some fun craft ideas you can do as a family.

Love Bug Craft

Material Needed:

- Large or jumbo size craft sticks
- Acrylic or tempurapaint (we used acrylic paint) in Valentine's Day colors. I picked out two shades of purple and two shades of pink.
- Foam sheets in Valentine's Day colours. Again, we went with a pink and purple theme.
- Googly eyes. Normal googly eyes would be fine. I decided to add an element of fun with coloured



googly eyes.

- Pink and purple (or whatever colour you want) mini pom poms
- White or sparkly white pipe cleaners
- Craft glue
- Black sharpie or marker
- Mini craft jewels with adhesive (ie: bling)
- Hot glue gun and glue (optional)

How to Make the Love Bugs

1. Paint the craft sticks! This is a very quick step you could do in 10 minutes after dinner on a week night.
2. Let the paint dry.
3. Assemble and decorate the love bugs. To prep for this do the following:
4. Cut two, 1-2" pieces of pipe cleaner per love bug for the antennae.
5. Put the googly eyes and pom poms in separate bowls or containers.
6. Cut out a 3-5" diameter heart from the craft foam. If your child is old enough to have good scissor skills, they may be able to do this step themselves
7. Of course we have our own ideas about how the Love Bugs should turn out, but let your child have maximum creative license.
8. Let them pick out the colour of the googly eyes and the colour of the nose.
9. Once they are picked out, we stick them on with craft glue.
10. Then use the black marker to draw on the mouth
11. Once the basic face was on the Love Bugs, you can choose all kinds of bling to decorate them with.
12. For the Love Bug wings, turn the heart upside down and glue it to the back of the craft stick with the craft glue.
13. For the Love Bug antennae, use a hot glue gun to glue a pom pom to the end of the pipe cleaner piece. Then, use either craft glue or the glue gun to

stick the antennae to the back/top of the Love Bug. Note: it is not advisable to let young children use the glue gun.

Ingredient Glitter Slime for Valentine's Day

You'll Need:

- Elmer's washable glitter glue in the colour of your choice (we used red and pink)
- Liquid starch (find this in the laundry aisle)
- Elmer's glitter glue is already a vibrant colour and full of sparkly glitter, so all you'll need to add is liquid starch.

How To:

1. In a bowl, combine a 6 ounce bottle of glitter glue with a 1/4 cup liquid starch. It will be very wet and stringy at first. Mix with your hands and knead until the slime starts to come together. Eventually, it will no longer be wet. If it becomes sticky, add a tiny amount of liquid starch and knead again. Continue until you have the perfect slime consistency. Store the slime in the refrigerator in a sealed container and it should keep for weeks.
2. After the slime is made you can use it to hide objects for a seek and find game or use cookie cutters to cut out different shapes.

Hand Print Flowers

You'll Need:

- Paint (Water colours & Poster

(Continued on page 8)

A Moment With The Manager

Early literacy is such an important aspect in your child's life, as this is what children know about reading and writing before they can actually read or write. Early literacy is building a solid foundation for reading and writing and as parents we want to help our children as much as we can. Here are a few facts and ideas in order to help prepare your child to love books and reading.

Scientific research tells us that the best time for nurturing a child's whole being is before the age of six. From birth throughout the preschool years, children develop knowledge of spoken language, the sounds that form words, letters, writing and books. This is the start of the skills that children need to be able to learn to read and write in school.

From the EDI (Early Developmental Instrument) it has been discovered that three out of ten children in the Region of Peel are not ready to learn. Schools and wards with the highest proportion of children, not ready to learn at school were located in neighbourhoods of high social risk. These areas had higher levels of poverty, mobility, recent immigration and lower employment and education levels compared to national averages (PDSB 2004)

Failing to give children literacy

experiences until they are school age can severely limit the reading and writing levels they ultimately attain. Knowledge of alphabet letters at entry into kindergarten is a strong predictor of reading ability in Grade ten.

Children raised in literate households are likely to enter Grade one with several thousand hours of one to one pre-reading behind them. There is nearly 90% probability that a child will remain a poor reader at the end of Grade four if the child is a poor reader at the end of Grade one.

Parents and caregivers are the children's first and best teachers as they know the children the best.



Children model parents' and teachers' behaviour and if we as the adults in the child's life love books and reading so will

the child. The first five years set the stage for life and it is important that children love to read or be read to. Babies are born learning, what they learn is up to us.

There are six pre reading skills that children must know in order to learn to read successfully:

- Print Motivation
- Vocabulary
- Narrative Skills
- Phonological Awareness
- Print Awareness
- Letter Knowledge

Print Motivation – This is the child's interest in and enjoyment of books "I like books". We need to encourage our children to get excited about books and reading. Children who enjoy books will want to learn how to read. Get your children involved in the stories that you are reading to them. Have them read a page and

then you read a page. Have them guess what's going to happen in the story and most of all be expressive when reading to your child. Always keep reading experiences positive and enjoyable for your child, never make reading a chore, something that you have to do. This can be a fun relaxing time with your child no matter what time of day it is. Bring back some of your childhood memories by sharing your favourite stories with your children.

Vocabulary – Knowing the names of things and of emotions, concepts and ideas helps your child expand their knowledge of the world around them. This is the "I know words" stage. The more words children hear and understand, the more ready they will be to read on their own. It is important to help them with word recognition and comprehension to ensure that they have the correct understanding of the words written in the book. It is important that you talk and or sing with or to your child even before they are born. Babies can distinguish sounds and tones even when in they are in the womb. When reading to your child always point out new and interesting words when you find them. This will help to increase your child's knowledge on a particular topic or subject. Books offer vocabulary and conversation that television does not.

Narrative Skills – This is the ability to describe things and events and to tell stories. "I can tell a story!!!!" This is where your child will begin to develop thinking and comprehension skills. Children will begin to understand that a story has a beginning, a middle and an end. While reading to your child you should ask a lot of open ended questions to encourage them to respond and develop their imaginations. It is vitally important that we demonstrate patience in order

(Continued on page 7)

A Moment With The Manager cont'd

(Continued from page 6)

for your child to respond to your questions. Five to twelve seconds is the recommended length of time one should wait for an answer. To maintain your child's interest in stories ensure that you use a variety of props that you may have around the house.

Phonological Awareness - This is the ability to hear and play with the smaller sounds in words including rhyme, syllables and initial sounds. "I hear words", this helps children to recognize language patterns and helps the children to sound out words. Singing songs, listening to music and playing with rhymes, by clapping out syllables and doing finger plays and action rhymes will increase your child's knowledge on sounding out words.

Print Awareness - Drawing attention to print within your child's environment, knowing how to handle a book and how to follow words on a page will help your child become aware of the importance of print. "I see words!" Pointing out the words in print will help the children feel comfortable with books and reading and encourages understanding that print is useful and is a key part of communication. As you are reading to

your child it is important to point to words and pictures as this helps your child to comprehend what is happening in the story. Allow your child to choose, hold and turn the pages of the book as this teaches the children to respect and love books. When any opportunity presents itself read labels and signs as you and your child come upon them. This again demonstrates the importance of words in print.

Letter Knowledge - Knowing that letters are different from each other and that each letter of the alphabet has its own name and sound, helps your child to learn to sound words out. It is very important to encourage your child to sound out the letters in the words on a page. Singing the alphabet or reading alphabet books also presents opportunity for the children to sound out the letters. Encouraging your child to play with magnetic letters will also help them to incidentally learn that letters put together form words. It is also important that children be encouraged to print their own name on their creative master pieces.

When selecting stories for your child involve your child in the process, allow them to choose books that are of interest to them as they can then relate

as well as learning something new.

Remember to consider the age appropriateness of the book they have chosen to ensure that they are capable of understanding its content. Remember there are no rules when it comes to choosing books.

Hopefully this has been helpful in understanding the importance of literacy. To learn more about Literacy and how to read and present stories in a different manner please join us for a Literacy Parent night to be held at our Springdale location on January 23 from 6:00 p.m. - 7:30 p.m. See you there

Until next time, my door is always open
Mary

marys@alphachildcare.ca
905-458-4884



Special Events

Happy New Year! We hope everyone had a safe and Happy Holiday! The children did an awesome job with their Christmas Concert and it was a great turn out. We would like to give a special thanks to all the children for all their hard work and their fantastic performances and we would also like to thank Santa for taking time out of his busy schedule to be with us for the concert.

Monday January 1, 2018 is New Year's Day and the centre will be CLOSED.

The daycare will open for regular hours on Tuesday January 2, 2018.

Thursday January 11, 2018 is our PAC Meeting from 7pm - 8pm.

Alpha will be hosting a Kindergarten Information Night on Tuesday, January 16 2018 from 6:30pm- 7:30pm. This night will provide parents information about Alpha's Kindergarten Program and compare it



to the Kindergarten Program offered at the School Board and we will answer any of your questions and concerns.

Everyone is welcome and we hope to see you there.

Monday January 22, 2018 is a P.A. Day for the Public and Catholic School Board children. The trip is to be announced.

On Tuesday, January 23, 2018 we are

(Continued on page 8)

Special Events cont'd

PAC Meeting from 7pm.-8pm.

Friday, February 9, 2018 is a PA Day for the Public and Catholic School Board children. The trip is to be announced.

Valentine's Day is Wednesday, February 14, 2018 and the children will be having a party and exchanging cards. Please check with your child's class for party times as each

class may have a different party time set. Treats are more than welcomed BUT please keep in mind we are a NUT FREE CENTRE. We have multiple children with LIFE THREATENING ALLERGIES. Please check all labels for ingredients that are nut free, including labels that read "may contain traces of nuts". If these treats are brought in they will be stored in the office and returned to you at the end of the day so you can take them home.

The centre will also be CLOSED on Monday February 19, 2018 for FAMILY DAY. I hope everyone has a fantastic day and enjoys spending quality time with their families on this day as you all deserve it.

Gong Hay Fat Choy everyone, as it is time to celebrate the Chinese Lunar New Year on Friday, February 16,

2018. This year we are celebrating the year of the DOG. This is for anyone who is born in the year of 1934, 1946, 1958, 1970, 1982, 1994, 2006, and 2018. "Dogs are loyal and hones, amiable and kind, cautious and prudent. Due to having strong sense of loyalty and sincerity, Dogs will do everything for the person who they think is most important." (www.chinahighlights.com)

Friday, February 23, 2018 is our annual Staff Awards dinner for our wonderful staff. The Management team presents awards to our staff for reaching milestones with Alpha; 3 year, 5 year, 10 year, 15 year and 20 years etc. There will also be awards given to those for growth and development, leadership and many more. Alpha will be closing by 6pm. Sharp and no late care will be provided, in order for the staff to go home and quickly get ready for this special event, being held at 6:30pm. We thank-you for all of your understanding and support.

Until next time, my door is always open!

Lynda Leroux, RECE

lyndal@alphachildcare.ca



(Continued from page 7)

having a Family Literacy Night between 6:00pm. - 7:30 pm. Each classroom will be presenting different types of activities in the room that will promote literacy. One room will have a passport book. The children will carry this with them while visiting the other rooms and they will get a stamp in their booklet. There will be a book exchange where the children can bring in one of their books and exchange it for a new book. One room will have different types of storytelling and creative crafts for the children. Another room will have a snack room with fruit skewers and smoothies, the children will be following a recipe. Another room will have different sensory activities available for the children. We hope to see you there.



Thursday, February 8, 2018 is our

Junior Preschoolers cont'd

(Continued from page 5)

- paint)
- Paper
- Scissors
- Markers/Pens
- Clear Dry Glue

To Make:

1. Use the paintbrush to fold out their fingers and press onto paper from palm to fingers or have them dip an open hand into paint that has been put onto a paper plate. Tip: remember to have a cloth and soapy



water ready for clean up.

2. Once you've got a few handprints, cut them out individually, arrange & glue with a few painted stems. Remember to have the children help you with these steps. Fun projects like these are all about the process not the end product.

Until next time,
Erin, Kelly, Areanna and the Jr. Preschoolers

**We're on the web;
alphachildcare.ca**

Educational Preschoolers

Greetings and blessings to you in the New Year from all of us here in the Educational Preschool room! We hope you all had a wonderful Christmas and holiday season, and that the New Year will bring you great health and happiness.

In our classroom we are moving forward with our daily activities and growing more and more each day as we endeavour into many different avenues of learning. We know the rest of the school year will bring even more to learn and enjoy which we very much look forward to.



January is family literacy month here at Alpha as January 27th is Family Literacy Day in Canada.

Literacy is such a crucial part of any child's development. People will view the word literacy and think, 'well that's just being able to read, and my infant/toddler/preschooler does not need

literacy right now". But in fact, it is quite the opposite! Introducing children to books is not just about them having an ability to read, it's about exposing them to literature and all that comes with it. A few examples of the benefit of reading to/with your child are: Better basic speech/communication skills, the basics of how to physically use a book, mastery of language, logical thinking, academic excellence, enhanced concentration, the knowledge that reading is fun and to develop a stronger relationship with your child.

I run the scholastic orders every month throughout the centre and Scholastics Canada has comparably the best prices for books that you will find retailing out there for purchase. The flyers are left in your child's cubbies every month, so please take a glance at it and you might have something catch your eye that you



might have read as a child and want to read to your children. Or look at the flyer with your child, he or she may want to pick a book out they would like to read. Of course there is always your local library which will also have a vast selection of books for you to go through that you may be able to borrow if that option better suits you. Whatever the case may be, reading is knowledge and knowledge is power! So get reading everybody!

E.P. room - Michael and the gang!

Senior Preschoolers

Happy New year to all of our Alpha families and welcome to 2018! We hope you enjoyed your Christmas Break with your children. The children have been very busy over the past few months. Our Christmas concert was a big success and we hoped you all enjoyed the ornaments that the children worked so hard on making for you. We also appreciate those who brought in a toy or food item for our toy and food drive. We are sure that the gifts received made families very happy over the holiday season.

All of the children seem to be enjoying every aspect of our daily program, as they willingly participate at Jolly Phonics circle and enjoy the time we spend doing our Handwriting without Tears program. We will be diving further into these programs in the new year as we will begin teaching the

children the proper printing techniques.

As February is the month of family and love we thought we would provided you with a couple of valentine treats that your family could make together.

Soft M & M Chocolate Chip Cookies Ingredients:

- 3/4 cup unsalted butter, softened (1 1/2 sticks)
- 3/4 cup light brown sugar, packed
- 1/4 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/4 cup instant vanilla pudding mix (not sugar-free and not 'cook & serve'), OR use 2 teaspoons cornstarch in place of



pudding mix

- 1 teaspoon baking soda
- pinch salt, optional and to taste
- 3/4 cup semi-sweet chocolate chips
- 3/4 cup milk chocolate M&M's mixed into the dough + about 1/2 cup for placing on top of dough mounds

Directions:

1. To the bowl of a stand mixer fitted with the paddle attachment (or large mixing bowl and electric mixer) combine the butter, sugars, egg, vanilla, and beat on medium-high speed until creamed and well combined, about 4 minutes.
2. Stop, scrape down the sides of the bowl, and add the flour, pudding mix (or cornstarch), baking soda, optional salt, and beat on low speed until just

(Continued on page 10)

Senior Preschoolers cont'd

(Continued
from page 9)

- combined, about 1 minute.
3. Stop, scrape down the sides of the bowl, and add the chocolate chips, 3/4 cup M&Ms, and beat on low speed until just combined, about 30 seconds.
 4. Using a large cookie scoop, 1/4-cup measure, or your hands, form 15 equal-sized mounds of dough, roll into balls, and flatten slightly.
 5. Add about 1 tablespoon M&Ms to the top of each dough mound.
 6. Place mounds on a large plate or tray, cover with plasticwrap, and refrigerate for at least 2 hours, up to 5 days. Do not bake with unchilled dough because cookies will bake thinner, flatter, and be more prone to spreading.
 7. Preheat oven to 350F, line a baking sheet with a Silpat or spray with

cooking spray. Place dough mounds on baking sheet, spaced at least 2 inches apart (I bake 8 cookies per sheet) and bake for 11 minutes, or until edges have set and tops are just set, even if slightly undercooked, pale, and glossy in the center. Cookies firm up as they cool. Allow cookies to cool on baking sheet for about 10 minutes before serving. I let them cool on the baking sheet and don't use a rack.

8. Cookies will keep airtight at room temperature for up to 1 week or in the freezer for up to 6 months. Alternatively, unbaked cookie dough can be stored in an airtight container in the refrigerator for up to 5 days, so consider baking only as many cookies as desired and save the remaining dough to be baked in the future when desired.

Chocolate Dipped Strawberries

Ingredients:

- 24 average size strawberries, dry
- 12 ounces baking chocolate
- 6 ounces pink candy melts
- 6 ounces white candy melts
- 6 ounces red candy melts
- Valentine sprinkles



- 24 lollipop sticks

Directions:

1. Pinch the stem and leaves off the top of each strawberry and gently insert a lollipop stick in the center. Prepare a piece of Styrofoam to hold the pops, by punching 24 holes in it with one of the sticks.
2. Microwave in 30 second increments, stirring in between, until melted.
3. Dip the strawberries in the chocolate, coating down to the stick. Make sure there are no gaps/bubbles anywhere or the strawberry juices will seep out. Gently shake off the excess and place in the Styrofoam holder to dry.
4. Once the chocolate is dry, repeat this process with the colored candy melts, alternating colors, and dipping less deep into the melted chocolate to create colored layers. (You may have to reheat/melt your colored chocolate a few times during this process.)
5. After the final dip on each pop, quickly sprinkle the top with Valentine colored sprinkles and place back in the holder to dry. Wrap and Enjoy!

Until next time,
Felicia, Cassie and the Sr. Preschoolers

Preschoolers/Kindergarten

Happy New Year to all the Preschool/Kindergarten families! We are glad to have everyone back and hope you enjoyed the holidays!

We are excited to start the new year with lots of new learning experiences and activities in our classroom. We would kindly like to remind all parents/guardians to make sure their child arrives to daycare by 9:00 a.m. so they do not miss any important learning experiences that occur during morning circle and morning group work activities. Also, the children have been enjoying outdoor play each day and have been playing in the snow with a lot of excitement. Please check to ensure your child has the appropriate winter attire so they

can participate comfortably in all outdoor activities.

As part of the literacy program in the Preschool/Kindergarten room, we will be reading a variety of books and retelling stories during circle time. At home, we encourage the children to read at least one book each night and complete the reading logs as a way of fostering early reading habits and love and respect towards books.



The 'Show and Share' in the Preschool/Kindergarten classroom has been very successful so far and we will continue with that activity

(Continued on page 11)

Preschooler/Kindergarten cont'd

(Continued from page 10)

daily. Please check the calendar outside of the classroom for your child's day. So far, children have brought in books, toys, memorabilia, and souvenirs to 'Show 'n' Share, but the options are limitless.

In January, we will be having two very important events: Kindergarten Info Night on January 16th and Literacy Night on January 23rd. Since early literacy is the foundation for future success in school, we would like to offer some suggestions that you can do with your child at home to develop his/her reading, writing and language development:

- Read at least one book each night



- with your child (in English or another language)
- Provide access to writing materials such as paper, pencils, erasers, pens, clip boards (if available)
- Play "I Spy" and searching for different items in the home
- Sing the alphabet song, nursery rhymes and play various music
- Engage in story-telling (tell your child a story or about an experience from your childhood)
- Allow your child to draw a picture and describe the picture to you (tell you a story)
- Engage in regular, detailed and informative conversations with your child
- Visit the Brampton library
- Limit screen time (in front of TV, computer, tablet, etc.) and maximize face-to-face interactions

Until next time,
Emilija, Jacqueline and the Preschool/Kindergarten class

School Aged

Best of luck and prosperity in the New Year from the School Age team! We hope you all had a great Christmas, holiday and end to 2017! 2018 is here and we wish everyone all the best that this year has to offer us!

Our Christmas concert was a great success and we hope your children don't lose their mittens over the winter season. Hope you all enjoyed the show!

They have been diligent at keeping their focus from morning to the afternoon, and I am very pleased with their dedication to their after school activities with their homework, journals, and maintaining an upbeat classroom atmosphere. I am sure 2018 will be great for this group as you the parents, and myself, continue to motivate them and keep their spirits up through the continuation of the school year. We all know that after a two week holiday returning to school/work is not



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what anybody admires.

Some of you might know this, but more than likely none of you know this, I head a committee of people here at Alpha called the Tree Hugger Committee! Formerly founded by Patricia, our aim is to incorporate, as much and as often as we can the natural world into our children's learning and everyday activities. This is by either directly involving them outdoors or by bringing the outdoors to life in the classroom. We take every measure to make sure we address any allergies within the class before introducing such activities. This is an educator run committee but we gladly accept ideas from anyone, including you the parents and



the children, as to how you would like to see nature incorporated into our children's learning through discovery. We love to see families involved in outdoor play.

To everyone in this Alpha family, from me and the School Age family – less screens, more fresh air! See you out there!
Michael and the School Aged

