

# MARCH/APRIL NEWSLETTER 2018



## WORD FROM THE OFFICE

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

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

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

March 19<sup>th</sup> to the 23<sup>rd</sup> has been  
designated as Parent  
Appreciation Week here at  
Alpha. We will be honouring all  
our great parents for all their

support and contributions.  
Watch our bulletin boards for  
further details.

### **2017 Child Care Tax Receipts are ready for pick up.**

On February 2,  
2018 you received  
a copy of your  
Child's  
Observation  
Record (COR) if  
you wish to set up a time to  
discuss this document with your  
child's educator please fill out the  
last page of the document and  
submit it to your child's educator  
so that we can set up a time that  
is convenient for everyone.

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

Until next time, my door is always  
open  
**Patricia Andrade**  
RECE,

## Dates to Remember

**Thursday March 8<sup>th</sup>**

*PAC Meeting from 7pm-8pm.*

**Sunday March 11<sup>th</sup>**

*Daylight Saving Time (set you time 1  
hour ahead)*

**Monday March 12<sup>th</sup> – 16<sup>th</sup>**

*March Break*

**Saturday March 17<sup>th</sup>**

*St. Patrick's Day*

**March 19<sup>th</sup> – March 23<sup>rd</sup>**

*Parent Appreciation Week*

*First Day of Spring Tuesday March 20<sup>th</sup>*

*Parent Surveys go out Monday March  
19<sup>th</sup>, 2018*

**Picture Day Wednesday March 21<sup>st</sup>**

*Infants, Intermediate Toddlers and Senior  
Preschoolers*

**Picture Day Thursday March 22<sup>nd</sup>**

*Junior Toddlers, Preschool 1 and  
Preschool/Kindergartens*

**Picture Day Friday March 23<sup>rd</sup>**

*Junior Preschoolers and Educational  
Preschoolers*

**Friday March 30<sup>th</sup>**

*Good Friday CENTRE CLOSED*

**Sunday April 1<sup>st</sup>,**

*April Fool's Day*

*Easter Sunday*

**Monday April 2<sup>nd</sup>**

*Easter Monday CENTRE OPEN regular  
hours*

**Monday April 2<sup>nd</sup>**

*Parent Survey's due back*

**Thursday April 12<sup>th</sup>**

*PAC Meeting from 7pm-8pm.*

**Tuesday April 17<sup>th</sup>**

*Pot Luck Dinner 6.30pm-8pm*

**Friday April 27<sup>th</sup>**

*PA Day for Catholic School Boards ONLY.*

## INFANTS

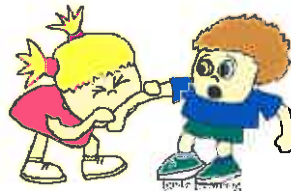
Hello Everyone! Spring is just around the corner and we are so happy about it! Just friendly reminders to all the great parents, our Infants go outside twice a day for our daily walks or on our all natural playground just behind our classroom; so they need to dress appropriate according to the weather. We all know spring is a sunny season but it can be cold as well and our Infants would need jackets, gloves, hats and boots to stay warm outdoors. Please keep a pair of shoes in their cubbies, and please remember to label all articles of clothing. Open toed shoes or sandals are not appropriate to wear, as it is not safe for the children. Also, as all of you know children have accidents and they end up getting their clothes dirty while engaged in play or learning new self-help skills. Please provide an extra change of clothes in their cubbies, such as extra pants, shirts and socks in case an accident occurs and they can be changed.

Many Infants go through the "biting

stage." They bite their parents, caregivers, or they bite other children.

### Reasons why Infants may bite:

- One of the main reasons Infants bite is because they are feeling afraid or frustrated.
- When stress has risen in their lives, they may not express the fears or frustrations through natural outlets like crying and tantrums. To them, the situation doesn't feel favorable for expressing lots of feelings. But the feelings rumble nevertheless, and when they become intolerable, biting can occur.
- Teething
- The birth of a sibling
- The absence of a parent
- Witnessing violence on TV
- A change in caregivers
- Moving from one house/apartment to another



### How to help prevent Infants from biting:

- Special time: The first step to helping a child who bites is to strengthen his/her ability to feel your attention and love. Special Time is an ideal tool for this step.
- Set a length of time, anywhere from three to twenty minutes, Offer warmth, eye contact, and enthusiasm, and play the way the child wants to play.
- Stay listening: The child wants and needs someone to lovingly listen while he/she releases his/her feelings through crying or tantrums.

We hope this information helps. If you have any questions, you are more than welcome to come and speak to us! Thank you!

*The Fantastic Fab Fours, Sukhi Kim, Annie, Vanessa and the Infants!*

## JUNIOR TODDLERS

Hello again everyone! We have had a very busy winter welcoming new friends and teachers in the Jr. Toddler classroom. In late January we welcomed Simranjot, who just graduated from the Early Childhood Education Program at Sheridan College. She was an International student from India and after completing a placement at Alpha in the Preschool/Kindergarten classroom last year, she knew that she wanted to be a part of the Alpha team. Simran is very much looking forward to working with and learning more about the children and their wonderful families.

After a long, snowy winter, mostly spent indoors due to the cold, we are so excited to welcome spring and warmer weather. We are eager to get outside to play and explore all that winter has left behind.

Outdoor play is a beneficial part of our daily curriculum and as per Ministry guidelines we are required to have 2 hours of outdoor play each day. Playing outdoors allows children to explore nature and use their senses to learn more about the environment that

surrounds them. We learn about birds and the sounds they make and we often get to see mother squirrels with their young looking for food and materials to make shelter.

The children also show an interest in the vehicles they get to see and hear, such as school buses dropping off children after school, garbage trucks lifting large bins, fire trucks and ambulances with their sirens on in a hurry. The children enjoy sensory



*(Continued on page 3)*

## INTERMEDIATE TODDLERS

Hello family and friends, I hope everyone is doing well and enjoying this weather and are keeping warm and safe. In the Intermediate Toddler room, we are encouraging children to share every day with our friends in the room. We have also been redirecting behavior when it comes to hitting and biting!

Blue, green, red and yellow. Just some of the new colours your Toddlers are learning in the class. We have also been introducing shapes, ABC's and numbers. Dancing is a part of our daily routine, your Toddlers have some cool moves! Movement is such an amazing way to help strengthen their gross motor skills. Jumping, walking, running, grabbing are all other ways to strengthen their skills as well, but the list doesn't end there! Your Toddlers are learning to tidy up after themselves when playing with toys. All parents know this is a great benefit in your household!

Now that the weather is going to get nicer, going outside twice a day for an hour each is another part of our daily routine. Holding hands and using their walking feet is a really great way to keep the Toddlers still for a moment when

getting ready. Walking feet is always a reminder in the room because these Toddlers are always on the go but at Alpha we know safety comes first.

Here are some fun activities you can do with your children during spring outdoors:

- Blow bubbles outdoors
- Fly a kite (Choose an open field and run around with the children and try to get the kite up in the air)
- Make a bird feeder together and place it outdoors together.
- Ride a bike
- Enjoy the cherry blossoms! (April showers bring may flowers! With the snow melting away, there will be plenty of beautiful cherry blossoms to observe and admire).
- Feed the ducks (It's migrating season! All the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them!)
- Visit a Farmers market near you. (Pick out fruits or vegetables with your children to have for snack later!)



- Get gardening! (Now is the time to start **planting flowers** in the yard. Your little ones will love getting messy in the fresh soil and being on garden hose duty.
- Go for a hike! (What better way to explore the fresh outdoors than to go on a hike through a forest or trail? Try to stay quiet as you venture through to see if you can hear (or see) the animals coming out of winter hibernation.)
- Wash your Car! (Choose the warmest day to get the kids to help you out with cleaning up your family vehicle(s) on the driveway.)

Until next time,  
*Madeha, RECE, BA, Adelaide, RECE, Teresa E (ECA)* and the Intermediate Toddlers

## JUNIOR TODDLERS CONT'D

(Continued from page 2)

exploration using sand, dirt, wood chips and their imagination to create mud pies and all kinds of masterpieces. Outdoor play also promotes exercise, physical activity, well-being and the development of



muscle strength and coordination as well as gross motor skills such as running, jumping, kicking, catching and riding. The outdoors is a learning environment just as the classroom indoors and the educators encourage participation from all the children even in the rainy days

ahead. So let's put on our rain boots and coats and let's explore the outdoors!

See you next time,  
*Ana, Theresa, Simranjot and the Jr. Toddlers*

## WORD FROM THE MANAGER

Well it is March already, it just seems like 2018 just started and here we are into the third month already. Will March come in like a lion or a lamb? Hopefully the winter weather has not dampened people's spirits. Warton Willy says only six more weeks of winter but that was on February 2, 2018 so that means only two more weeks of winter. Let's see if he is right.

With the ever-changing field of Early learning there are several changes that are going to be happening in the near future that parents should be aware of. Professional Development for Early Childhood Educators seems to be the big topic within the child care field. Professional development is very important for the educators in order to remain on top of the happenings within the field or perhaps understanding a new curriculum piece that would be beneficial to the children. Alpha has always had a strong belief in professional development and our educators have always had to complete twenty-five hours of professional development per year, for this very reason. Much of this training takes place on the educators own personal time which is a lot to ask educators especially those with young families of their own. The Ministry of Education also sees the importance of professional development and in the near future they will be legislating that all Early Childhood Educators attend two professional development days throughout the year. The proposal states that child care centres will have to close for these two days in order for the educators to attend these training sessions. These two days will most likely not be

*The proposal states that child care centres will have to close for these two days in order for the educators to attend these training sessions.*

consecutive but on separate occasions. This is bitter sweet for educators as it will help them to remain current in the child field, but it is at the cost of families. What parents need to be aware of is that alternate arrangements for child care will have to be made for these two days as the entire staff will be forced to attend. The closure for both centres may be at different times, therefore the Cathedral location may be closed due to professional development, but the Peter Robertson location may be in operation and visa versa.

It may be possible for those parents who absolutely cannot make alternate arrangements for their child(ren) to attend the other location for that particular day only. (Unfortunately, Cathedral is not licensed for infant care). This however would only be possible if the centres have the availability to accommodate your child. At the present time both centres are running at capacity, so this would not be able to take place at the present time. Perhaps parents need to be thinking of possibly taking a vacation day, have a grandparent or friend look after your child or if you have the luxury of working from home this might be a day for that.

There are still many unknowns at this time such as will parents be reimbursed for the day? Where will my child go for the day? Will subsidy still cover the cost of child care for that day? Unfortunately, it is questions like these that we have no answers for. Alpha will keep you informed of any new press releases on this directive and will give

parents as much notice of our professional development closings as possible.

I know for some of you this will be a big inconvenience, but Alpha will work with you in trying to find alternate care for these days but ultimately this will be the responsibility of the parents as Alpha will have no choice but to close and follow the Ministry's directive on these days. I will definitely keep you posted as information becomes available.

Just a bit of an update on management changes. I see that Patricia has settled nicely into my role and has met a lot of the new families at the Springdale location. My surgery went well, and the recovery is progressing nicely, although for me it is a slow process as I am so use to being busy and active but I understand that recovery needs to happen slowly. My intended return date to Springdale is April 2, 2018. A little bit longer than anticipated but necessary to prevent future repercussions. As of this date Patricia will return to the Cathedral location and Jennifer will return to the Preschool classroom unless Patricia is away at which time she will then replace Patricia once again. I do miss everyone and have visited the centres on a couple of occasions and everything seems to be running as expected. If you have any questions and or concerns, feel free to contact me through email or your centre supervisor.

Until next time, my door is always open  
**Mary**  
 marys@alphachildcare.ca

# JUNIOR PRESCHOOL

Spring is just around the corner and the Junior Preschool classroom would like to welcome all our students to our class. We are excited to start the new year with some fun and new learnings.

During spring time we would like to remind all parents and guardians that the weather will be changing, so please bring in rain boots, as the ground will start to thaw, splash pants to protect their bodies and clothing from getting to wet. Also some warm hats and gloves, the weather will be warming up but will also still be a little chilly, we want to keep all that warmth inside.

As the weather is getting warmer, the sun will be



peaking threw and the snow will be melting away.

Our natural playground is a great way to explore what nature has given to us. When trying to find new and fun things to do with your children, go out to your local nursery garden and pick up a few items :a pail, shovel, soil and some plants. Have your child pick out a pair of gardening gloves they like the best. Grab all your items, set out an area inside or outside, and just start digging. Working with nature is a great way to relieve stress, getting your hands dirty and getting in tune with nature. It is a great way to experiment with your senses.



Having some bonding time is also a great way to ask thought provoking questions about nature and the plants around us. For example; asking simple questions like "what colour do you think this flower will be when it grows? How long will it take to grow? What are the ways we can help this plant grow?" Every day you and your child can set out a graph, or calendar and write down how many days have gone past until the plant has fully grown and what were the stages it went through. Nature, science and math all work hand in hand, it's a fun way to learn and try something new this spring.

Have fun!  
*Erin, Kelly, Areanna and the Junior Preschool Room*

# FUNDRAISING COMMITTEE

Hi Parents, have your children outgrown their clothing? Are you tired of wearing the same outfit? Are your clothes old and out of style? Alpha has the perfect solution for you! We will be hosting a clothing drive in the month of April. Bring in all your clothing, shoes, belts and purses. We will be selling it to "Bag2school". They take the clothing and recycle it to textile companies where it is repurposed. This helps to keep these items out of the landfill and gives Alpha the opportunity to purchase new items needed in the centre.

Notices will go out for exact dates.

In May we will be fundraising with

## Clothing Drive



**What's in your closet?**

McMillan's frozen foods. There is a vast variety of frozen foods, meats, batters and deserts. Orders are due to Alpha on Tuesday May 22<sup>nd</sup> by 6pm. Orders will be delivered "Frozen" to Alpha after 2:30pm on Monday June 4<sup>th</sup>. We recommend that you bring in a "labelled cooler" to keep the items



frozen. All items need to be picked up that day as Alpha does not have freezer space to store it.



We would like to thank all the families who have helped with past fundraisers

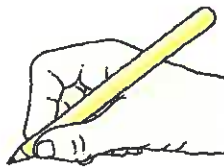
and hope you can help us with these two.

*Alpha's Fundraising Committee*

## SENIOR PRESCHOOL

Winter is almost over which means spring is around the corner! We want to remind everyone to keep all of your child's outdoor winter clothing here even as the snow slowly disappears. Even if there is no snow outside it may be very cold or wet during outdoor time, so every child should have snow pants, a warm jacket, boots, mitts and a hat.

The children in the Sr. Preschool classroom have been very busy over the past couple of



months practicing how to hold a pencil, using the proper grasp. This is done through multiple activities during the day. The children have really been interested in using stencils and pencil crayons during free play time. If an educator sees that the child is having difficulty holding their writing tool they will sit with them and practice this concept. During Jolly Phonics and Handwriting without Tears the children have been practicing their pincer grasp by colouring corresponding pictures to the lesson being taught. Tracing books and other fine motor activities (tongs, scissors and tweezers) are available throughout the day for

the children to explore. All of these activities can be done at home as well in order for the children to gain hand strength and confidence in their printing abilities.

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

### FOAM CUP BUNNY CRAFT

#### Supplies:

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

#### Directions :

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

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

### Bunny Clay Pot

#### Supplies and tool:

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

#### DIRECTIONS:

1. Paint pot with white paint. Allow time to dry.
2. Paint circle cheeks.
3. Cut 2 bunny ears.
4. Cut 2 pink insides of ears & glue together.
5. Attach ears to inside front of pot.
6. Cut triangle for nose. Glue in place.
7. Attach google eyes.
8. Draw whiskers & mouth.

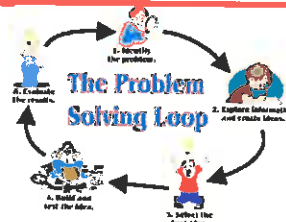
Happy crafting,  
*Cassie, Felicia and the Senior Preschoolers*

## PRESCHOOL 1

Greetings from the Preschool 1 classroom. We would like to mention a few things have changed from the last newsletter. We are no longer a Toddler classroom of 15 children and 3 educators as of December 18<sup>th</sup>/2017. We are now a Preschool classroom of 16 children and 2 educators. Vanessa who was our third staff in the Toddler room has

joined the team in the Infant room. Alessia who was covering for Clarah's vacation is now at Alpha2 as Clarah is back from vacation.

Recently, parents received the COR evaluation of their child(ren)'s



developmental progress. In every section, the educators wrote what it is that they would do to assist and encourage your child to reach the next level. This month, Clarah and PJ have been working on encouraging the children to use more words whenever a conflict between one another arises or when one needs to join other

*(Continued on page 7)*

# PRESCHOOL/KINDERGARTEN

Hello again everyone, we trust that everyone has had a chance to read their child's COR document and hopefully you are implementing some of the strategies suggested for developing the various skills from the document. This month we would like to focus on mathematics and numeracy activities that you could do at home with your child to promote their development in this area.

The Preschool/Kindergarten program is following the Ontario Kindergarten Curriculum with regards to math and numeracy. We have adapted the program to fit the needs of the children in our class.

Research has shown that supporting the development of math skills in young children plays a crucial role in long term school success. In order to help you to promote math skills with your child at home we have included some simple activities under each math strand that you can do together at home. Remember the best strategy you can use is to be positive and make it fun so that your child will develop a positive attitude regarding mathematics.

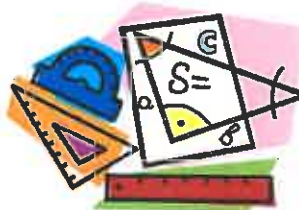


## Numeracy

- count items such as, toys, kitchen utensils, clothes, collections, fingers and toes.
- mix up your counting by starting at different places.
- sing counting songs and rhymes together. Use counting songs in meaningful ways, counting down to bedtime, Hide and Seek.
- Measurement
- cook together with your child, allow them to measure ingredients.
  - use a calendar to track family activities and to count down the month.
  - have a family height chart and compare sizes.
  - allow your child to line up the boxes and cans in the cupboard by size.

## Geometry and Spatial Sense

- identify objects by their shapes to your child. "Hand me the round cookie."
- help your child to find and identify 3-D shapes such as , sphere-ball, cylinder-cup.
- practise mapping by making a map of familiar places such as their bedroom or backyard.



- Patterns and Algebra
- play I-spy looking for patterns in your environment such as on clothing or wallpaper.
- make patterns together using simple materials such as spoons, toothpicks, straws. Mix them up have your child change, extend or copy the pattern.

## Data Management

- sort household items such as cutlery or laundry. Let them help you to organize the recycling.
- record the weather for a month at the end chart how many sunny or cloudy days for the month.
- encourage your child to take surveys of the family. What flavor of ice cream should we buy at the store, chocolate or vanilla? Use your imagination.

We encourage you to try some of these activities with your child let us know how you do and please continue to read every day and fill out your reading logs.

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

# PRESCHOOL 1

*(Continued from page 6)*

peers in an activity or they become sad or they need to ask for more lunch or snack etc. The educators have been actively and consistently modeling words for the children to repeat, using prompts and encouragement whenever needed and have noticed that the children are using more words with one another and are also approaching

the educators more for assistance.

The next thing that the educators would like to encourage the children to do is to problem solve whenever a situation is not working out, a conflict with a peer arises, they encounter difficulty with materials etc.

We would like to encourage parents to continue encouraging

their children at home to use more words by using the same strategies. If you need more information on how to implement these strategies, please do not hesitate to ask the educators. We will be more than happy to answer your questions.

Stay warm  
Best regards  
*Clarah, PJ and the Preschoolers*

## SPECIAL EVENTS

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

We would like to thank everyone who attended our Literacy Night on Tuesday January 23<sup>rd</sup>. It was a huge success and a great turn out. The children really enjoyed visiting all the different room set-ups. The Infant room was all nice and cozy with tents and comfy pillows for reading in the dark with flashlights. The Junior Toddler room was where the children could exchange books. The Intermediate Toddler room had lots of interesting materials for block play that incorporated literacy such as blue prints for building a plane, maps, children's pictures on blocks etc. Preschool 1 room had lots of exciting different costumes to dress-up and act out the stories. The Junior Preschool room had a variety of art materials that displayed literacy. Senior Preschool room had lots of interesting sensory materials for the children to enjoy. The Preschool/Kindergarten Room had different story telling tables set-up for the children to read to their parents or for their parents to read to them.

Thursday March 8<sup>th</sup>, from 7pm.-8pm. is our Parent Advisory Committee Meeting. If you have any concerns, please bring them forward to the Parent Representative in your child's classroom if you do not feel comfortable bringing them up to the Supervisors

On Sunday March 11<sup>th</sup>, is Daylight Savings time. We are just reminding everyone to please turn



your clocks ahead 1 hour as we now get to spend more time with our family and friends in the evenings.

Monday March 12<sup>th</sup> – 16<sup>th</sup> is March Break and the children will be busy with lots of cool and fun exciting activities. Please check your child's message board for any cool activities that may be planned for the day. Plus, on Saturday March 17<sup>th</sup>, is St. Patrick's Day, so Friday, March 16<sup>th</sup> please come dressed in green, orange & white.

On Monday March 19<sup>th</sup>, our Parent Survey's go out to our Parents. This provides Alpha with lots of helpful feedback and for us to help meet your needs. Our door is always open if you need to speak with any of the Supervisors and please share your ideas with your classroom parent representative and they can share the information back to the Parent Advisory Committee. The classroom representatives are posted outside your child's classroom door. The Parent Surveys are due back to us by Monday April 2<sup>nd</sup>.

Monday March 19<sup>th</sup> to March 23<sup>rd</sup>, 2018 is Parent Appreciation Week. Special planned activities will be planned each day over the week for the parents. We will provide you with a variety of pamphlets and information sheets that you may find beneficial to you and your family.

"Say Cheesel" and smile for the camera as once again Picture day is coming up for Spring Pictures. On **Wednesday March 21<sup>st</sup>**, is Picture day for the **Infants, Intermediate Toddlers and the Senior Preschool** classrooms.

**Thursday March 22<sup>nd</sup>**, is Picture Day for the **Junior Toddlers, Preschool 1 and the Preschool/Kindergarten** classrooms. **Friday March 23<sup>rd</sup>**, is Picture Day for the **Junior Preschool and Educational Preschool** classrooms.

The Photos will begin at 9am sharp! Photos will be taken by Picture This Image, and for those families with siblings, pictures will be taken on the same day as the youngest sibling.

On Thursday March 29<sup>th</sup>, is our Easter Luncheon at 11:30am. Everyone will be eating together in the Atrium. Our wonderful Chef Extraordinaire will plan a wonderful lunch for all the children, their educators and friends.



Friday March 30<sup>th</sup>, is Good Friday and the centre will be CLOSED and we will be OPEN on Monday April 2<sup>nd</sup>, for Easter Monday for regular business hours.

Thursday April 12<sup>th</sup>, is our Parent Advisory Committee Meeting from 7pm.-8pm. If you have any questions or concerns you can bring them forward to the Parent Representative in your child's classroom if you do not feel comfortable bringing them up to the Supervisors.

On Tuesday April 17<sup>th</sup>, 2018 will be our Annual Pot Luck Dinner from 6:30pm.-8pm. We will enjoy a sit down dinner with all our families out in the atrium to enjoy lots of multicultural entrées, salads and desserts. Please inform your child's educator if you will be attending and how many people will be joining your party, just to ensure we have enough food for all our guests. If you are not sure what to bring or do not have a favorite dish

*(Continued on page 9)*



## EDUCATIONAL PRESCHOOLER

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

We hope that the New Year has started brightly and continuing to bless all of your families as we progress through 2018! With the weather changing we remind you that it is still important to stay properly dressed as temperatures are supposedly going to be lower than usual over the next couple months. So, let's keep the children and ourselves dressed appropriately as we ease into the spring weather. In the E.P. room our educational program is moving along very nicely, the children are learning more and more every day making positive strides with all the fun activities we do.



March and April bring a lot of things: a change in the weather, more daylight, Earth Day, the celebration of Easter, and of course St. Patrick's Day. A day where we all wear an extravagant amount of green, funny looking hats, try to make friends with as many Irish people as possible, and

for some - enjoy a nice pint of green....water!

For many, or even most, the celebration of St. Patrick is conveyed by adults by drinking green (or non-green) beverages, and for children by enjoying a lot of different green coloured themes. But who really was this St. Patrick guy?



Patrick is said to have actually been a Welshman that was taken from his land at the age of 16 to be a slave in Ireland and tend sheep for six years until he escaped and returned to his native Wales. Others say it was Scotland he was taken from, but the story remained that he stayed in Ireland for six years until his return home. Patrick entered the church shortly after returning home and would end up making it back to Ireland to bring Christianity to the island. In his teachings he would use the shamrock to explain the Holy Trinity, thus making the shamrock all the more potent in his celebration. For all of his dedicated work for the church, Patrick was never canonised by a Pope, but Christian/Catholic churches declared he is a Saint in Heaven and is still very revered in Ireland and elsewhere today as St. Patrick.

As for the snakes he supposedly ran out of town while on a fast? Well, truth told the Irish climate doesn't allow for any type of snake, so this story is in fact a lifelong fable. This day is an actual holiday in Ireland,

Northern Ireland, Newfoundland and Labrador and is widely celebrated by the Irish Diaspora in Great Britain, Canada, United States, Australia, New Zealand among others.

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

Until next time,  
*Michael and the Educational Preschoolers*

## SPECIAL EVENTS CONT'D

(Continued from page 8)

you would like to make. Here is a guide line:

- Appetizers: Sr. Toddlers and Preschool/Kindergarten
- Salads: Infants, Jr. Toddlers and Educational Preschool



- Entrées: Jr. Preschool and Senior Preschool
  - Desserts: Preschool 1 & School Ages.
- A list will be posted outside your child's classroom door. If you are not sure how much to bring the general rule is bring enough to feed your own family. We look forward to seeing you there!

Friday April 27<sup>th</sup>, 2018 is a PA Day for the Catholic School Board only. Trip is to be announced.

Until next time,  
*Lynda Leroux, RECE*  
lyndal@alphachildcare.ca

## SHEILA'S KITCHEN

*Sheet pan cooking is the new way to avoid messy clean ups and spend time doing what you love to do. Here are some quick and easy sheet pan dinners that can be assembled ahead of time and baked right before serving. Easy peasy!*

### SHEET PAN BREAKFAST BAKE (BREAKFAST FOR DINNER)

YIELD: 6  
SERVINGS

PREP TIME: 15  
MINUTES

COOK TIME: 35  
MINUTES



**TOTAL TIME: 50 MINUTES**

#### INGREDIENTS:

- 1 (20-ounce) package refrigerated hash brown potatoes
- 2 tablespoons unsalted butter, melted
- 1 tablespoon olive oil
  - 1/4 teaspoon dried thyme
  - 1/4 teaspoon dried basil
  - 1/4 teaspoon dried oregano
  - 1/4 teaspoon garlic powder

- Kosher salt and freshly ground black pepper, to taste
- 1 cup shredded cheddar cheese
- 12 slices bacon
- 6 large eggs
- 3 tablespoons freshly grated Parmesan
- 2 tablespoons chopped fresh chives

#### DIRECTIONS:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place hash browns in a single layer onto the prepared baking sheet. Stir in butter, olive oil,

*(Continued on page 11)*

## SCHOOL AGERS

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

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



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

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

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

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

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

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

# SHEILA'S KITCHEN

*(Continued from page 10)*

- thyme, basil, oregano and garlic powder and gently toss to combine; season with salt and pepper, to taste. Sprinkle with cheese.
- Place into oven and bake until the edges begin to brown, about 20-25 minutes.
  - Remove from oven and create 6 wells. Add bacon slices and eggs, gently cracking the eggs throughout and keeping the yolk intact.
  - Sprinkle eggs with Parmesan; season with salt and pepper, to taste.
  - Place into oven and bake until the egg whites have set and bacon is cooked through, an additional 10-12 minutes.
  - Serve immediately, garnished with chives, if desired.

## BAKED APPLE PORK CHOPS AND GREEN BEANS

### INGREDIENTS:

- 2 tablespoons unsalted butter
- 4 (8-ounce) pork chops, bone-in, 3/4-inch to 1-inch thick
- 1 tablespoon chopped fresh sage
- Kosher salt and freshly ground black pepper, to taste
- 16 ounces green beans, trimmed
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh parsley leaves



### DIRECTIONS:

- Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- Melt butter in a large skillet over medium high heat.
- Rub both sides of the pork chops with sage; season with salt and pepper, to taste. Add to the skillet and sear both sides until golden brown, about 2-3 minutes.
- Place pork chops and green beans in a single layer onto the prepared baking sheet. Drizzle green beans with olive oil and sprinkle with garlic; season with salt and pepper, to taste.
- Place into oven and roast until the pork is completely cooked through, reaching an internal temperature of 140 degrees F, about 12-15 minutes.
- Return skillet to medium high heat and melt butter. Add apples, brown sugar, cinnamon and nutmeg. Cook, stirring occasionally, until apples just begin to soften, about 3-4 minutes. Stir in maple syrup, stirring occasionally, until the sauce thickens, about 5 minutes.
- Serve pork chops immediately, topped with apple mixture, garnished with parsley, if desired.

## ONE PAN BALSAMIC CHICKEN AND VEGGIES

YIELD: 4 SERVINGS

TOTAL TIME: 45 MINUTES

PREP TIME: 10 MINUTES

COOK TIME: 30-35 MINUTES

### INGREDIENTS:

- 4 skinless, boneless chicken breasts (about 1 1/2 pounds)
- 4 to 5 cups chopped vegetables

(we love to do sliced red potatoes, carrots, broccoli and/or tomatoes)

- 1/4 cup balsamic glaze (DeLallo makes a yummy one)
- 1/4 cup olive oil, more if needed
- Fresh basil, optional
- Kosher Salt & Pepper









### DIRECTIONS:

- Preheat the oven to 400°F. Line a sheet pan with foil.
- Place the chicken in a zip top bag and drizzle on 3 Tablespoons of the balsamic glaze. Let sit for at least 10 minutes. Place vegetables in a zip top bag with the olive oil, 1 Tablespoon of balsamic glaze, salt and pepper.
- Alternatively, arrange the chicken and vegetables onto the pan in an even layer and drizzle olive oil and the balsamic glaze over the top. Add fresh basil if desired. Sprinkle salt and pepper over the top.
- Bake for 30 to 35 minutes, or until the chicken is no longer pink and the vegetables are fork tender. The chicken may get done faster than the vegetables, so check at 30 and remove the chicken before the vegetables if needed.
- Enjoy while hot! Add extra balsamic glaze, salt and pepper if desired










Until next time,  
*Sheila Jenkins*  
Chef

# MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 Happy B'Day Nathan H	 5 Happy B'Day Gabrielle & Elijah Menu #4	6 Happy B'Day Ayden	7 Happy B'Day Manas	1 Happy B'Day Joshua	 2 9 Happy B'Day Misha	3
11 Happy B'Day Oscar, Aaron Maximus & Gabriel H. Happy B'Day Areanna	 19 Fees are Due Menu #1	13 Happy B'Day Jacqueline	14 PICTURE DAY Infants, Inter. Tods & Sr. Pre	15 PAC Meeting 7-8	 16 PICTURE DAY Jr. Pre & EP	 17 Ipsita's 4th Anniversary with Alpha
18 Michael's 7th Anniversary with	19 Parent Survey handed Out Menu #2	20 Happy B'Day Rylan & Liam	21 PICTURE DAY Infants, Inter. Tods & Sr. Pre	22 PICTURE DAY Jr. Tods, Pre 1 & Pre/Kind	23 PICTURE DAY Jr. Pre & EP	24 Happy B'Day Ashaya
25 	26 Happy B'Day Kiaan Fees are Due Menu #3	 27 CHEESE! 	28 Easter Luncheon 11:30am	29 Easter Luncheon 11:30am	30 Good Friday Alpha Closed	 31

# APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  <b>HAPPY EASTER</b> Happy B'Day Sheila	<b>2</b> <b>Easter Monday PA Day</b> Parent Survey Due Back Menu #4	<b>3</b> <b>Happy B'Day Shiraz</b> 	<b>4</b> 	<b>5</b> 	<b>6</b> <b>CAMH</b> Darkness to Light (Mental Health Awareness)	<b>7</b> Happy B'Day Michael
<b>8</b> <b>Happy B'Day Nathan S.</b>	<b>9</b> <b>Happy B'Day Sura</b> Fees are Due Menu #1	<b>10</b> <b>Happy B'Day Gabriel</b>	<b>11</b> <b>Happy B'Day Gabriel</b>	<b>12</b> PAC Meeting 7-8	<b>13</b> <b>Happy B'Day Daniel</b>	<b>14</b> <b>Happy B'Day Samantha</b>
<b>15</b>	<b>16</b> <b>Happy B'Day Zakanya</b> Menu #2	<b>17</b> <b>Pot Luck</b> <b>6:30 - 8pm</b> 	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>Happy B'Day Kiera</b>
<b>22</b> 	<b>23</b> Fees are Due Menu #3	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>Happy B'Day Reeya</b> PA Day Catholic B.D only	<b>28</b> 
<b>29</b> <b>Happy B'Day Aarav</b>	<b>30</b> Menu #4	