

MARCH/APRIL NEWSLETTER 2018



WORD FROM THE OFFICE

The calendar is flipping by and spring is on it's way! Though the weather has been very wet this year we are all hoping for some sunshine over the upcoming 'Spring Break' for our School Ager. Registration for camp is underway and filling up fast so please speak to Alessia in the School Age room or myself in the office to obtain a 2018 Camp package and register your School Ager if you haven't already. Space is limited. Rain or shine we have some fun and exciting activities planned for the campers over their week off school.

Our Toddlers and Preschoolers have been busy learning about seeds, what plants require to grow, and how to germinate a seed for planting. The Preschoolers have many seeds ready to sprout and are hoping to replenish their vegetable garden on the playground. They have been practicing taking turns watering all the new plants around the daycare. We are encouraging you to get outdoors with your children this spring. Get dirty in some fresh soil. Sensory experiences are valuable to children. They are everlasting in the abundant memories created by textures, smells, sounds and sights witnessed outdoors with the ones



we love. Embrace these fleeting spring moments when the earth smells damp and your child's eyes fill with wonder. You won't regret it.

We at Alpha value what you as parents do for your children each and every day. In celebration of your unflinching efforts, we have joined with the children to honor you in the upcoming 'Parent Appreciation Week'. Each day, you will find a small gift or token crafted by your child, and assisted by his or her educator. On the final day of this week-long celebration of the superhero's we call "Parents" a continental breakfast will be served in the staff room for you to enjoy. The children have baked some treats to enjoy with your coffee or tea. After all that you do, it's the least we could do to give back.

Finally, before we close out our April calendar, don't forget about our 'Alpha's Annual Potluck Dinner' on Thursday, April 26th at 6:15. Each class will be assigned either an appetizer, entrée, or dessert. A sign-up sheet will be posted outside of each class to ensure variety and avoid duplication. We look forward to seeing you all there and enjoying an Alpha Family meal together!

Until then, keep smiling!
Jennifer Nikolaou, RECE,
Supervisor

Dates to Remember

Educator Workshop "The Child Inside Out"

Tuesday, March 6th 6:30-8:30

Picture Day

Wednesday, March 7th 9:00am
SHARP

March Break 2018

Monday, March 12th - Friday, March 16th

St. Patrick's Day

Saturday, March 17th

First Day of Spring

Tuesday, March 20th

Earth Hour

March 24th 8:30-9:30pm

March P.A.C. Meeting

Thursday, March 22nd 6:30pm-7:30pm

Parent Appreciation Week

March 19th—23rd

Easter Luncheon

Wednesday, March 28th | 1:00am

Good Friday - CLOSED

Friday, March 30th

Easter Monday - OPEN

Monday, April 2nd

CAMH (One Brave Night)

Friday, April 6th

April P.A.C. Meeting

Thursday, April 19th 6:30pm-7:30pm

Earth Day

Sunday, April 22nd

Friday April 27th

PA Day for Catholic School Boards
ONLY. TBA

JUNIOR TODDLERS

Hello parents! We hope that everybody had a safe and happy January and February and are looking forward to getting rid of the winter gear soon with Spring around the corner!

Our Toddlers have been busy the past couple months engaging in many learning experiences. We had lots of fun experimenting with snow and food colouring! We have also been talking about the importance of using our words with our friends when we want something.

We would like to take this time to welcome our new Toddlers Alyssa, Lucy and Aubree to our classroom. We are very happy to have you join us here at Alpha We would also like to say congratulations to Cole and family on their new addition! We wish you all the best!

Just a friendly reminder to make



sure to label all of your child's belongings and to ensure that your child has weather appropriate spare clothes in their bags at all times. Thank you.

Here are some fun crafts you can do at home over the Easter weekend!

1. Gather your materials. You will need sturdy white paper(like paper plates), q-tips, paint (any colours but you must include white), some containers or trays (to mix the paint)
 2. Start by cutting out your eggs
 3. Pour the paint into the containers and add the white paint to each colour , have your child mix it together
 4. Dip the q-tips in the paint and start painting!
 Not only is this activity fun , it also helps your child practice their fine motor skills! Enjoy!

1. Gather your materials. You will need a toilet paper roll,

paint, paint brush, 2 big popsicle sticks(for ears), googly eyes, pom poms (for nose and tail), white craft foam (for teeth), and glue (glue gun would work better)
 2. Start by hot glue gunning the popsicle sticks inside the toilet paper roll for the ears
 3. Have your child paint the ears and the toilet paper roll

4. Once the paint has dried, finish off by gluing the eyes, nose and teeth

We would like to end off by letting our parents know that if you have any questions or concerns please feel free to ask Niketta or Sam, and to always remember our classroom door is always open.

Sam, Niketta and the Jr. Toddlers

Like us on
Facebook

SENIOR TODDLERS

Hello Alpha Families! Welcome to the month of March and April. We would like to welcome Dietrich and Owen to the Senior Toddler room. We also want to wish all the best to Imari and Gabriel for there journey as preschoolers in Junior Preschool Room.

Senior Toddlers were very busy working on our set goals such as recognizing letters, colors, sharing and how to express their feelings. They can now recognize simple colors such as blue, yellow and red. We will continue to work on learning more colors, recognizing letters, understanding the concept

of sharing and expressing feelings along with some new goals such as learning to rote count to 10.

Now I am going to talk about Saint Patrick's Day which occurs annually on March 17 in observance of the death of Saint Patrick of Ireland. What began as a religious feast day in the 17 century has evolved into a variety of cultural and religious verticals across the globe celebrating Irish culture with parades, special

foods, music , dancing and a whole lot of green. We will be celebrating in our classroom by implementing materials with the colours of St. Patrick' Day.

We wish you all a safe winter season from all the Alpha Families..
Prabhjot and Senior Toddlers



JUNIOR PRESCHOOLERS

Welcome March and April. First, I would like to thank all the families who attended Literacy Night. It was a great turn out and it was lovely to see all of our wonderful families. Over the past few months, the Junior Preschoolers have been working very hard to develop their self-help skills during the cloakroom routine and have been working hard to dress and undress independently.

Hopefully we will soon have warmer weather just in time for Easter Weekend. Here are some songs and finger play activities that children can learn to sing:

Hippity Hoppity Easter Bunny

(To the tune of: Itsy Bitsy Spider)

The Hippity Hoppity Easter Bunny is coming straight at me, (create a bunny by making a fist and raising two fingers)
Closer and closer he hops up on my knee, (place bunny on one knee)
Up to my shoulder the Bunny's much too near, (hop bunny to one shoulder)
Happy Easter, he whispers in my ear. (pretend to whisper in on ear)

Bunnies on a Hill

There were six little bunnies a-sitting on a hill, (hold up six fingers)
Six little bunnies were oh, so still, (sit or stand really still and stiff)
They sniffed the air, and one hopped away, (sniff in air and then move one finger away)
How many bunnies were left to play? (shrug shoulders)
....repeat for five, four, three, etc
One little bunny was oh, so still, (stand really still and stiff)
She sniffed the air, and hopped away, (sniff in air and then move one finger away)
No little bunnies were left to play. (sing sadly)

Ten Fluffy Chickens

Five eggs and five eggs that makes

ten (hold up ten fingers)
Sitting on top is Mother Hen (place one hand on top of the other)
Cackle, cackle, cackle (clap three times)
What do I see?
Ten fluffy chickens (hold up and wiggle all ten fingers)
As yellow as can be

See the Easter Bunny

(To the tune of: Here We Go Round the Mulberry Bush)

See how the bunny hops along,
hops along, hops along, (children crouch and hop)
See how the bunny hops along,
On an Easter morning.
This is the way he wiggles his nose,
wiggles his nose, wiggles his nose (children wiggle nose)
This is the way he wiggles his nose,
On an Easter morning.

This is the way he flops his ears, etc.
This is the way he wiggles his tail, etc.

Hop Little Bunnies

See the little bunnies sleeping, (children lie down still)
Till it's nearly noon,
Come and let us gently wake them
With a merry tune.
Oh, so still.
Are they ill?
Hop little bunnies...hop, hop, hop (children jump up and hop on the spot)
Hop little bunnies...hop, hop, hop
Hop little bunnies...hop, hop, hop
Hop little bunnies, hop and stop!

Easter Bunny Hippity Hop

(To the tune of: Pop! Goes The Weasel)

Easter bunny, hippity hop,
(children pretends to be hiding by making their body into a small shape)
Hide 'til Easter morning,
Easter bunny, hippity hop,
UPI Pops the bunny. (children jump up)

Bunny Pokey

(To the tune of: Hokey Pokey)

You put your bunny ears in, (place hands on head to make ears)
You put your bunny ears out,
You put your bunny ears in,
And you shake them all about.
You do the Bunny Pokey,
And you hop yourself around,
That's what it's all about!

Additional verses:

You put your bunny nose in.
You put your bunny tail in.
You put your bunny paws in.

I'm a Little Chicken

(To the tune of: I'm a Little Teapot)

I'm a little chicken, (crouch down)
Ready to hatch,
Pecking at my shell, (make a pecking motion)
Scratch, scratch, scratch (make a scratching motion)
When I crack it open,
Out I'll jump, (jump up)
Fluff my feathers, chirp, chirp, chirp. (pretend to ruffle feathers)

Little Peter Rabbit

Little Peter Rabbit (make bunny ears)
Had a fly upon his nose, (pinch together the thumb and forefinger of one hand, circle it like a fly in flight and land it on your nose)
Little Peter Rabbit (make bunny ears)
Had a fly upon his nose, (repeat flying action with hand)
Little Peter Rabbit (make bunny ears)
Had a fly upon his nose (repeat flying action with hand)
And he flipped it and he flopped it (bat at your nose with your open hand)
And it flew away.
Repeat but do not sing the featured word, just do the action
Verse 2. Do not sing 'rabbit' but do action.
Verse 3. Do not sing 'rabbit' and 'fly' but do action.
Verse 4. Do not sing 'rabbit', 'fly'



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. Wiarton 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

and 'nose' but do motions.

We Shake Our Eggs Together
(Sang along with *musical egg shakers*)

We shake our eggs together,
together, together,
We shake our eggs together,
Because it's fun to do.

We shake our eggs up high
We shake our eggs down low
We shake them in the middle



We shake our eggs so slowly
We shake our eggs so fast
We shake them to the right/left.

For more information you can go to:
www.childhood101.com.

Have fun-filled months of March and April. Happy Easter!

Kulvinder and the Junior Preschoolers

SENIOR PRESCHOOLERS

We have been very busy in the Sr. Preschool room. We've been working on our Handwriting without Tears Program and The Second Step Social Program to develop our social skills and how to recognize and put strategies into place when we are in conflict or experiencing strong emotions. We have also introduced Sign Language and have been learning lots of new signs. This a new way we can communicate, and both the educators and children are really enjoying learning ASL!

Finally, Spring is upon us! With the weather soon becoming warmer it

provides much more opportunity to get outside and encourages physical activity. Physical activity is extremely important for everyone, especially children who have been cooped up all winter.

The world we live in is

driven by technology and there is no way around it. Let's face it, tablets do come in handy at times when we want a few minutes to get housework done, cook supper or while at a restaurant and there are plenty of great educational apps out there for children to develop their cognitive skills with. However, it is important to limit our children's screen time and it is recommended that children spend no more than 1 hour a day in front of a screen. A way to get away from the screen is to get outside and get moving!



Here are a few ideas

- Take a nature walk with the family
- Go to your local park
- Areosports trampoline park
- Go for a bike ride
- Have a dance party at home



As parents, you know your children learn most from what they see. Role modelling is the best way to teach your children so make sure that you are also doing your best to live a healthy life style to

encourage your children to do the same. Put down the phones and tablets and get moving! You'll thank yourself later!

Alicia, Kristen, Jennifer Sarmini and the Sr. Preschoolers

We're on the web
www.alphachildcare.ca

According to Participation, Preschoolers should be getting a minimum of 180

SCHOOL AGERS

Hello family, friends and guardians of the School Age room. I would like to formally introduce myself. My name is Alessia Cacioppo and I've been with Alpha Child Care for almost 3 years now. I've been at our Springdale location for 2 and half years now and have recently been transfer to our Cathedral location into the School Age program. I have been with the Toddler age group, Preschool, Infant and now School Age. It is a pleasure being with the School Agers, it gives me an opportunity to develop my ECE skills and become more aware of the growing and development of the different age groups.

Being in the School Age room these passed few weeks have been a great challenge for me, I'm able to watch them grow and become their own independent person in their own kind of ways. I've noticed that most of the School Agers enjoy reading, coloring and using their imagination in all of the areas of the classroom, such as, when coloring/drawing, playing in the block center, using their representation skills in the dramatic center, even when communicating to one another. The School Agers have opened my eyes into realizing what they enjoy doing most and least, which is, playing outdoors, because they are so active and are full of energy, also taking roles in the classroom or on our walks when having to participate in something.

The School Agers are a great group. There are some challenges, which we are all working on, such as, simple turn taking, communication skills, expressing our feelings and understanding one another's feelings. We all came together to set rules which we need to follow



therefore there isn't conflict in the classroom. The School Age schedule has a steady schedule throughout the evening, we have snack 3:45-4:30 due to everyone arriving at the daycare at different times, during that time I encourage the School Agers to do homework if they have it and between 4:30-5:30 then they have free time and can do what they please. I am a free minded and outgoing person, anything the

School Agers would like to do I'm in 100% provided it is safe and inclusive.

In the month of March and April the School Agers will be doing exciting activities throughout the two months. I have planned activities for them during the March Break, which I received their input on because it is their classroom as well. They are interested in doing projects, whether it is an art project, a science project of any kind of project that they come up with, we follow through together.

In the month of March the School Agers are aware of St. Patrick's Day, we will be doing arts and crafts with the colors green, white and orange, also science experiments, baking/cooking, and many more fun activities. "St Patrick's Day is celebrated in many parts of the world, especially by Irish communities and organizations. Many people wear an item of green clothing on the day. Parties featuring Irish food and drinks that are dyed in green food coloring are

part of this celebration. It is a time when children can indulge in sweets and adults can enjoy themselves as well" received by: *Copyright © Time and Date AS 1995-2018.*

April is around the corner as well, you know what that means.. It's almost Spring! Goodbye Winter and Hello Spring, lets hope! Please remember to continue to provide your children with gloves, hats, snow pants, scarves, boots and any other winter clothing, it does get cold on our morning and afternoon walks so lets continue to bundle up.

It's an honor to work alongside with the School Agers, I'm hoping to gain their trust, build friendships and have a great time together for the rest of my time being with them.

Thank you, and lets continue to have a fantastic year!

Alessia, and the School Age Team

March Break Activities:

Monday – Board Games: Bring in any games from home and let's play together!

Tuesday – Nature: Let's plant and grow our own flowers and grass .. warmer weather is coming so why not?

Wednesday – Let's Bake!

This is a great activity for the School Agers to become familiar with measuring, also become experts on baking

Thursday – TBD

Friday – Wear green, white or orange to represent St. Patrick's Day, and have a movie day



SALLY'S KITCHEN

Hello Alpha Families, Hope you all had a great Valentines Day and a wonderful Family Day with your family!

A letter was sent out to everyone regarding the sample menus that the Region of Peel has asked us to participate in. We have implemented 10 days of this sample menu ending February. 26th. We hope that the children have enjoyed all the new foods they have tried. If your child talks about any of the foods they enjoyed from the child care centre at home, please let us know and we will try to add them into our regular menus. These new flavours and textures will help develop their palettes and encourage them to taste even more new and unfamiliar foods.

Here is the recipe for my famous Red Lentil Soup that is a hit with the children:

Red Lentil Soup Ingredients:

- 1 tsp turmeric

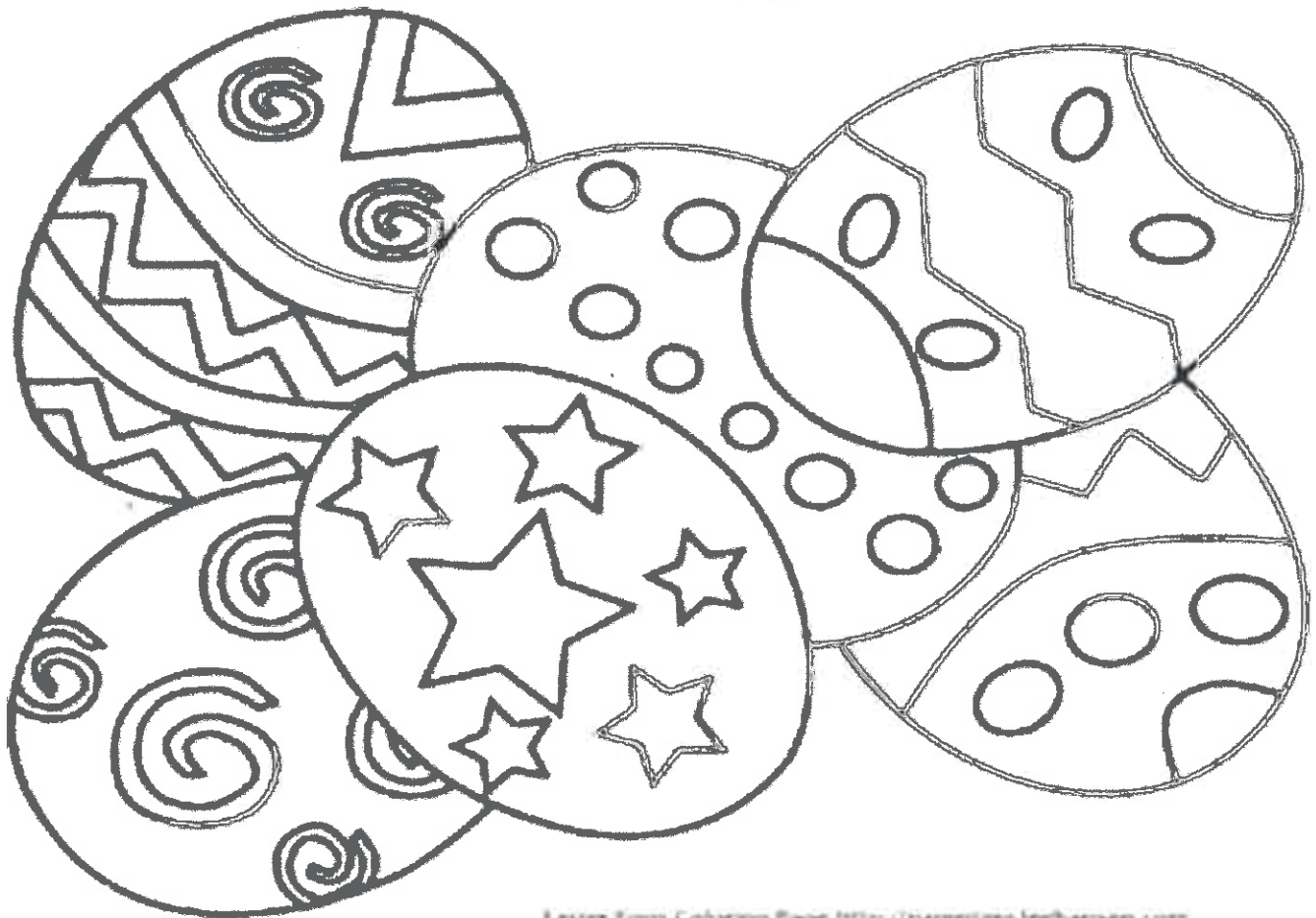
- 1 tsp coriander
- 2 tsp cumin
- Chopped garlic
- Chopped ginger
- 2 cups of red lentils
- 1 medium onion roughly chopped
- 2 medium carrots roughly chopped
- 8 cups of vegetable stock

Directions:



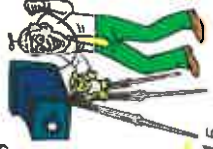





1. Fry onions in olive oil until brown
2. Add spices- garlic, ginger, and carrots until fragrant
3. Add stock and lentils and bring to a boil
4. Simmer for 35 minutes
5. Pour all ingredients in a blender and blend until smooth



Until we eat again,
Sally







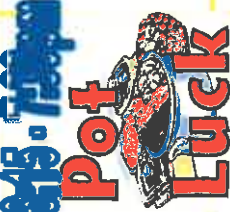


MARCH 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|---|
| <p>4</p>  | <p>5</p> <p>Menu #3</p> | <p>6</p> <p>CHEESE!</p>  | <p>7</p> <p>Happy B'Day Nahum</p> <p>PICTURE DAY 9am</p> | <p>8</p> <p>-7:30</p>  | <p>9</p> | <p>10</p> |
| <p>11</p>  | <p>12</p> <p>Fees are Due Menu #4</p> | <p>13</p> | <p>14</p> <p>Happy B'Day Patricia</p> | <p>15</p> | <p>16</p> | <p>17</p>  |
| <p>18</p> <p>Happy B'Day Aubrae & Marcus</p> | <p>19</p> <p>Parent Survey handed Out</p> <p>Menu #1</p> | <p>20</p> <p>SPRING</p>  | <p>21</p> <p>Happy B'Day Norah</p> | <p>22</p> <p>PAC Meeting 6:30</p> | <p>23</p> | <p>24</p> <p>Happy B'Day Niketta</p> |
| <p>25</p>  | <p>26</p> <p>Fees are Due Menu #2</p> | <p>27</p> | <p>28</p> <p>Easter Luncheon 11:00am</p> | <p>29</p> | <p>30</p> <p>Jennifer's 3rd Anniversary with Alpha</p> <p>Good Friday Alpha Closed</p> | <p>31</p>  |

March Break

Parent Appreciation Week

APRIL 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|------------------------------|--|-----------------------------------|---|---|
| 1  EASTER  APRIL FOOLS DAY | 2 Easter Monday PA Day Parent Survey Due Back Fees are Due Menu #3 9  | 3 10 | 6 CAMH Darkness to Light (Mental Health Awareness) 13 | 7 14 Happy B'Day Hillary | 20 21 Happy B'Day Katia | 27 28  |
| 15 | 16 Fees are Due Menu #1 | 17 | 18 | 19 PAC Meeting 6:30 | 26 27  | |
| 22  | 23 Happy B'Day Olivia Menu #2 | 24 Happy B'Day Braedon | 25  | | PA Day Catholic B.D only | |
| 29 | 30 Happy B'Day Braedon Fees are Due Menu #3 | | | | | |