



July/August 2018 Newsletter

Word from the Office

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

Our Summer Camp program is underway, bringing back old friends and welcoming new ones. Once again, our Summer Camp is a busy, action packed program, therefore, requiring lots of energy, so be sure that your child is getting enough rest in order to fully participate in this fun time. This year's camp councilors at the Springdale location are Michael Burns and Janice Sheree-Ann Thompson-Nelson. Travelling with the campers to Cathedral will be Klein Wilhelm. We know how much fun the children had in the past and this summer we have once again some new and exciting trips planned, so it looks to once again be a great summer.

Summer Dress Code: shorts, t-shirt, long pants, sweatshirt, underwear, socks, indoor shoes, outdoor shoes, or a shoe with a rubber sole with a grip to enable your child to use the climbing apparatus, sun hat, and sun screen. Please remember that open toed shoes (sandals, flip flops) and **CROCS** are **NOT** safe footwear as your child may accidentally stub their toes and cause serious injury. Sandals and **FLIP FLOPS** are not permitted at the day care at all as something could just as easily fall on your child's toes indoors as it could outdoors. Safety is always our number one concern. While educators are off having their well earned vacation, the following familiar faces will be in the classrooms helping out to ensure that our programming runs smoothly and at the high standards that Alpha offers. Please welcome Arianna Jack, Sabiha Lokandwala, Darcy Woods, Danielle Aiken and Vanessa Yanqui all these staff members are very familiar with the children and the routines of Alpha.



Effective July 3, 2018 some of the Educators will be moving into different classrooms. From the Infant program Sukhi will be moving into the Preschool 1 classroom and joining her is Felicia from the Senior Preschool classroom. PJ will be moving into the Junior Toddler classroom. Shivani who has just joined our team will be joining Cassie in the Senior Preschool classroom. Replacing Sukhi is TBA. We like to keep our educators stimulated and be able to utilize their skills for all age groups as if you are not practicing the skills one tends to lose the skills. Besides Shivani we will be welcoming two other new staff members as Lorraine is taking an extended leave until January and Nikeeta will be going on maternity leave in September. As soon as we find the right candidates that are a fit to our Alpha family we will be introducing them to you. Please watch the bulletin boards for updates. We have also had to say good by to Clarah who has decided to take a different journey in her career.

Until next time my door is always open.
Mary Soudy RECE, B.A.
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Dates to Remember

Sunday
July 1/18
Canada Day!



Monday
July 2/18
Alpha is CLOSED
in
Lieu of CANADA DAY

Monday August 6/18
Civic Holiday. Alpha is closed

Looking Ahead
Monday September 3/18
Labour Day. Alpha is closed



Infants

Hello again from the Infant room and welcome to the beginning of summer! We are very excited in the Infant room for the weather to get warmer as we can continue to explore our playground.

The Infants will be able to continue to crawl or walk around while they touch the grass and sand. The educators in the classroom set up the play ground with a large blanket for the younger Infants to sit on and explore toys such as books, blocks, car, animals and musical

instruments. The sensory bin is set up with all different kinds of texture items and water for the Infants to explore. Items such as buckets, shovels, bowls, and spoons are placed into the sandbox for the Infants to explore the many ways of filling, molding, sifting or dumping. The grass area is set up with push toys, riding toys,



big trucks, and balls.

As the weather continues to get warmer please ensure your little one is dressed appropriate for it, by wearing loose fitting clothes, or breathable material.

Have a safe and happy summer.
Infants, Sukhi, Kim, Alessia, Niketta

Junior Toddlers

Hello again everyone! Can you believe it? Summer has officially arrived and we here in the Jr. Toddler room are so thrilled to be able to start planning all the fun and exciting activities we'll get to do outdoors. After a long winter, most of it spent indoors due to the cold, the playground is ready to be explored. We are planning lots of activities such as obstacle courses in the play ground to encourage our Toddlers to further develop their gross motor skills. For example, setting up pylons to run



balance.

around, providing different sized balls for kicking and throwing, and standing up on tree stumps to practice balancing. This can also be a fun activity to do at home in the backyard or even at the park. You can use natural materials such as, pine cones for kicking and tossing, you can run around trees at the park for agility and stand on one foot for

A fun song to sing that allows us to practice many aspects of the gross motor skills we are working on is a song we often sing when walking to the playground or just around the classroom and playground. It is also a great way to encourage your children to walk in to childcare on their own in the morning or to the car at the end of the day.

"We're walking, we're walking, we're walking to the door"
"We're running, we're running, we're running to the door"
"We're jumping, we're jumping, we're jumping to the door"
"We're kicking, we're kicking, we're kicking to the door" (kick legs)

Any action can be added and it is a great, motivating song.

We hope to see you all out enjoying the beautiful weather!! Thanks for stopping by!

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

Senior Toddler/Preschool 1

Welcome to the Sr Toddler/Preschool 1 Room. We would like to welcome Sukhi and Felicia to the Room as they will be taking over for PJ and Clarah.

Now that summer is here, the children will be enjoying the wonderful natural playground. Being outside is very important. It keeps the children active. It is important to know the safety of being outside; from protection from the sun to heat exhaustion and heat stroke.

It is important to always have a hat and sun screen on.

It protects us from the harmful UVA and UVB rays. The sun can provide our bodies vitamin D but can cause skin damage.



Applying sunscreen with SPF of 30 or higher and says broad spectrum. Also it is important to reapply sunscreen every 80 minutes.

When wearing a hat outside it is important to wear a wide-brimmed hat because it will cover a larger area such as the ears, neck and parts of the shoulder. Also wearing long sleeve shirt and pants is important to protect our skin from sun damage.

Drinking plenty of water is very important. Keep our body hydrated will prevent sun stroke or heat exhaustion. Always keep extra bottles of water to stay hydrated and cool.

Enjoy the summer and keep safe!
Felicia, Sukhi and Sr Toddlers/Preschool 1 Room



Intermediate Toddlers

We welcome all new friends, families and educators to Intermediate Toddler room.

Congratulations to all those family who have had or are going to have a new little member in their family! Babies are always fun to be with. But most of the time parents are concerned about the way their older child will react to the news of pregnancy and having a sibling soon. Having a sibling means lifelong love and companionship and sharing, sharing toys, time, memories and attention!

- To prepare your child for a sibling try relating the birth to events (You will be an older sister before you go to school).
- Parents should try to stay positive, "You are going to be a big brother" instead of saying, "You are going to have a baby brother or sister."
- Expose your child to babies so they'll find out how much care they need and how they behave.
- If you choose to breastfeed, let



your child see a baby nursing, if possible, so it's not a new concept to them.

- Be clear with your child that the baby won't be an immediate playmate - they do little but eat, sleep and cry when they come home.
 - Point out pictures of newborns in magazines and books so they will know how a newborn looks.
 - Another fun activity is having help with getting your home ready for the new baby. Setting up the crib, getting clothes ready, buying diapers with you lets them be a part of the preparation.

Once you have given birth, remember the child is usually anxious to see you, not the baby. Greet your child without the baby in your arms. It may help to have a gift available for the older child from the baby. Take photographs of the children together. Be sure to plan the visit when your child is not hungry or tired. Let your child hold the baby. Don't be surprised if the child's attention span is brief and they are more interested in your hospital bed than the baby! Be prepared for crying or anger when it

is time for your child to leave. This is normal!

When visitors arrive, let your older child be the centre of attention for a few minutes. Ask the child to unwrap presents for the baby. Let your child lead the visitors to the baby's room, help you bring the baby out or assist with serving refreshments.

Regression and jealousy in children is very common with a new baby in the house. Jealousy in toddlers and preschoolers may be exhibited by regression or "watch me" activities for attention.

It's best to follow your older child's lead, letting the sibling relationship develop at its own pace. Don't panic if you see jealousy or regression developing, but don't ignore it either. Acknowledge their feelings, let the child know it is okay to feel like they do. One of the best ways to deal with problem behaviors is to spend some one-on-one time with your child. Try to make some special time with your older child so that there are no interruptions. Don't try to equate fair with equal. And, don't forget time for yourself too!

Intermediate Toddlers, Ipsita, Shauna and Simran

Junior Preschoolers

Hello and happy summer from all of us at in the Junior Preschool room! It has been a pleasure to spend such a wonderful time together, in such beautiful weather.

We would like to remind you to always be wearing a hat to cover your head and to be using sun screen to



protect your skin. Having fun in the sun is one of the best things to do, but sadly it does not last forever. But, there is always fun to be had no matter what the season it!

Summer is here and it's time to do some messy play activities outdoors! I know, call me crazy, but I love to do messy play activities...especially outdoors! The kids love it and the mess is easy to clean up

outdoors. Today I'm sharing with you 3 of my favorite outdoor recipes for play!

Erupting Rainbow Sidewalk Chalk Paint:

Supplies Needed:

- cornstarch
- baking soda
- water
- liquid water colour paint or food colouring
- squeeze bottles
- vinegar
- spray bottles

Directions:

Making sidewalk chalk paint is incredibly simple. The traditional recipe calls for equal amounts of water and cornstarch with added

colour.

To make erupting sidewalk chalk paint, I mixed 1/3 cup of water, 1/3 cup of cornstarch, and 1/3 cup of baking soda with each colour. Remember that the base of this paint recipe is white, so add a good amount of colour to achieve vibrant shades of paint.

For easy preparation I mixed the ingredients in a measuring cup with an easy pour spout to make filling the squeeze bottles an easy task.

Ice Cube Painting:

Supplies Needed:

- Ice cube tray
- Small plastic bowl
- Plastic spoons

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Junior Preschoolers cont'd

(Continued from page 3)

- Food colouring
- Scissors
- Sketch paper
- Craft sticks or disposable ice cream spoons

Directions:

1. Since this is a colouring mixing activity, we will start out with the three primary colours (red, blue and yellow). To make the coloured water, add at least 5 drops of food colouring to about ¼ cup of water. Mix well. Test the colour intensity by painting with the coloured water on plain white paper. If you want the colour to be brighter or more intense, add a few more drops of food colouring until you achieve the desired colour.
2. Prepare your ice cube tray. Spoon in the colours into each tray section by pairs to come up with the



secondary colours—orange (yellow + red), green (yellow + blue), and purple (blue + red).

*Kids love to mix colours so let them explore and learn!

3. Pour in some red, blue, and yellow on some of the remaining tray sections.
4. Once satisfied with the mixed colours, put the tray inside the freezer. While waiting for the ice cubes to freeze, prepare the handles for the ice cubes. You can use disposable wooden ice cream spoons or you may cut craft sticks in half. Check on your ice cube tray after about 30 to 45 minutes. When the coloured water is half-frozen, stick in a craft stick handle into the center of each ice cube. Put the ice tray back in the freezer.
5. When the ice cubes are solid frozen, take out the ice tray from the freezer and allow it to stand at room temperature for a few minutes. Twist the ice tray

slightly to loosen the ice cubes. Give your child as much paper as he needs to paint. Most kids love to keep on painting with these ice cubes until they're almost melted.

Tin Can Bowling:

Supplies Needed:

- Empty tin cans
- Decorative supplies to decorate the can (paint, stickers, glitter glue ect)

Directions:

Spray paint will make your cans totally fun and colourful and of course you can have your children decorate them with paint or stickers to really jazz them up! You can stack them or lay them out Use rocks, a ball or even bean bags! Bowling is classic! I don't care who you are, knocking things down is always fun!

We hope you try some of these fun activities throughout the rest of the summer! Enjoy!

Areanna, Erin, Kelly and the Junior Preschoolers

Senior Preschoolers

Summer is here and so is the sun!!!! Please remember that each child needs to have sunscreen and a sun hat when going outside to protect them from the sun. We also want to ensure that each child has the proper footwear for both inside and on the playground. Open toe or heel sandals and crocs are NOT permitted for safety reasons. Please provide your child with two comfortable pairs of shoes that they can play and have fun in.

Now that the summer is here old friends will be leaving us and new friends will become a part of our room. We would like to wish those who are leaving the best of luck and please don't forget to visit us. To all new friends and families who are joining our room, welcome and don't hesitate to ask any questions you may have.



Quinoa Fruit Salad

Ingredients:

- 2 cups cooked quinoa
- 1 mango, peeled and diced
- 1 cup strawberries, quartered
- 1/2 cup blueberries
- 2 tablespoons pine nuts
- Chopped mint leaves, for garnish

Directions:

1. In a large bowl, combine

- quinoa, mango, strawberries and blueberries.
2. Serve immediately, garnished with mint leaves.

Pita Pizza

Ingredients:

- 4-6 pita rounds (white or whole wheat)
- 1 cup of pizza sauce
- 2 cups mozzarella cheese
- Garnish: toppings of your choice (veggies, cooked meats, cheeses, etc.)

Directions:

1. Preheat oven to 375 degrees.
2. Spoon pizza sauce over pita rounds. Top with mozzarella and desired toppings.
3. Place on baking sheet and cook for 7-10 minutes, or until cheese has melted.

Hope everyone has a safe and happy summer!

Cassie, Felicia, The Senior Preschoolers



Special Events

Hooray, finally summer is here, and the warm weather is here to stay hopefully. We would like to thank the children for their wonderful performances at our Spring Concert and for the Families who attended our Annual Father's Day Barbeque. The money we raised is to go towards the walk for Autism.

Our Autism walk that took place in June was a huge success, although we did not have many walkers Alpha's Angels still raised \$1400 as we raised additional \$250 at our Popcorn Sale. A big thank-you to Erin Wilhem, our team captain who helped to make this possible and to all those who donated towards such a wonderful cause. Alpha is lucky to have great supportive families to help raise Awareness for Autism!

Thursday June 28, 2018 is officially the last day of school for the School Age children, a trip will be announced as it is the end of the school year. However, Alpha continues to keep their doors open during the summer months and review all of our academics, to keep the children stimulated and busy during the summer.



Since Canada Day falls on Sunday July 1, 2018 Alpha will be closed on Monday July 2, 2018 in lieu of Canada Day and we will be CLOSED on Monday August 6th, 2018 for the Civic Holiday.

We hope everyone has a safe, happy summer. Remember to stay cool and drink lots of water!!!

Until next time have a Happy Summer!

Lynda Leroux, RECE.
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Junior/Senior Kindergarten

Welcome to summer, the Preschool/ Kindergarten class has celebrated the end of another successful year here at Alpha. There were a lot of changes over the year both in the classroom and at home for some of the children. Congratulations to all, those families who welcomed a new addition this year and we know a few more are on the way. We will let you know of any news from Emilija when the time comes.

With the beginning of summer there is the knowledge of some of our friends leaving us and attending new schools in September.

While over the summer we don't focus as much on academics we will keep reviewing the skills learned to be ready for September. There are a lot of fun activities you can do as a family to keep up math and literacy skills.

First of all, read, read as a family, read just you and your child, encourage your child to read on their own. Make trips to the

library a summer activity and set a goal for the number of books with a fun activity as the reward for achieving it.

Play card or board games together. There are many simple boards games which will encourage math and literacy skills such as Snakes and Ladders and Candy Land. Even young children can learn a simple card game such as Go Fish.

Make a backyard or neighbourhood scavenger hunt that you and your child can do together.

On trips to the beach encourage your child to collect and sort materials such as stones, shells and sticks. Get them to write letters in the wet sand with a stick. How exciting when the waves come and wipe the slate clean.

On Canada Day you can use sparklers to write letters and numbers in

the air. Encourage your child to watch for wildlife in your backyard and keep a list of what you see.

On road trips get your child to keep a tally of how many types of cars you see or get them to look for certain letters in licence plates.

We hope that you find these suggestions helpful and if you need more ideas check your child's COR document as there should be a suggestion of ideas to do at home for each section of the COR.

We wish everyone a safe and happy summer and look forward to seeing you again in the fall.

Best Wishes from:
Jacqueline, Natasha and the Preschool/Kindergarten class



Campers

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

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

1. Lunches - it is important that the children have a lunch that consists of a variety of food groups. ex. bread, fruit, vegetables, but it is also important we remember allergies that are within the classroom. Peanuts, and other nuts, as it is standard practice to avoid bringing these into any school setting but to also avoid any other



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

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



3. Sunscreen - An absolute must, each day, every day, and all the time! I



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

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

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

Happy Camping
Michael and the Camp Team!

A Moment with the Manager

Now that the summer months are here I felt it was fitting to discuss with you the importance of taking your children on a vacation.

Just like you and me, everyone needs a break from their daily routine, even the children, as life in itself is stressful and exhausting. Sometimes we forget that being at child care all day, everyday is a child's work which can be full of frustration, challenges as well as many successes. Then in the midst of all that we rush them off each night to participate in some extra-curricular activity, whether it be soccer, swimming, hockey or dance. The children burn a lot of energy trying to meet all these expectations, therefore, children need time to relax, rejuvenate and enjoy life's little things, just as much if not more than we as adults do. So, this summer I encourage you to take your children on a mini vacation. Take advantage of the times when you can be with your children for extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child. It is important that your child see you letting your hair down and putting your feet up and relaxing in order for them to learn from your role modeling.

When planning your vacation involve the children in the

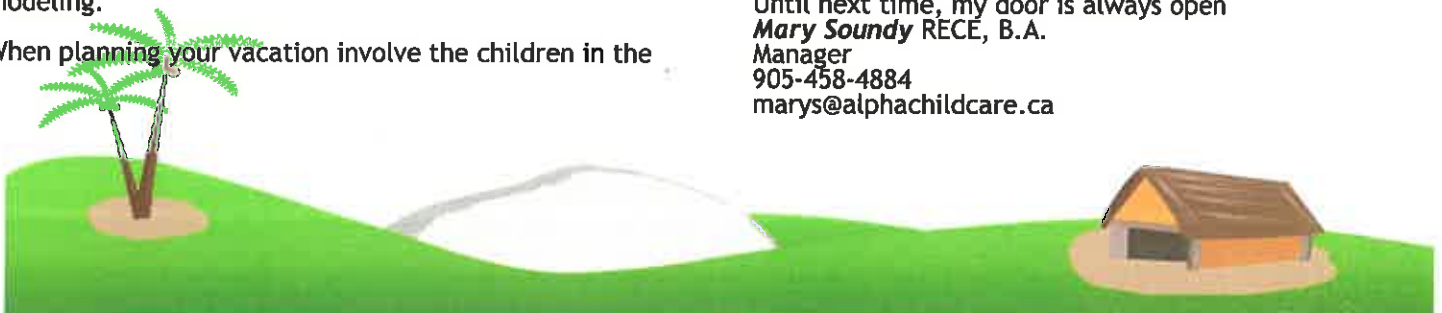


planning process. Pick up brochures and schedules of the places that you would like to visit or take a trip to the library to gather information on the places you might see while vacationing. Remember try not to plan too much as this can cause undue stress and fatigue.

Remember to always take your child's lead whenever possible. If they really want to just swim in the pool versus going to the museum, let them, both of you will have a much better time doing something that you want to do as supposed to something that you have to do. Vacation time gives you ample time to build on the special relationship that you have with your child.

Remember relationships get strengthened tickling toes in bed just as often as they do from the many places that we may visit together. Have a great time with your child this summer and create some lasting memories that both of you will cherish for many years to come.

Until next time, my door is always open
Mary Soundy RECE, B.A.
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From Sheila's Kitchen

Summer is all about fun in the sun here are some ideas that are fun and easy to make with your children and safe. Because water play must be watched at all time so let's not tie are self's up with hosting and be vigilant about minding our most cherished gifts of life our children.

Ps if you need help with recipes just look up Pinterest pool party.

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For a party! cook hot dogs in the crock pot - don't add water. they will release moisture on their own. cook on low for 4 hours. taste like they were cooked on a roller!----need to remember this!! great idea



Have a safe and fun summer

Chef

Sheila Jenkins

