



July/August 2018 Newsletter

Word From The Office

It's officially summer and hopefully we will enjoy comfortable hot summer days ahead. Our educators ensure they keep the children hydrated by providing them with water while outdoors and ensure they are engaged in play in shaded areas. To protect the children from the sun's harmful rays, the children must have sunscreen with SPF 25 or higher, that the parent will provide the educators with and it will be applied to all exposed skin areas. If you do not provide sunscreen for your child, all exposed skin areas will be covered with a light long sleeve shirt and pants and of course a hat will be worn while outdoors. Just a reminder that crocs, sandals and flip flops are unsafe and may not be worn on the playground or indoors. We encourage running shoes so the children can run freely without worrying about their shoes slipping off causing injury to their body. Always the first week of July and every Friday after that until September, the children will be involved in waterplay Fridays. This means the children will be outdoors from 9am to 11am participating in fun water activities and running through sprinklers. Please provide your children with a swim suit, water shoes (NO BARE FEET) and a towel to enjoy



the morning festivities. The children will then enjoy a picnic lunch outside in the shaded areas under a tree.

During the summer months our educators are due for some well deserved time off. As a result you will be seeing some new faces, through out the centre, as they will be relieving Alpha's full time educators to enjoy their vacation. If you have not met or seen the supply educator please feel free to introduce yourself as I hope they will do the same in return. Please look at message boards that the educators update daily letting you know who will be working in the classroom for the week or the day. We will try to be as consistent as possible but due to ratios and education levels, Alpha needs to do what is best for the company as a whole and the children. Thank you for being patient and understanding!

We would like to welcome Melanie to the Alpha family, who will be working alongside Camila in the Camp room along with Klein. Melanie was a previous employee at Alpha but has moved onto to the school board but will be returning for the summer months only and Klein has worked in the camp program and he will be transporting from Peter Robertson location to Cathedral with a small group of Campers. We are excited to have them back and look forward to another fun summer in camp.

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

On June 3rd, Alpha's Angels participated in the Walk now for Autism to help raise awareness for Autism. We raised \$1400.00 between both locations. The McMillan fundraiser Alpha raised \$348.00 and new items for outdoors will be purchased for the children to enjoy. Once again thank you for being so generous, we truly appreciate all your support.



August 6th, 2018, Alpha will be closed for the Civic holiday and September 5th, 2018 Alpha will be closed for Labour Day.

Another reminder to parents that if you are withdrawing from the program Alpha needs a 2 week withdrawal notice in writing. If your child is entering the school board this fall, a 2 week notice still needs to be submitted or Alpha will assume

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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



Junior Toddlers

Summer safety

Welcome to the month of summer, we welcome Shilo, Jonas and Mila to our Junior Toddler room.

We know families are planning to go on vacation children are excited about their summer break. Now that school is out for the summer many children will want to stay cool by swimming. Without the necessary information a day at the pool/lake could quickly lead to terrible misfortunes. Childhood drowning and near-drowning can happen in a matter of seconds. They typically occur when a child is left unattended or during a brief lapse of supervision. Severe and permanent brain damage affects as many as 20 percent of near-drowning victims. Please make sure your family is safe around water by following these safety basics

Summer water safety

Children should always swim under the supervision of a grownup. Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

Children should understand and obey the posted rules.

Make sure children swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Encourage children to:

Check with the lifeguard to find out how deep the water is.

Never go near or in water without an adult present.

Have a swimming buddy.

Never jump or dive unless the lifeguard or a grown-up says it is okay to do so.

Teach children that swimming in open water is not the same as swimming in a pool. Be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Never swim at night.

Get out of the water right away if you hear thunder or see lightning.



Preventing Heat Strokes

Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Always lock your doors and trunks - even in your driveway. And keep your keys and key fobs out of the reach of children. Create reminders. Place something you'll need at your next stop - like a briefcase or cell phone - next to the child safety seat. It may seem simple, but can be a helpful reminder on a chaotic day. Take action. If you see a child alone in a car, take action. Call 911. Emergency personnel are trained to respond to these situations.

Hotel safety

As summer months arrive and we begin to travel away from home, hotels and motels become our home away from home. It is just as important to be prepared and know what you would do in a hotel/motel emergency as it is in your own home.

Plan Ahead: • Choose a hotel/motel that is protected by both smoke alarms and a fire sprinkler system. • When traveling pack a flashlights.

Gagan, Sam and Senior Todds



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Word From The Office cont'd

that your child will be continuing in our Jr./Sr. Kindergarten program and will be charged the applicable rates, this also includes subsidized families. So be

sure to inform Patricia or Jennifer in the office.

Stay tuned for upcoming news with educators, changing classrooms. A few of our educators have been working with the same age category and Alpha would like to see their strengths continue to blossom.

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

Patricia Andrade, RECE
patriciaa@alphachildcare.ca



Senior Toddlers

Hello families! Welcome to the month of July and August. I hope you all are enjoying this warm summer weather when the sun is bright and plants and trees are full of great leaves and beautiful flowers.



We were very busy in the month of May and June as the Senior Toddlers worked on self-help skills, toilet training, recognizing, shapes, patterns and colors, We will continue to work on these skills. We also welcomed two new friends Cole and Luke to Senior Toddler room in the month of May.

Please ensure that you child has enough extra clothing as we are going to have waterplay every Friday at 9 o'clock. Please bring all the clothing items and shoes clearly marked with your child's name. Please remember that open toe shoes are not safe and are a safety hazard for your child.

Now, I am going to talk about Canada Day which is observed on July 1, 2018 this date falls on a Sunday, in which case July 2 is the statutory holiday. Celebratory events will generally still take place on July 1, on Canada's Birthday. Most communities across the country will host organized celebrations for Canada Day, typically outdoor public events, such as parades, carnivals, festivals, barbecues, air and maritime shows, fireworks, and free musical concerts. However, the focus of the celebrations is the national capital, Ottawa, Ontario, where large concerts and cultural displays are held on Parliament Hill. With the hope that you enjoy your long weekend and summer. We'll see you next time.



Until next time,
Prabhjot and Senior Toddlers

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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Junior Preschoolers

Welcome the hot months of July and August. Over the last few months the Junior Preschoolers have worked very hard and accomplished many skills such as identifying shapes, colours, numbers and the most important self-help skills. Finally we have warm/hot days so we can enjoy more outdoor activities. Also do not forget to see the calendar each week for special days/activities we planned for the children.

Speaking of hot weather, we have some cold summer drink recipes that you can make with your child.

Strawberries Colada Smoothie

Yield: 2 servings

- 8 oz fresh strawberries , chilled, hulled
 - 1 ripe banana , peeled and frozen
 - 1 1/2 cups frozen pineapple
 - 1 (5.3 oz) container coconut Greek yogurt
 - 1 1/4 - 1 1/2 cups unsweetened coconut milk beverage (the kind found in the dairy aisle)*
1. Pulse strawberries in a food processor until well pureed.
 2. To a blender add banana, pineapple, coconut Greek yogurt and 1 1/4 cups coconut milk. Pulse until well blended, adding an additional 1/4 cup coconut milk as needed.
 3. Spoon pineapple mixture into glasses filling about 1/3 full then add a spoonful or two of the strawberry mixture, swirl lightly with a butter knife then repeat twice more. Serve immediately.
 4. Alternately, all ingredients can be blended together in a blender versus processing strawberries separately.
 5. *Light canned coconut milk can also be substitute just blend 1:1 with water.

Double-Dacker Coconut Tropical Avocado Smoothies

Yield: 3 - 4 servings

- 1 1/2 cups pineapple juice
 - 1 1/2 cups frozen mango chunks
 - 2 kiwis , peeled
 - Half a small , ripe avocado, peeled and cored
 - 3/4 cup coconut milk beverage
 - 1 1/2 cups frozen strawberries
1. Pour pineapple juice into a blender. Add in mangoes, kiwis and avocado. Blend until smooth. Divide smoothie among 3 - 4 glasses. Rinse blender.
 2. Add coconut milk and strawberries to blender and blend until smooth. Spoon strawberry smoothie over smoothie in glasses. Serve immediately.

Recipe source: recipe from *Best 100 Smoothies for Kids* by Deborah Harroun

Mango Peach Smoothie

- 2 cups frozen , peeled mango chunks, partially thawed
- 1 1/2 cups frozen strawberries
- 1 cup fresh peach slices (2 medium peaches, pitted)
- 1 well ripened banana
- 2 cups chilled pineapple juice

Add all ingredients to a blender and process until smooth. Serve immediately.

Banana Berries Smoothies

Yield: 3 Servings

- 2 ripe bananas
- 1 1/2 cups frozen blueberries
- 1 1/4 cups raspberry sherbet
- 3/4 cup fat free frozen yogurt
- 1 cup berry blend juice , plus 1/4 cup more as needed*
- 8 ice cubes

Add bananas, blueberries, raspberry sherbet, frozen yogurt and berry blend juice to a blender, cover with lid and blend until well blended. Add ice and blend until ice is fully processed and ice pieces no longer remain. Serve immediately.



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Junior Preschoolers cont'd

Sparkling Blueberry Lemonade

Easy and delicious sparkling blueberry lemonade. The perfect cool down summer drink!

- 2/3 cup white sugar (superfine is best)
 - 2/3 cup water
 - 1 and 1/2 cups fresh blueberries
 - 1 teaspoon lemon zest
 - 1 cup freshly squeezed lemon juice (~4-5 whole large lemons)
 - 2 cups ice cubes
 - 3 cups sparkling water or club soda (my favorite is sparkling lemon lime water)
1. Combine the sugar, water, blueberries, and lemon zest in a saucepan.
 2. Bring to a boil over medium heat and then simmer for 5-10 minutes or until the sugar is melted and blueberries are starting to burst.
 3. Remove from the heat and pass through a fine sieve. Let this blueberry syrup completely cool.
 4. Meanwhile, juice the lemons to get 1 cup lemon juice.
 5. In a large pitcher, add the blueberry syrup, lemon juice, and ice. Stir together.
 6. Stir in the sparkling water or club soda RIGHT before enjoying (don't add sparkling water/club soda to anything you plan on having leftover)
- Enjoy immediately. For more information you can go search on line.

Have Happy summer!

Kulvinder (RECE) and the Junior Pre-Schoolers



Senior Preschoolers

Summer is finally here and already it's been a hot one! I hope everyone is looking forward to the beautiful summer days and nights and quality time with your family. During the summer, parents often take vacation time and if you're not planning a get away and having a stay-cation, here are some great things you can do that everyone will enjoy:

- **Backyard games to beat the heat:** on those hot days, water play is always a good idea and a great way to cool down. Water balloon fights, running through the sprinkler and you could also try making a homemade slip and slide using a tarp, water and maybe a bit of dish soap so it's extra slippery. It doesn't hurt to end a great day outdoors with a delicious BBQ so fire up the grill and take in those sweet BBQ aromas that we miss so much in the winter months.
- **Camping:** There's nothing better than exploring the great outdoors and unplugging from cell phones, tablets and the television for a few days. Ontario has so many beautiful parks to explore. Here's a link where you can book reservations at any Ontario National Park. <https://www.ontarioparks.com/en>
- **Brampton's Farmer Market:** If you're ever looking for something to do on a Saturday morning and don't want to venture too far, Brampton offers a fantastic farmer's market downtown Brampton, right on Main street every Saturday from June. 16th to September. 1st. You can find the best fresh fruits and veggies as well as many other vendors that sell a variety of great products that are homemade. It's so important to support all these local businesses.
- **Bike the Etobicoke Creek Trail:** The Etobicoke Creek trail is so beautiful, especially on a summer day with the family. It's a great adventure to take the family on. Who knows what wildlife you'll see on the trail!



We are looking forward to the children who will be joining "the big room" in the summer months and it's aiming to be a great summer with lots of sunshine, bubbles, water play, laughs and memories to be made. We would also like to wish our Preschoolers going to kindergarten all the best. We will miss each and every one of you and you were all an important part of our classroom. We hope you all come back to visit us!

Alicia (RECE), Jennifer (RECE), Sarmini (RECE) and the Sr. Preschoolers



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Summer Campers

Hello once again to all the Alpha families! It has been absolutely great to be back in the classroom and interacting once again with them and their parents.

During the months of May and June we worked a lot in building relationships with one another and reorganizing our classroom. This gave the children the opportunity to input on what they would love to see in each area of the classroom. I was able to add many new materials in different areas, such as natural wooden logs in the block area, science books, clothes pin story telling in the book area, handmade materials for role playing in the dramatic area, loose parts in the cognitive area, and natural wooden logs that the children painted with chalk board paint for them to be used in the art area.

As we all know the summer holidays are coming up and that means it is time for the children to have lots of fun in our Alpha Camp! We are very excited to have our camp leader Klein returning with us this year and also we would love to welcome Melanie to the team as well. We look forward to having Melanie join us in the summer. With that being said I would like to give you all some reminders what the children will need for camp each and every day.

- They will need to bring a lunch every day and a water bottle as well. During the summer camp we are on the road a lot! So it is very important for the children to have a healthy lunch and water bottle. Please know that we are a peanut free environment.
- Children also require to have sunscreen with SPF over 30, require to have a bathing suit, towel and extra clothes.
- Children should have water shoes as well, as we attend the splash pad every Friday. Open toe sandals and crocs are not allowed.



If you have any questions or any concerns, please feel free to speak to Patricia, myself or any of the camp leaders. Our doors will be open. Everyone have a safe and wonderful summer!

Until Next Time
Camila (RECE) and the Summer Campers

From Sally's Kitchen

Hello Alpha Families. I would like to wish you all a happy summer season.

Since the last newsletter we have tried many new fruits and vegetables, like carrot hummus, avocados, blood oranges, dates, brown rice, sugar snap peas, kale salad, wow butter sandwiches, edamame and cucumber sandwiches. Trying to please all pallets is not an easy feat as some children liked the new tastes and some didn't.

As we are going towards the upcoming summer season I would like to inform you on some new information from Harvey Anderson, Professor of Nutritional Science at the University of Toronto. Professor Anderson published an article in Today's Parent Titled "Sweet Talk: is sugar the demons parents think it is?". Big or small everyone loves sugar. This simple carbohydrate has many other names like sucrose, glucose, fructose and many others. Professor Anderson estimates Canadian families consumption 40-50 grams of added sugar daily which equals out to around 40lbs a year which represents 10-12 percent of our total calories in our diet.



Sugar is found in foods like milk, fruits and vegetables. When the amount of sugar is calculated, it equals one fifth to a quarter of our diet. Some facts from Health Canada and health professionals, say that this amount is acceptable. It's the intake average that makes the large difference. Some other studies have show that children need to eat a balanced diet breakfast, lunch and dinner eliminating the balance of added sugar in our diet.

Happy summer,
Sally (Chef)

