



November/ December 2018

Alpha Child Care Ltd.



Dates To Remember

Thursday November 1, 2018
Operation Christmas Begins

Sunday November 4, 2018
Daylight Saving Time

Sunday November 11, 2018
Remembrance Day

Thursday November 8, 2018
PAC Meeting from 7pm-8pm.

Wednesday November 14, 2018
Christmas Shoe Boxes are Due

Friday November 16, 2018
PA Day for Public & Catholic School Board. Trip to be announced

Hanukkah is celebrated this year from **December 2nd to December 12th**

Tuesday December 11, 2018
Christmas Concert from 4pm - 6pm.

Christmas Drive will run from **December 1st to December 14th, 2018.**

Friday December 21, 2018
Christmas Luncheon

Monday December 24, 2018
Centre CLOSED for CHRISTMAS EVE.

Tuesday December 25, 2018
Centre is CLOSED for CHRISTMAS DAY

Wednesday December 26, 2018
Centre is CLOSED in lieu of BOXING DAY

Monday December 31, 2018
Centre is CLOSED in lieu of NEW YEAR'S EVE

Tuesday January 1, 2019
Centre is CLOSED for NEW YEAR'S DAY

Word From The Office

I hope everyone had a great Thanksgiving and lots of fun on Hallowe'en scaring their friends with their spooky costumes.

Thank you to everyone who came to our September Corn Roast. It was great to see all our new friends having fun.

Lately, I have noticed that a lot of families are having to ring the door bell and sometimes have to wait for a staff member to come and let them in. This can be frustrating for you as a parent, as most of you are either on your way to work or home and in a bit of hurry. Key fobs can be picked up from the office. There is a \$10.00 deposit on each key fob ordered but this deposit will be fully returned to you when you return the key fob at the end of your stay with us. By having your own key fob will eliminate your wait time both in the morning and/or evening.

Now that the weather is

turning really cold we ask that you please send the following articles of clothing each and every day in order to help your child stay warm while participating in our outdoor activities; a warm winter coat, snow pants, a warm winter hat, two pairs of mittens (one for morning playground and one for afternoon playground), a neck warmer (no scarves as they present a safety issue as they could get caught on the climbing equipment) and winter boots. Please no gloves or mittens without thumbs as they are not conducive to playing in the snow. Also, ensure that your child also has a complete change of clothing in their cubbie in case they get wet from playing in the snow or have a bathroom accident or a spillage of some sort. Please label each piece of clothing with your child's name in order to ensure that each piece of clothing is easily identified and returned to your child. For the purchase of labels please contact the office.

So, often parents ask

what items the day care looks for in the way of donations and with the upcoming season a lot of you will be doing some house cleaning and will be recycling some of your children's toys and activities as they have out grown them. The following is a list of items to save: toys, puzzles, games and books; yogurt containers, paper towel rolls, bits of ribbon, yarn or string, meat trays, boxes, paper of any kind; costumes, clothing for prop boxes, any cultural items as we are a multicultural centre, plastic bags, cardboard boxes, buttons, sponges, any type of recyclable materials. If you are uncertain if we can use it please ask or just bring it in and we will dispose of it if we are unable to use it. All donations really help in controlling our budget costs.

Alpha has provided benches and small chairs in all the cubbie areas in order for the children to sit on while getting dressed. **PLEASE DO NOT SIT YOUR CHILD ON TOP OF THE CUBBIES.** This is a

(Continued on page 4)



Infants

Welcome to Winter!! The Infants will be able to explore a playground in the winter months. As we have ten children in the room, we ask you to LABEL all clothing as it helps the Educators return the clothing to the correct cubby. The Infants will go outside on as many days as we possibly can so we can take advantage of the fresh air and all the learning opportunities outside. The children will learn about the snow and cold. How to move and mould the snow with shovel and pails just like they do with the sand. They will walk on the uneven snow as it will help them to increase their balance. The Educators will pull them around on sleds and help them climb up the hill to



use the slide. We hope that you venture outside with your child at home so the winter experiences will help the infants to love the outdoors for years to come.

Christmas is a time of the year when we want to show the ones we love that we care by giving them a gift. These gifts do not have to be expensive. Children can learn to show they care by making something for another person like a drawing or painting. These masterpieces can be put into an inexpensive frame and kept by the loved one for years to come. How great is it to look back and see this art work when the child is grown.

Children can go to the store with you and help to purchase gifts. They can then go home and make their own homemade wrapping paper and cards by using crayons, stamps and stickers. Another way to show you care is to have your children bake simple recipes and give them to loved ones with a little card explaining that the children baked them especially for them.

We hope that this winter season is filled with time with loved ones. Have a great holiday season!
The Infants, Kim, Kelly, Chahat

We're on the web:
www.alphachildcare.ca

Junior Toddlers

Hello again everyone! This year has been a very busy one and we cannot believe that winter and the holidays are just around the corner. We are so thrilled to have welcomed so many new children and families into our classroom and are so happy with the wonderful progress the little ones have made settling into our routine.

This is a very exciting time of year and our Toddlers have started showing an interest in holiday music, especially songs and finger plays that have actions and are interactive. These are a few of our favourites and the children ask us to sing them over and over.

Five Little Snowmen

Five little snowmen on a winter's day.
The first one said,
"Wake up so we can play".
The second one said, "Let's stomp on

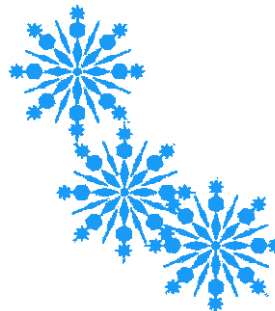


the ground".
The third one said, "Let's all roll around".
The fourth one said,
"Let's run and run and run."
The fifth one said, "I'm afraid, I feel the sun".
"Oh dear", cried the snowmen, as they looked towards the sky.
And the five melting snowmen waved a fond goodbye.

Itsy Bitsy Snowflake (sung to the tune of "Itsy Bitsy Spider")

The itsy bitsy snowflake
Fell down from the sky
It landed on my nose
And bounced upon my eye
It slid down to my chin
And landed on my tongue
Then it melted all away
My snowflake song is done.

Little Snowflakes
One Little



Two Little
Three Little Snowflakes
Four Little
Five Little
Six Little Snowflakes
Seven Little
Eight Little
Nine Little Snowflakes
Falling From The Sky

Singing songs and reciting finger plays not only encourages language and imagination but also develops fine motor skills, like finger control and coordination. We hope that these rhymes have put you in a festive mood and that you share them at home as well. Have a wonderful holiday season!
Ana, Theresa, PJ and the Jr. Toddlers

Intermediate Toddlers

Hello Alpha parents and welcome to our new families. The Intermediate Toddlers are very busy and engaged on learning how to be social. Learning Social Skills don't develop naturally; they need to be learned. Each child is unique, and therefore the Toddlers will continue to learn about sharing and taking turns with each other.

The fall is coming to an end and the winter will be starting soon. It is also that time of the year which we are waiting for so eagerly, not for the snow, but yes for the Christmas time. A time which we spend with our family, friends, and a time for lots of treats and gifts.

We would like to share some snack/appetizers ideas for Christmas treats. Hopefully it will help you in preparing for Christmas Day.



CARAMELIZED BRUSSELS SPROUTS WITH PANCETTA

TOTAL TIME: 1 HR
SERVINGS: 10

- 3 pounds brussels sprout
- 6 tablespoons extra-virgin olive oil
- 6 shallots, thinly sliced (1 1/2 cups)
- 2 ounces thickly sliced pancetta, cut into 1/4-inch dice
- Kosher salt
- 1/4 cup oil-packed sun-dried tomatoes, drained and chopped

Instructions:

1. In a large pot of boiling salted water, cook the Brussels sprouts until crisp-tender, about 5 minutes. Drain and pat dry. Cut the Brussels sprouts in half lengthwise.
2. In a large, deep skillet, heat 2 tablespoons of the oil. Add the shallots and cook over moderately low heat, stirring, until lightly browned, 10 minutes; scrape into a bowl.
3. Add the remaining 1/4 cup of oil to the skillet. Add the Brussels sprouts, cut side down, and the

pancetta. Season with salt and cook over high heat, stirring occasionally, until the sprouts are browned and tender, 10 minutes. Add the sun-dried tomatoes and shallots and cook, stirring, until warm, 5 minutes. Season with salt, transfer to a bowl and serve.

SMOKED SALMON CRISPS

TOTAL TIME: 45 MIN
SERVINGS: MAKES 3 DOZEN CRISPS

- 4 1/2 tablespoons all-purpose flour
- 2 teaspoons sugar
- 1/2 teaspoon kosher salt
- 1 chilled large egg white
- 4 tablespoons unsalted butter, at room temperature
- 1 tablespoon black sesame seeds
- 4 ounces sliced smoked salmon, finely chopped
- 1 1/2 teaspoons very finely chopped shallot
- 1 1/2 teaspoons very finely chopped chives, plus a few snipped, for garnish

- 1/4 teaspoon finely grated lemon zest
- Freshly ground white pepper
- 1/2 cup crème fraiche

Instructions:

1. Preheat the oven to 400°. Line 2 baking sheets with parchment paper. In a medium bowl, whisk the flour with the sugar and salt. Add the egg white and whisk until smooth. Whisk in the butter until smooth and creamy.
2. Spoon teaspoons of the batter 3 inches apart on the prepared baking sheets and spread to 2-inch rounds. Sprinkle with the sesame seeds and bake in the upper and middle third of the oven for about 15 minutes, shifting the pans from top to bottom and front to back, until the tuiles are golden and fragrant. Let cool.
3. In a medium bowl, combine the salmon with the shallot, chopped chives, lemon zest and a pinch of white pepper. Spoon the salmon onto the tuiles and top with a dollop

of crème fraîche and a couple of snipped chives. Serve right away.

TWO-MUSHROOM VELOUTÉ

TOTAL TIME: 40 MIN SERVINGS: 6

- 1 1/4 pounds white mushrooms—1 pound finely chopped, 1/4 pound thinly sliced
- 1 tablespoon fresh lemon juice
- 4 1/2 cups chicken stock or low-sodium broth
- 1 pound shiitake mushrooms, stems discarded and caps finely chopped
- 2 large garlic cloves, minced
- 2 teaspoons vegetable oil
- Salt and freshly ground pepper
- 1/4 cup crème fraîche
- 1 1/2 teaspoons ground coriander
- Chopped chervil or parsley, for garnish

Instructions:

1. In a bowl, toss the chopped white mushrooms with the lemon juice. In a large saucepan, combine the chicken stock with the chopped white and shiitake mushrooms and the garlic and bring to a boil; simmer over moderately low heat until the mushrooms are tender, about 10 minutes.
2. Meanwhile, in a medium non-stick skillet, heat the oil. Add the sliced white mushrooms and cook over moderately high heat, stirring, until golden brown and tender, about 4 minutes. Season with salt and pepper.
3. Working in batches, puree the soup in a blender until very smooth; return to the saucepan and whisk in the crème fraîche. Simmer for 2 minutes. Add the coriander and season with salt and pepper. Ladle the soup into bowls. Garnish with the sautéed mushrooms and chervil and serve.

We hope it will help you to decide the appetizers for the holiday season. HAVE FUN!

Until next time,
Ipsita, Simran, Chau, and our Toddler Friends

Senior Toddlers

As we get closer to the end of the year, the weather is getting chiller and chiller. The Toddlers are loving the outdoor play in the playground and helping to winterize the garden with Michael's help. They enjoy looking at the leaves changing colour and watching them fall. We have added leaves into the classroom where they can look at them through magnifying glasses and enjoy some art with them, by painting with them and colouring on them. We enjoy bringing the outdoor into the classroom and watching the Toddlers experiment.

As the weather gets colder and we get snow, sometimes it is hard to come up with some activities to do outside and inside. There are some fun ideas that

are inexpensive and fun for the whole family

Outside

- * Fall Fair
- * Making snow people, angels or snow castles
- * Snowball toss or fights
- * Painting with snow (can also bring snow inside the house in containers to paint inside)
- * Going skating/ Sliding
- * Santa Claus Parade
- * Tubing at Chinguacousy Park

Inside

- * Arts and crafts (Painting, playdough fun, making slime, colouring etc.)
- * Movie and snacks



- * Using open-ended Materials (Boxes, Tissue paper etc.)
- * Making an Indoor Obstacle Course
- * Painting on the window
- * Board games
- * Reading books, or making up own stories
- * Making forts and tents

These are some fun ideas at home. Using materials around the house like boxes, tissue paper, pots, pan etc., and using our imaginations will encourage play, socialization and importantly some family fun! Also check out the Brampton Guardian for any fun activities in the community.

Sukhi, Neshu, Felicia and the Senior Toddlers

Word From The Office cont'd

(Continued from page 1)

safety issue as your child may fall off, even with you standing beside them as we have had this happen in the past. I know the benches and chairs are very low and may present problems to parents with back conditions. If this is the case please ask a staff member to assist you as they would be more than happy to help. Let's be proactive and prevent an accident from happening.

Once again, the children will be busy

preparing for our annual Christmas Concert which will be held on December 11, 2018. Please watch the bulletin board for the time of your child(ren) performance(s). Very shortly we will be posting our Christmas holiday schedule, please take a minute to sign when and if your child will be away over the Christmas break. This will help in planning special events over this time as well as giving some extra time off to our well deserving staff.

Please note that Alpha will be

CLOSED December 24 (Floating holiday for 2018), December 25 and 26 2018 statutory holiday, December 31, (Floating holiday for 2019) January 1, 2019 Statutory holiday. Wishing you and your family a wonderful Christmas holiday.

Until next time, my door is always open,

Mary Soudy RECE, B.A.
Supervisor/Manager

School Age



Salutations from the gang in the School Age room! The first couple months of the school year have gone by and from our newly joined JK's to grade school, with our large variation of grades things are going smoothly for all of the students. They have kept their motivation before and after school; in the mornings keeping a positive attitude especially during their walk and after school maintaining a good focus on the tasks at hand and enjoying the company of each other and loving to get outside to play for a while also.

The group will be performing something for you at this year's Christmas Concert, we are sure that you will all enjoy it as the children will work hard to ensure that you do so.

As we so often do, me as guilty as the next person, we forget those that have fought for the freedom we so graciously

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Junior Preschoolers

Hello everyone I hope all is well. The past few weeks our classroom has been working alongside parents on potty training and there as has been great progress. If you believe your child is ready to start potty training please don't hesitate to let us know, we are more than welcome to help and work on that as a team.

Sadly summer has come to an end, the weather has changed and is getting very cold, please make sure to bring in warmer clothing.

We noticed in the Junior Preschool classroom the children really enjoy baking and making treats when it is raining or undesirable weather conditions, during the holidays you can try some of our delicious easy snacks that we enjoy to do with our children but in a festive way!

Baking Yummy Treats for the Holidays:

Easy Christmas Tree Brownies:

Ingredients:

- Favourite brownie mix
- Square 8" x 8" baking pan
- Aluminum foil
- Sharp knife
- Icing of your choice
- Green food colouring
- Sprinkles (for the decorations)
- Candy canes or pretzels (for the tree trunk)

1. Start by lining an 8" x 8" square baking pan with aluminum foil and then spray it with



cooking spray. Bake the brownies according to the package directions and allow them to cool completely. I waited about an hour and a half and they came out of my pan no problem.

2. Use a large sharp knife to cut through the brownies into triangles (representing the tree like shape). No tree is perfect so don't worry if the triangles aren't perfect.
3. You don't need very much icing. One half of the tub is plenty. Add green food colouring to get the green colour. Keep adding and stirring until you're happy with the colour.
4. Spoon the icing into a zip lock bag. Seal the bag closed, and then cut off the corner of the bag using a sharp scissors
5. Starting at the top of the tree, gently squeeze the icing out of the bag moving in a curvy zigzag as you go down the tree
6. Then add your favourite sprinkles on top (representing the decorations on the tree)
7. I thought these were cute on their own, but I realized that they needed a tree trunk. If you have pretzels or even left over candy canes, push them into the bottom of the brownies.

Do you want to build a snowman?

Ingredients:

- 3 large marshmallows
- 2 small marshmallows
- 2 Pretzels
- 5 chocolate chips (for the eyes and Olaf's buttons)
- 1 orange tic tac

Christmas Cut-Outs

Ingredients:

- 50 mL or 1/4 cup margarine or butter
- 250 g or 1 pkg (about 40) regular marshmallows or 5 cups miniature
- 2 mL or 1/2 tsp vanilla extract (optional)
- 1.5 L or 6 cups Holiday Rice Krispies* cereal
- Prepared green icing



Regular Method:

1. In a large microwave safe bowl, heat margarine and marshmallows at HIGH for 3 minutes, stirring after 2 minutes.
- Stir in vanilla. Stir in Kellogg's* Rice Krispies* cereal until well coated.
2. Using lightly buttered spatula, press into buttered 3.5 L (13 x 9") pan.
3. Allow mixture to cool slightly. Using different shaped cookie cutters, cut cereal mixture into fun shapes. Decorate with icing and candy as desired.

Stove Top Method:

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Follow steps 2 and 3 above.

We hope you try some of these fun little treats with your loved ones this year! Enjoy!

Areanna, Erin, Manpreet and the Junior Preschoolers

School Age cont'd

(Continued from page 4)

should be thankful for each day. Let us not forget this year to dawn a poppy on our sweater, shirt, or jacket and remember the courageous men and women that have served our nation for our peaceful ability to have kids dropped off to Alpha and make a living knowing your children are safe in this wonderful country. Let's

continue to be thankful not just during this period of Remembrance Day, but every day bringing a smile to each person we pass and a friendly morning/afternoon greeting. A smile goes a long way in changing someone's day, you would be surprised!

All the best for the New Year!
Michael and the School Ager

Senior Preschoolers

Gaining new independence and mastering new skills are important parts of child development. As you offer unconditional love and support, provide opportunities for exploration, encourage curiosity and engage in a variety of rich experiences, your child's level of independence, along with his/her capabilities, will grow.

These are four practical ways you can encourage their independence:

1. Never do for your child what they can do for themselves:

While it certainly takes longer for your child to put on their own socks and shoes or to get themselves dressed, allow extra time so that they can do these things



themselves. If you see they are getting frustrated or if the task is taking too long, resist the urge to take over. Instead, ask if they want help or try to coach them through doing it on their own.

2. Give your child appropriate choices:

Allow your child to make their own choices by giving them two choices that you can live with. Instead of asking him/her what they want for breakfast, ask them "Would you like cereal or pancakes for breakfast?"

Be sure to honour their choice, as doing so reinforces they have made a good one.

3. Assign age-appropriate tasks:

Encourage your child to help care for themselves and their

belongings by assigning them age-appropriate tasks. Most children can put their dirty clothes in the hamper, help sort laundry, put away toys and put their dirty dishes on the counter or in the sink.

4. Encourage safe risk taking:

Encourage your child to do more things for themselves or to try something new. If they've been hesitant to go up the small slide on their own, get behind them and encourage them to get on.

Hopefully these four tips will help you engage with your child in a meaningful way at home. Please feel free to come to us if you have any questions about these tips.

Cassie, Shivana and the Sr. Preschoolers

Educational Preschoolers

Hello from everyone here in the Educational Preschool room! We hope you all have had as great a first couple months to the new school year as we have and continue to do so in the coming months.

In our classroom we have had a bright start going through the beginning stages of our number, letter, and concept

programs. We have been having a lot of fun getting to know each other and learning a lot about what we all like and enjoy doing. Looks like it will be another great school year with a



terrific bunch!

As some of you may know I am responsible for the Scholastic Book Order program we operate here at Alpha Child

Care.

Scholastic is still the leader in distributing affordable options to parents to provide multiple ways of bringing literacy into your home. They have books, activity packs, puzzles and great deals with their

bundle packs where books come as low as \$2!!! Payment is by cheque or money order through the centre or we now have an online payment option



with Scholastic on their website. If you have any questions regarding ordering, payment or the

program in general please don't hesitate to track me down and ask and I will gladly assist anyone who wants to bring literacy into their home.

From all of us in the E.P. room, have a wonderful next couple months, a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, Happy Diwali and a very Happy New Year.

Michael and the E.P.'s!

LIKE US ON
FACEBOOK

Preschool/Kindergarten

Hello again everyone! The Preschool/Kindergarten class has had a busy few months getting use to our new friends and our new classroom. Everyone has learned the classroom routines very well and is making good progress with the academic program. We hope everyone is continuing to read books at home and completing their reading logs.

As the holiday season is fast approaching we thought we would include some fun holiday themed games you can play at home as a family or use at parties to help entertain your guests.

1. **Candy Cane Hook Em:** participants will hold a candy cane in their mouth and attempt to hook as many candy canes as possible out of a bowl within a

set time limit.

2. **Christmas Charades:** a variation of the popular game with a Christmas theme. Suggestions for miming are chopping down a tree, wrapping gifts, Jingle Bells, ice skating etc.
3. **Snowman Drawing:** participants will attempt to draw a snowman on a paper plate they are holding on their heads like a hat.
4. **Silver Bells Memory Game:** use Hershey Kisses or another festive candy. Make a matching game using holiday themed symbols or words or just do letters or numbers, and glue



them to the bottom of the candy.

5. **Snow Paint:** food colouring and water in a spray bottle, a great recipe for making masterpieces in the snow!

6. **Santa Hat Cup Stacking:** for this game you will need mini red plastic cups and white pom poms. Players will alternately stack them to see who can make the tallest stack.

We hope that you can try some of these games to make your holiday parties more memorable or to pass the time while waiting for the big day.

Wishing everyone a wonderful holiday season,
Jacqueline, Seema and the Preschool/Kindergarten class

Cook's Kitchen

Dear parents, I thought I would share this hand out that I received at a workshop for introducing the new Canada's Food Guide. We have come a long way from our parents dining experience.

Feel free to Hang it up in your kitchen as a little support /backup when the going gets tough.

Chef Sheila



Phrases that Help/Hinder in Common Eating Situations

Situation	Phrases/Action that Hinder a Child's Eating	Phrases/Actions that Help a Child's Eating
Child refuses to eat what is offered	<ul style="list-style-type: none"> • Making something else you know the child will like. • "You can't leave the table until you try one bite." • "It will help you grow big and strong." 	<p>Making something else for a child who refuses the food served can lead to a cycle of food refusal and short order cooking. The phrases pressure/coax the child to eat, which may lead children to develop unhealthy attitudes and behaviours toward food.</p> <ul style="list-style-type: none"> • Offer one or two healthy foods you know the child likes. • Teach children to be polite when refusing food. • "You can eat some of the other foods on the table if you don't feel like trying this one." <p>Letting children decide what to eat helps them feel in control and develop a healthy relationship with food.</p>
Child tries new food	<ul style="list-style-type: none"> • "That wasn't so bad, was it?" • "I'm proud of you for trying that." 	<p>These phrases imply the child was wrong to refuse the food, and may lead to the child eating to get the caregiver's approval.</p> <ul style="list-style-type: none"> • "I see you tried it, what did you think?" <p>This phrase helps children feel in control. It focuses on the food itself instead of who was right, and avoids linking emotion to food.</p>
Child says he/she is full or wants to leave the table	<ul style="list-style-type: none"> • "Good boy/girl, you ate all your food." • "One more bite, then you can go." 	<p>These phrases teach children to ignore their fullness cues and to eat for approval.</p> <ul style="list-style-type: none"> • "Is your stomach telling you it's full?" • "Is your stomach not hungry anymore?" <p>These phrases help children to recognize their hunger and fullness cues.</p>
Child refuses to eat vegetables	<ul style="list-style-type: none"> • "There will be no dessert until you finish your vegetables." 	<p>This phrase turns dessert into a "reward" and makes it more desirable than other foods.</p> <ul style="list-style-type: none"> • "We can try these vegetables another time. Would you like to try them raw next time?" <p>This phrase helps children feel in control, keeps food neutral, and avoids rewarding children for eating.</p>
Child is upset	<ul style="list-style-type: none"> • "You can have a cookie if you stop crying." 	<p>This phrase can lead to children eating to feel better.</p> <ul style="list-style-type: none"> • "I am sorry you are sad. What made you feel sad?" <p>Comfort children with words, hugs, and attention.</p>

Special Events

Hello to all our Alpha Families we would like to take a moment to thank all our parents for attending our annual Corn Roast on Tuesday September 18th, that was provided by Alpha Child Care, as the Owner wanted to give back to our Families and Welcome everyone to our Alpha Family. However, we were accepting donations to Breast Cancer the Run 4 the Cure and we raised \$226.50 for Breast Cancer Research. Alpha feels that this is an important charity in which our staff participates in the Run 4 the Cure Walk every year.



Daylight saving Time is on **Sunday November 4, 2018**. So please do not forget to set your clock back as day light saving time will begin.

Sunday November 11, 2018 is Remembrance Day. This is a day for all of us to take a moment to remember all the People who served in our Armed Forces who have died in the line of duty since World War 1.



Friday November 16, 2018 is a PA Day for both the Public & Catholic School Board. The School Age children will be going on a trip to be announced. Please check the School Age Parent Board for any further updates. As well a reminder that School Age parents need to give the Supervisors a 2 week notice if their child WILL NOT be attending the PA Days, as the trips need to be planned ahead of time with proper notice. This includes notice for Christmas Break and March Break. If no notice is given Alpha will automatically assume your child will be in attendance and withdraw appropriate funds to cover the cost of the PA days.

Thursday November 1, 2018, we will be collecting items for Operation Christmas Child. On **Wednesday November 14, 2018** Operation Christmas Child boxes are due back to Alpha. You will be receiving a pamphlet on how to pack a shoe box and what items you can put in them. Last year between our Cathedral Road location and the Peter Robertson location we collected 50 shoe boxes and put 50 smiles on children's faces from 3rd world Countries. This year our goal is to collect 70 shoe boxes. Large cardboard boxes will be placed outside your child's

classroom for you to drop off single items if you choose not to put a box together. Alpha staff will create the boxes from the items. The Operation Christmas boxes will be on top of the cubbies and you are welcome to take as many as you would like. If you have any questions, please feel free to speak to Lynda in the Office. Please do not forget to send the boxes in on Nov. 16th, in order to send them on time so they will arrive to their countries before Christmas day. Also, if you would like to include \$7.00/box towards the shipping fee that would be great.

Our PAC meeting is on **Thursday November 8, 2018**. 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. Here are the Parent Representatives for each Classroom:
 Infant Room: Needs a Volunteer
 Jr. Toddler Room: Kevin Belair
 Int. Toddler Room: Needs a Volunteer
 Sr. Toddler Room: Katrina Byrd
 Jr. Preschool Room: Diana Liciani
 Sr. Preschool Room: Priya Islam
 Pre./Kindergarten Room: Lisa/Neil Bunn
 School Age Room: John Yeaboah

If you would like to volunteer on this committee please see Mary or Lynda.

Hanukkah is celebrated this year from Dec 2nd to Dec. 12th.

Now that Christmas is just around the corner the children's Christmas Concert is on **Tuesday Dec 11, 2018**. The Performances will start promptly at 4pm. And will end at 6pm.

Here are the show times:

4pm Jr. Toddlers (in the classroom)
 Intermediate Toddlers (in the classroom)
 Sr. Toddlers (in the Atrium)



4:20pm Infants (in the classroom)

Jr. Preschool (in the Atrium)

5:00pm Sr. Preschool. (in the Atrium)

5:20pm Pre./Kind. (in the Atrium)

5:40pm School Age (in the Atrium)

The children will be busy preparing themselves for the man in RED, as he will be here to hand a gift to your child. There will be an admission fee of a non-perishable food item, new/unused clothing or an unwrapped toy. If you know of a family who needs our help this year please speak to Mary or Lynda. Otherwise we will be sending all donations to the Salvation Army. The Christmas Drive will run from **December 1st to December 14th**.

Our annual Christmas luncheon is on **Friday December 21, 2018**. This is where all the children will get together and eat in the Pavilion and enjoy a special Christmas Lunch.

Just a reminder to all the families that Alpha's Christmas Holiday

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Special Events cont'd

(Continued from page 8)

Hours are:

Alpha will be closed
Monday Dec. 24th, 2018
(floating holiday 2018)

Tuesday Dec 25th, 2018
we are closed for
CHRISTMAS DAY
(statutory holiday)

Wednesday Dec 26th, 2018 we are
closed in lieu of BOXING DAY
(statutory holiday)



Thursday Dec 27th, 2018 we
are open from 7am – 6pm

Friday Dec 28th, 2018 we are
open from 7am – 6pm

Monday Dec. 31st, 2018 we
are closed for NEW YEAR'S
EVE (floating holiday 2019)

Tuesday January 1st, 2019
we are closed for NEW YEAR'S
DAY (statutory holiday)

Wednesday January 2nd, 2019 we
are open from 7am-6pm

Thursday January 3rd, 2019 we
are open from 7am-6pm

Friday January 4th, 2019 we are
open from 7am-6pm

We hope all our Alpha families enjoy
a safe and fun filled Holiday with
your friends and families and we will
see you in the New Year of 2019!

Happy Holidays,
Lynda Leroux, RECE
lyndal@alphachildcare.ca

A Moment With The Manager

Do you have a Christmas tradition?
What do you do at Christmas that
your children will remember when
they are 30? If you do not do
anything, perhaps reading the
following list will inspire you to begin
your own family Christmas tradition.

1. Read a favourite Christmas story
on Christmas Eve. Some great
selections are "T'was the Night
Before Christmas", "The Polar
Express", "Rudolph the Red Nose
Reindeer"

2. Spend a Sunday afternoon
making Christmas decorations for
the tree or have your child give
them as gifts to teachers,
grandparents and friends.

3. Seek out a Christmas tree farm
and cut down your own Christmas
Tree. Go for a horse drawn sleigh
ride and enjoy some hot chocolate
afterwards.

4. On Christmas Eve drive around
the neighbourhood looking at all the
lights and decorations.

5. String cranberries and popcorn for
the tree.

6. Make a room in the house a Santa
Room. Put up a tree that has all the
home made decorations on it that
were made earlier in the month.

7. Christmas Eve have a cookie
decorating contest and leave them for
Santa.

8. Take your child to the local
shopping mall to see all the
decorations. (Choose a day early in
the week to avoid the crowds)



9. Bring
pillows,
blankets or
sleeping bags
into the living
room and
watch a
favourite
Christmas
movie. Have a

sleep over under the Christmas Tree.

10. Invite a group of your child's
friends and their parents and go
Caroling around the neighbourhood or
to a local Long Term Care facility.

11. Have your child purchase a toy
that they have asked Santa for and
have them donate it to a local charity,
explaining that they will be helping
some less fortunate child have a nice
Christmas to.

12. Buy some white sparkles from the
dollar store and on Christmas Eve
give the sparkles to your child telling
them that it is magic reindeer dust
and have them sprinkle it on the lawn

to attract Santa's reindeers to stop at
their house.

13. Together with your child make a
favourite family meal to be eaten on
Christmas Eve.

14. Take a picture of your child when
they first wake up Christmas morning
before they open their presents.

15. Decorate a new unused
construction worker sock and leave
this at the end of your child's bed for
Santa to fill

16. Have your child choose ten old
toys that are still usable and look
fairly new and put them in a Santa
Sack. On Christmas Eve put the bags
under the Christmas Tree for Santa to
take back to the North Pole to be
fixed. (These items you will donate to
charitable organization) In place
Santa will leave your child new toys
in the Santa Sack that was left under
the tree.

17. After your child has gone to bed
string crepe paper across their
bedroom door so that in the morning
they will have to break through the
crepe paper to get the Christmas tree.

18. Grow Candy Canes. Plant small
peppermint in a flower pot. After the
children have gone to sleep remove
the min and replace it with a small

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A Moment With The Manager

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candy cane. The next day the children will think the peppermint grew into a candy cane.

Encourage the children to water it each day and replace it with a bigger candy cane every night. The children will be so excited to watch their candy cane growing.

18. Santa's Footprints. Cut out a foot patterns. Place it on the floor starting with the fireplace and shake icing sugar or flour around the edges of the foot print.

Continue to do this leading up to the Christmas tree. This will indicate to the children that Santa has been.

19. Prepare a Hot chocolate bar. In an area that is reachable to the children. Place a container of marsh mellow, mints, candy canes etc., and let the children add what they would like to their cup of Hot Chocolate.

20. For Christmas breakfast prepare snowman pancakes by placing a small pancake on top of a larger pancake add a piece of bacon for the snowman's scarf and marsh mellow for snow balls at the bottom for snow balls. Chocolate chips can be for the facial features and the buttons.

21. Photograph your child while they are sleeping on Christmas Eve and begin a photo album by placing a picture each Christmas.

22. Wrap up Christmas stories and have the children choose one to be read as their bedtime story for the weeks prior to Christmas

23. Have a picnic under the Christmas tree after it has been decorated.

24. Reindeer Food. In order for the reindeer to find your house on Christmas Eve, make reindeer food by mixing oatmeal and sparkles and sprinkle it on the front lawn so the sparkles shine and show where you live and the reindeer will eat the oatmeal while Santa delivers presents to your house.

25. Christmas Eve Surprise Box. In a box place a new set of pajamas, a pair of slippers, ingredients to make hot chocolate, a new Christmas story, and some popcorn. Wrap the box and put a tag on it that reads Christmas Eve Surprise Box. (to be opened after sunset).

26. Have an Ugly Christmas sweater day. Begin by allowing the children to decorate a sweater and then allow them to wear it for the rest of the day.

27. Buy a new Christmas ornament for your child each year. This will give them a great collection to start their own home with.

28. Make a scavenger hunt and have the children look for some of their presents with a flash light. This will work quite well with the Christmas Eve surprise box.

29. Get a large cardboard box (refrigerator size) and make it into a house. Give your child Christmas lights and decorations to decorate their cardboard house with.

30. Save your child's Christmas wish list in a glass ornament. They will have fun looking at all the things that they asked for in years to come.

No matter what tradition you start with your child the ones that involve spending time with them will be the ones they remember the best.

Have a great holiday season. Until next time, my door is always open

Mary

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