

January/February 2019



Dates To Remember

Tuesday January 1/19
Centre is CLOSED in lieu of New Year's Day

Thursday January 10/19
PAC Meeting from 7pm.-8pm.

Tuesday January 15/19
Kindergarten Information Night between 6:30pm. - 7:30pm.

Monday January 21/19
PA Day for both the Catholic & Public School Boards. Trip to be announced

Tuesday January 22/19
Family Literacy Night between 6:00pm -7:30pm

Tuesday February 5/19
Gung Hay Fat Choy - Chinese New Year

Friday February 8/19
PA Day for both the Catholic & Public School Boards. Trip to be announced

Thursday February 14/19
PAC Meeting from 7pm.-8pm.

Thursday February 14/19
Valentine's Day

Monday February 18/19
Family Day --- CENTRE IS CLOSED

Friday February 22/19
STAFF AWARDS DINNER --- No LATE CARE we CLOSE at 6pm SHARP!!!!

Word From The Office

Happy New Year!! I hope Everyone had a great holiday season and that Santa fulfilled all your wishes. We have noticed that Santa has brought a lot of new mittens and hats. Please be sure to label all articles of clothing with your child's name so that we can ensure that all pieces are put into the proper cubbie. (Please see your supervisor to obtain information about purchasing labels).

Please ensure that the children have the following items each and every day in order to participate in our outdoor program which is a very important part of our curriculum. Snow pants, warm coat, boots, a hat, a neck warmer (scarves are not safe) and two pairs of mittens. (one pair for morning outdoor playtime and one pair for the afternoon outdoor play time.)

Now, that the snowy weather is upon us, we ask for your help in maintaining a clean dry environment for the children. Since the children spend approximately 50-70% of their day on the floors we

ask that you **PLEASE REMOVE YOUR SHOES/BOOTS BEFORE ENTERING THE CLASSROOM.** If you are in a rush and you need something within the classroom environment, please ask your child's educator and they will be more than happy to help you.

On **January 15, 2019** we will be hosting our **Kindergarten Information Night**

beginning at 7 p.m. Your child is eligible for Junior Kindergarten if they will be four years old on or before December 31, 2019 and are eligible for Senior Kindergarten if they are five years old on or before December 31, 2019. We will have a presentation on the benefits of remaining in Alpha's kindergarten program, we will run through the goals that are expected of the children and we will have a power point presentation on what a day in Alpha's kindergarten program would look like. You will then have an opportunity to visit our kindergarten class and view all the

curriculum pieces that the children are exposed to as well as Jacqueline RECE and Seema OCT the kindergarten educators will be here to answer any questions that you may have. There will also be samples of lunches and snacks prepared by our wonderful chef



Sheila, for you to try. I hope everyone can join us and obtain the

information that you will need in order to make the best decision for your child's kindergarten program.

With the change of season fast approaching us, a lot of us will or have changed coats or purses, therefore, please remember to put your access card/fob in your different apparel. If you have lost or misplaced your card/fob please let us know in order that we can delete it from the system. If you need a new card/fob or have not purchased a card/fob yet (\$10.00 per card/fob, which is fully returned to you when the

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Word From The Office cont'd

(Continued
from page 1)

card/fob is returned to us at the end of your child's stay with us.) please let us know in order that we can issue one to you. This will save you a lot of time waiting for someone to let you in, as sometimes the Educators are very busy and cannot always answer the door right away. It is Alpha's policy that only an Alpha employee may open the front door to allow the person on the other side of the door access into the



child care facility. **PARENTS** may **not** open the door to anyone, even if they know that the child of the person on the other side of the door is registered with Alpha's program. The reason for this is that the status of parents may change with Alpha, therefore, no longer allowing them to pick up their child. We appreciate that you want to help, but for the safety of the children please try and find an Alpha employee to open the door. Also, when you are letting yourself in and someone unfamiliar follows you in, please make sure a staff member is aware of this in order that we can ensure that the person is someone who should have access to the child care centre. Safety is our number one priority and working together we can ensure that our environment will be as safe as possible.

Staff would like to thank

everyone for all the wonderful treats that were sent in over the holiday season. Everyone thoroughly enjoyed them. Your thoughtfulness was appreciated very much by everyone.

Don't forget those extra hugs and kisses to those you love on February 14, 2019, Valentine's Day. Hopefully the ground hog will see his shadow and there will be only six weeks of winter remaining.

Income tax receipts will be in the office by the end of February. If you require your receipt to be split between mother and father, please let Lynda or Mary know ASAP. This will help with delays in obtaining a replacement receipt.

Until next time, my door is always open

Mary, RECE, BA

marys@alphachildcare.ca

905-458-4884

Infants

We hope that everyone had a great holiday filled with love and memories. It's hard to believe that it is 2019 as the children are growing so quickly.

Most of the Infants in the class are eating solids, feeding themselves and walking. Some of the children are starting to say words as well. As we all know encouraging Language in your young child can be difficult. It is so hard not to compare your child with others who are the same age. Here are some ways that you can encourage oral language.

Talk to your child whenever and wherever you can throughout the day. Describe what they are doing. (I like how you are pushing the car around) What you are doing with them



(I am going to give you a bath and then label their body parts.) Get close to your child so they can see your lips and facial expressions as they hear your voice and make eye contact with you. Respond to your child and expand on what they are pointing at or trying to say. If a child points to the light on the ceiling then respond "You like or see the light." If your child grunts and gestures towards the counter respond by saying "You want something from here?" "The crackers?" (hold them up) Encourage the child to say the word by repeating it a few times. (Cracker, Cracker)

All young children love to sing songs. As you are describing what you are doing with your child you can say it in a sing song voice to capture your child's attention.

Singing childhood songs and nursery rhymes are a great way to encourage language. The lyrics to most songs can be found on line and Wal-Mart has great cheap children's C.D'S to purchase and play in the car.

Incorporating story time just before bed time helps to calm and relax your child for a restful sleep. It is a nice time to show children the letters on the page, look at the pictures and listen the words you are saying to them. It will be amazing how in a few months, your Infant will start to repeat and use their words throughout their daily routine when you incorporate some of these strategies.

Have a great year.

Kim RECE, Kelly, Sukhi RECE and the Infants

Junior Toddlers

Hello Everyone! First off, we would like to welcome everyone back to Alpha! We hope you all had a wonderful holiday season with you and yours! Next, we would like to wish everybody a Happy New Year! We wish you and your families a very special 2019, filled with happiness and good health!



It's that time again, the chilly and snowy days are upon us and, the outdoors calling your child's names! With the appropriate winter gear, the outdoors can be a fun experience for you and your children. Here, we have included some fun winter activities for the slopes, trails and backyard for children of all ages.

During the snowy months of January and February, there is nothing better than gliding through the cold air on a sled. Consider finding a good hill; whether that's at your local neighbourhood park and/or in your backyard, and grab your tube or toboggan for hours of entertainment.

Sledding is fun for all ages and every member of the family, but consider having your Toddler ride with a parent or an older sibling.

Fluffy snow? Check. Snow suit? Check. That's all the gear you and your family of any age need to lie down and create a snow angel just like they would do a jumping jack. Consider making this simple activity extra fun by using materials you can find right in your homes, such as food colouring to draw on a face and hats and gloves to dress your snow angels. Why should snowmen have all the fun, right?

Lastly, who wouldn't love having their very own Olaf? A snowman so lovable, he's sweet from his carrot nose down to his feet. Babies and big kids alike will love to make a snowman in the yard, especially around the holidays. After stacking a few big snowballs to make the body, kids can use their imagination to find fruits, vegetables, sticks, berries, clothes, and other materials to bring their snowman to

life.

While you're outside enjoying the cool and crisp air, remember to remain well-bundled in layers to stay warm and to cushion your tumbles of fun. Also, keep in mind to brush up on winter sports safety, as you take on the outdoor winter activities with your families. And let's not forget the warm cups of hot cocoa for when everyone comes back inside!

Until next time,
Ana RECE, Theresa, PJ RECE and the Jr. Toddlers

From Sheila's Kitchen

Slow Cooker Overnight Breakfast Casserole

Wake up relaxed, refreshed and ready to eat, with this great dish from my family kitchen to yours. Let your favorite breakfast sausage ingredients wake you with a yummy smell of breakfast ready for you and your family.



Total: 8 hr 30 min

Active: 30 min

Yield: 12 Servings (½ goes to my son the hockey player)

Ingredients

- 2 packages (12 ounces, each) Johnsonville Hot & Spicy Breakfast sausage

- 1 cup chopped green onions
- 1 sweet red bell pepper, chopped
- 1 can (4 ounces) diced mild green chilies
- 1/4 cup chopped fresh cilantro
- 1 package (30 ounces) frozen shredded hash brown potatoes
- 1-1/2 cups shredded Cheddar cheese
- 12 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Cook sausage according to package directions; cut into ¼-inch slices; set aside.
2. In a bowl, combine green onions,

red pepper, chilies and cilantro; set aside.

3. Spray the interior of a 5 to 6 quart slow cooker with vegetable cooking spray.

4. Layer one-third of the hash browns, sausage, green onion mixture and cheese into crock.

5. Repeat layers twice.

6. In a bowl, beat the eggs, milk, salt and pepper; pour over layered ingredients.

7. Cover and cook on low for 7-8 hours or until thermometer inserted into the center reads 160°F

8. Serve up (If only our children could serve this up in our beds

Happy cooking,
Sheila, Chef

Senior Toddlers/Preschool 1



At times, the months of January and

February can be too cold to go outdoors for an extended period. During those days, families can bring outdoor activities indoors instead.

Here are a few easy ideas to integrate snow and ice themed play inside:

- **Digging toys out from snow.** Simply get snow from outside and hide their favourite toys with in it. Then ask them to dig it out with either small shovels or spoons.
- **Breaking ice.** The night before, freeze some toy cars (or other toys that will not break) and bring it out the next day. Have your child find a way to get the toy out though using a toy hammer to break them free or by melting it.
- **Popsicle Painting.** Make ice popsicles with water, a few drops of food colouring and a popsicle stick the night before. The next day have some construction paper and a



tray/place mat ready and then your child can use the popsicle to colour on the paper.

- **Melting Colours in Ice.** Freeze a bowl of water the night before and take it out the next day. Then have your child add salt onto the ice and use either a brush or eye droppers with diluted food colouring, to see how far the salt has melted into the ice.

To extend the play, have your child prepare these activities with you and then they can explore the games they helped to create!

Felicia, RECE, Neshu, RECE, Janice, Assist and the Senior Toddler/Preschoolers

Intermediate Toddlers

Hello Families and Friends! Happy New Year! We hope everyone enjoyed their holidays with their loved ones.

We start off this New Year with happiness and loads of new learning adventures in the Inter. Toddler room. It is still the winter season, so we want our Toddlers warm and bundled up when they go outside in the playground twice a day for an hour, weather permitting. We are always encouraging the children to put their own clothing away so it is very helpful if their clothing is labeled with their names on them.

Families are very important to us. During the month of February in the Inter. Toddler room, we will be doing various activities and crafts to celebrate our very special families. We encourage you to bring in a family photo to the classroom for our Family board. For the upcoming Family Day, here are some fun activities you

can do together with your child(ren) at home:

Family Puzzle

Take a family picture. Laminate it and cut it out into 4, 6, or 8 puzzle pieces. Have your child help you put it back together. Once finished, you can frame it!

Family Faces

Materials: paper plates (for faces), markers, yarn in different colours (for hair), buttons or googly-eyes (for eyes), glue and craft sticks.

Together with your child, use the materials to make the faces of each member of your family. Ask questions

to help them such as, "What colour eyes does Mommy have? What colour hair?"

Fingerprint Heart
On a piece of



paper, trace an outline of a heart. Have each member of your family fill the heart with their fingerprints (each family member uses one colour for their fingerprints - fingerprint)

Family Clothing Sort

Materials: boxes, bins, laundry baskets, different sized shoes, shirts, socks. Place all clothing items in a large pile. Have the children work together to sort them by type (shoes, socks, shirts, etc.), colours (white, black, red, yellow), or by family member.

Camping/Picnic Indoors

Set up a camping tent or a picnic blanket in your home and spend the day with your family indoors!

We look forward to another wonderful year! Your questions are always welcome.

Warm regards,

Ipsita RECE, Simran RECE, Chau RECE and the Toddler Friends

Junior Preschoolers

Happy New Year everyone! We hope everyone had a wonderful holiday season and was able to spend some much needed time with family and loved ones. Just a reminder to everyone to please label every piece of outdoor clothing your child brings to Alpha, this includes sweaters that may be taken off during the day. We encourage the children to be as independent as possible and have them share the responsibility of putting their belongings into their cubbies when they are finished with them. It can also be difficult for Educators to keep track of what items belong to each child when they are similar in colour and are not labeled.

In the classroom we will be continuing to explore different concepts on a daily basis. The children have been working on being able to hold printing/colouring tools with the correct pincer grasp. This is being done through the use of two programs; Jolly Phonics and Handwriting Without Tears. These programs are also exposing the children to concepts such as colours, shapes, letters and their sounds. Having your child here by 9 am will ensure that they are getting the most out of these programs and be able to engage in some fun learning opportunities.

Valentines day is right around the corner, so here are some fun craft ideas you can do as a family.

Love Bug Craft

Material Needed:

- Large or jumbo size craft sticks
- Acrylic or tempura paint (we used acrylic paint) in Valentine's Day colours. I picked out two

shades of purple and two shades of pink.

- Foam sheets in Valentine's Day colours. Again, we went with a pink and purple theme.
- Googly eyes. Normal googly eyes would be fine. I decided to add an element of fun with coloured googly eyes.
- Pink and purple (or whatever colour you want) mini pom poms
- White or sparkly white pipe cleaner
- Craft glue
- Black sharpie or marker
- Mini craft jewels with adhesive (ie: bling)
- Hot glue gun and glue (optional)

How to Make the Love Bugs

1. Paint the craft sticks! This is a very quick step you could do in 10 minutes after dinner on a week night.
2. Let the paint dry.

Assemble and decorate the love bugs. To prep for this do the following:

1. Cut two, 1-2" pieces of pipe cleaner per love bug for the antennae.
2. Put the googly eyes and pom poms in separate bowls or containers.
3. Cut out a 3-5" diameter heart from the craft foam. If your kid is old enough to have good scissor skills, they may be able to do this step themselves

Of course we have our own ideas about how the Love Bugs should turn out, but let your child have maximum creative license.

1. Let them pick out the color of the googly eyes and the color of the nose.
2. Once they are picked out, stick



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them on with craft glue.

3. Then use the black marker to draw on the mouth
4. Once the basic face is on the Love Bugs, you can choose all kinds of items to decorate them with.
5. For the Love Bug wings, turn the heart upside down and glue it to the back of the craft stick with the craft glue.
6. For the Love Bug antennae, use a hot glue gun to glue a pom pom to the end of the pipe cleaner piece. Then, use either craft glue or the glue gun to stick the antennae to the back/top of the Love Bug. Note: it is not advisable to let young children use the glue gun.

Glitter Slime for Valentine's

Day

You'll Need:

- Elmer's washable glitter glue in the color of your choice (we used red and pink)
- Liquid starch (find this in the laundry aisle)

Elmer's glitter glue is already a vibrant color and full of sparkly glitter, so all you'll need to add is liquid starch.

How To:

1. In a bowl, combine a 6 ounce bottle of glitter glue with a 1/4 cup

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A Moment With The Manager

Early literacy is such an important aspect in your child's life, as this is what children know about reading and writing before they can actually read or write. Early literacy is building a solid foundation for reading and writing and as parents we want to help our children as much as we can. Here are a few facts and ideas in order to help prepare your child to love books and reading.

Scientific research tells us that the best time for nurturing a child's whole being is before the age of six. From birth throughout the preschool years, children develop knowledge of spoken language, the sounds that form words, letters, writing and books. This is the start of the skills that children need to be able to learn to read and write in school.

From the EDI (Early Developmental Instrument) it has been discovered that three out of ten children in the Region of Peel are not ready to learn. Schools and wards with the highest proportion of children, not ready to learn at school were located in neighbourhoods of high social risk. These areas had higher levels of poverty, mobility, recent immigration and lower employment and education levels compared to national averages (PDSB 2004)

Failing to give children literacy

experiences until they are school age can severely limit the reading and writing levels they ultimately attain. Knowledge of alphabet letters at entry into kindergarten is a strong predictor of reading ability in Grade ten.

Children raised in literate households are likely to enter Grade one with several thousand hours of one to one pre-reading behind them. There is nearly 90% probability that a child will remain a poor reader at the end of Grade four if the child is a poor reader at the end of Grade one.

Parents and caregivers are the children's first and best teachers as they know the children the best.



Children model parents' and teachers' behaviour and if we as the adults in the child's life love books and reading so will

the child. The first five years set the stage for life and it is important that children love to read or be read to. Babies are born learning, what they learn is up to us.

There are six pre reading skills that children must know in order to learn to read successfully:

- Print Motivation
- Vocabulary
- Narrative Skills
- Phonological Awareness
- Print Awareness
- Letter Knowledge

Print Motivation – This is the child's interest in and enjoyment of books "I like books". We need to encourage our children to get excited about books and reading. Children who enjoy books will want to learn how to read. Get your children involved in the stories that you are reading to them. Have them read a page and

then you read a page. Have them guess what's going to happen in the story and most of all be expressive when reading to your child. Always keep reading experiences positive and enjoyable for your child, never make reading a chore, something that you have to do. This can be a fun relaxing time with your child no matter what time of day it is. Bring back some of your childhood memories by sharing your favourite stories with your children.

Vocabulary – Knowing the names of things and of emotions, concepts and ideas helps your child expand their knowledge of the world around them. This is the "I know words" stage. The more words children hear and understand, the more ready they will be to read on their own. It is important to help them with word recognition and comprehension to ensure that they have the correct understanding of the words written in the book. It is important that you talk and or sing with or to your child even before they are born. Babies can distinguish sounds and tones even when in they are in the womb. When reading to your child always point out new and interesting words when you find them. This will help to increase your child's knowledge on a particular topic or subject. Books offer vocabulary and conversation that television does not.

Narrative Skills – This is the ability to describe things and events and to tell stories. "I can tell a story!!!!" This is where your child will begin to develop thinking and comprehension skills. Children will begin to understand that a story has a beginning, a middle and an end. While reading to your child you should ask a lot of open ended questions to encourage them to respond and develop their imaginations. It is vitally important that we demonstrate patience in order

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A Moment With The Manager cont'd

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for your child to respond to your questions. Five to twelve seconds is the recommended length of time one should wait for an answer. To maintain your child's interest in stories ensure that you use a variety of props that you may have around the house.

Phonological Awareness – This is the ability to hear and play with the smaller sounds in words including rhyme, syllables and initial sounds. "I hear words", this helps children to recognize language patterns and helps the children to sound out words. Singing songs, listening to music and playing with rhymes, by clapping out syllables and doing finger plays and action rhymes will increase your child's knowledge on sounding out words.

Print Awareness – Drawing attention to print within your child's environment, knowing how to handle a book and how to follow words on a page will help your child become aware of the importance of print. "I see words!" Pointing out the words in print will help the children feel comfortable with books and reading and encourages understanding that print is useful and is a key part of communication. As you are reading to

your child it is important to point to words and pictures as this helps your child to comprehend what is happening in the story. Allow your child to choose, hold and turn the pages of the book as this teaches the children to respect and love books. When any opportunity presents itself read labels and signs as you and your child come upon them. This again demonstrates the importance of words in print.

Letter Knowledge – Knowing that letters are different from each other and that each letter of the alphabet has its own name and sound, helps your child to learn to sound words out. It is very important to encourage your child to sound out the letters in the words will help them to read the words on a page. Singing the alphabet or reading alphabet books also presents opportunity for the children to sound out the letters. Encouraging your child to play with magnetic letters will also help them to incidentally learn that letters put together form words. It is also important that children be encouraged to print their own name on their creative master pieces.

When selecting stories for your child involve your child in the process, allow them to choose books that are of interest to them as they can then relate

as well as learning something new.

Remember to consider the age appropriateness of the book they have chosen to ensure that they are capable of understanding its content. Remember there are no rules when it comes to choosing books.

Hopefully this has been helpful in understanding the importance of literacy. To learn more about Literacy and how to read and present stories in a different manner please join us for a Literacy Parent night to be held at our Springdale location on January 23 from 6:00 p.m. – 7:30 p.m. See you there

Until next time, my door is always open
Mary, RECE, BA
marys@alphachildcare.ca
905-458-4884

Special Events

Happy New Year! We hope everyone had a safe and Happy Holiday! It is good to see everyone in the New Year!

The children did an awesome job with their Christmas Concert and it was a great turn out. We would like to give a special thanks to all the children for all their hard work with their fantastic performances and we would also like to thank Santa for taking time out of his busy schedule to be with us for the concert.

On Tuesday January 1, 2019 is New

Year's Day and the centre will be CLOSED. The daycare will open for regular hours on Wednesday January 2, 2019.

Thursday January 10, 2019 is our PAC Meeting from 7pm. -8pm.

Alpha will be hosting a Kindergarten Information Night on Tuesday January 15, 2019 from 6:30pm-7:30pm. This night will provide parents information about Alpha's Kindergarten Program and



compare it to the Kindergarten Program offered at the School Board and we will answer any of your questions and concerns. Everyone is welcome and we hope to see you there.

Monday January 21, 2019 is a P.A. Day for the Public and Catholic School Board children. The trip is to be announced.

On Tuesday January 22, 2019 we are having a Family Literacy Night between 6:00pm. – 7:30

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Greg's Desk

Care Ltd 2019 fee level is unknown pending approvals from our regulators. Parents should expect a fee adjustment sometime in the new year once our fee rates have been approved.

Parents should be aware that the Province of Ontario is reviewing all child care funding programs so changes are likely in the new year. We will do our best to keep families informed of changes as they happen.

Alpha Child Care Ltd's main budget goal is to maintain our educators wage levels and increase it to the wage levels of school-based educators. I think that you will agree that this is the most important factor in providing quality child care services for our important clients.

On a separate note, you may have received a request to sign-up for Alerts from Alpha Child Care through the MailChimp platform. We have been

using the platform for a few months now and find it to be an invaluable tool in communicating with clients. Accordingly, we have decided to add all clients to the MailChimp platform for emergency communication purposes. We envision using the platform to remind clients of important dates, and emergency communications relating to service adjustments and service interruptions. Service interruptions or cancellations can happen due to power failure, water shut off, flooding, police lockdown, etc.. Service adjustments may include notifying school-age clients that we will not be walking children to school due to severe ice conditions. We hope that you will value this important service.

Happy New Year and all the best for 2019!

Greg Humphreys

President

Alpha Child Care Ltd.

A warm
Hello from
the office. It's not

often that I write an article in the Parent Newsletter but I wanted to update parents on Alpha's 2019 fee rates and related government grant programs.

As you know, last year Alpha Child Care's fees were adjusted 3 times in accordance with Municipal/Provincial funding programs. I have now received word that the \$12/day Fee Rebate program developed last September will continue until March 31, 2019. Alpha Child



Junior Preschoolers cont'd

(Continued from page 5)

liquid starch. It will be very wet and stringy at first. Mix with your hands and knead until the slime starts to come together. Eventually, it will no longer be wet. If it becomes sticky, add a tiny amount of liquid starch and knead again. Continue until you have the perfect slime consistency. Store the slime in the refrigerator in a sealed container and it should keep for weeks.

2. After the slime is made you can use it to hide objects for a seek and find game or use cookie cutters to cut out different shapes.

Hand Print Flowers

You'll Need:

- Paint (Water colours & Poster paint)
- Paper
- Scissors



- Markers/Pens
- Clear Dry Glue

To Make:

1. Use the paintbrush to fold out their fingers and press onto paper from palm to fingers or have the dip an open hand into paint that has been put onto a paper plate. **Tip: remember to have a cloth and soapy water at the ready.**
2. Once you've got a few handprints, cut them out individually, arrange & glue with a few painted stems. Remember to have the children help you with these steps. Fun projects like these are all about the process not the end product.

Happy crafting,

Erin, RECE, Arenna, RECE, Ashpreet, RECE and the Junior Preschoolers

We're on the web;
alphachildcare.ca

Educational Preschoolers

Greetings and blessings to you in the New Year from all of us here in the Educational Preschool room! We hope you all had a wonderful Christmas and holiday season, and that the New Year will bring you great health and happiness.

In our classroom we are moving forward with our daily activities and growing more and more each day as we endeavour into many different avenues of learning. We know the rest of the school year will bring even more to learn and enjoy which we very much look forward to.

January is family literacy month here at Alpha as January 27th is Family Literacy Day in Canada.

Literacy is such a crucial part of any child's development. People will view the word literacy and think, 'well that's just being able to read, and my infant/toddler/preschooler does not need literacy right now". But in fact,



it is quite the opposite! Introducing children to books is not just about them having an ability to read, it's about exposing them to literature and all that comes with it. A few examples of the benefit of reading to/with your child are: Better basic speech/communication skills, the basics of how to physically use a book, mastery of language, logical thinking, academic excellence, enhanced concentration, the knowledge that reading is fun and to develop a stronger relationship with your child.

I run the scholastic orders every month throughout the centre and Scholastics Canada has comparably the best prices for books that you will find retailing out there for purchase. The flyers are handed to you every month, so please take a glance at it and you might have something catch your eye that you might have read as a child and want to read to your children.

Or look at the flyer with your child, he or she may want to pick a book out they would like to read. Of course there is always your local library which will also have a vast selection of books for you to go through that you may be able to borrow if that option better suits you. Whatever the case may be, reading is knowledge and knowledge is power! So get reading everybody!

E.P. room - Michael, RECE and the gang!

Senior Preschoolers

We hope that everyone had a wonderful Christmas and New Year! The Senior Preschoolers have had a great first part of the school year and began to start our Jolly Phonics and Hand Writing Without Tears workbooks.

In the next few months, the children will be beginning to print letters using the Jolly phonics curriculum. Shivana, the children and I are looking forward to a new start in 2019. If you have any questions or concerns please feel free to approach us as our door is always open.

With the holiday rush over and the weather getting colder and darker, it can sometimes bring about some

winter blues for both parents and children; here are some helpful hints to beat the winter blues:

1. **Take up a new hobby:** Keeping your mind active with a new interest seems to help beat the winter blues. It could be anything such as signing up your child to start swimming or playing a sport such as soccer. As parents, you can spend a little bit of time everyday or week working out or take up hobbies such as knitting, sewing or sports.

2. **Snuggle up:** On those cold winter days, its sometimes nice to

make some hot chocolate and pick your favourite movie and watch it with the family while snuggled by a warm winter blanket.

3. **Outdoor fun:** When winter begins, it offers endless opportunities of fun such as building snowmen, snow forts and making snow angels. Outdoor skating is also a great way to stay active and looking into your local community magazine will allow you to plan accordingly.



gg0002110 www.gograph.com

We hope everyone has a safe and fun winter this year. ENJOY!!!

Cassie, RECE, Shivana, RECE and the Senior Preschoolers

Special Events cont'd



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pm. Each classroom will be presenting different types of activities in the room that will promote literacy. One room will have a passport book so whenever the children visit another room they will get a stamp in their booklet. They will be having a book exchange. The children can bring in one of their books and exchange it for a new book. One room will have different types of storytelling and creative crafts for the children. Another room will have a snack room with fruit skewers and smoothies and the children will be following a recipe. Another room will have different sensory activities available for the children. We hope to see you there.

Gong Hay Fat Choy everyone as it is time to celebrate the Chinese Lunar New Year on Tuesday February 5, 2019. This year we are celebrating the year of the PIG. This is for anyone

who is born in the year of 1935, 1947, 1959, 1971, 1983, 1995, 2007, and 2019. "Pigs might not stand out in a crowd. But they are very realistic.

Others may be all talk and no action. Pigs are the opposite.

Though not wasteful spenders, they will let themselves enjoy life. They love entertainment and will occasionally treat themselves. They are a bit materialistic, but this is motivation for them to work hard. Being able to hold solid objects in their hands gives them security.

They are energetic and are always enthusiastic, even for boring jobs. If given the chance, they will take positions of power and status. They believe that only those people have the right to speak, and that's what they want."

(<https://chinesenewyear.net/zodizc/pig>)

Friday February 8, 2019 is a PA Day for the Public and Catholic School Board children. The trip is to be announced.



Tuesday February 14, 2018 is our PAC Meeting from 7pm.-8pm.

Since Valentine's Day is falling on Thursday February 14, 2019, the children will be having a party and exchanging cards. Please check with your child's class for party times as each class may have a different party time set. Treats are more than

welcomed BUT please keep in mind we are a NUT FREE CENTRE. We have multiple children with LIFE THREATENING ALLERGIES. Please check all labels for ingredients that are nut free, including labels that read "may contain traces of nuts". If these treats are brought in they will be stored in the office and returned to you at the end of the day so you can take them home with you.

The centre will also be CLOSED on Monday February 18, 2019 for FAMILY DAY. I hope everyone has a fantastic day and enjoys spending quality time with their families on this day as you all deserve it.

On Friday February 22, 2019 is our annual Staff Awards dinner for our wonderful staff. The Management team presents awards to the staff for reaching milestones with Alpha 3 year, 5year, 10 year, 15 year and 20 years etc. There will also be awards given to those for growth and development, leadership and many more. **Alpha will be closing by 6pm. Sharp and no late care will be provided**, in order for the staff to go home and quickly get ready for this special event, being held at 6:30pm. We thank-you for all of your understanding and support.

Until next time, my door is always open!

Lynda Leroux, RECE
lyndal@alphachildcare.ca

Preschoolers/Kindergarten

Well the busy holiday season is behind us and we are looking forward to an exciting new year. The Preschool/Kindergarten class will be very busy with lots of new learning in the coming months. We will be encouraging all the children to begin printing their names independently so try to take time each morning to encourage your child to sign in as this is important practice for printing. We would also like to see our friends try to be here earlier each morning in order to participate in classroom activities and engage in important interactions with their friends. It will also help



to set good routines for school in September. At the beginning of February you can look forward to receiving your child's COR document which is an ongoing report of your child's progress. The assessment is based on the social stories that we complete on your child which will be included with the document. This further illustrates the importance of your child being here to participate fully in the program so that we may accurately observe and track their progress.

Another important upcoming date is Family Literacy

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Preschooler/Kindergarten cont'd

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Day in Canada which takes place each year on January 27.

This day celebrates the important role families have in developing literacy. Remember **“Good readers are formed on the laps of their parents.”** This year Alpha will be celebrating Family Literacy Day with our Family Literacy night on Tuesday, January 22. Come out for a fun evening of activities with your child.

In celebration of Family Literacy here are some fun ways to promote literacy with your children.

- I wonder why? Think of a question such as “Why is the sky blue?”, and look up the answer online together.
- Read anything together, magazines, newspapers, books, blogs, letters etc..
- Be a rock star. Sing along to the radio or do karaoke.
- Cook together. Follow a recipe to make something yummy.
- Send an email, text or letter as a family. Which one is the



- most fun?
- Be a scientist and do an experiment together.
- Tell a familiar story, maybe give it a new ending.
- Do crafts together.
- Make a shopping list and go to the store together. Check off items as you get them maybe add a special treat.
- Tell jokes, play cards or board games together.

We hope to see everyone out at our literacy night it will be a lot of fun. Another night to remember is Alpha’s Kindergarten Night. This is an evening devoted to learning about the unique qualities of Alpha’s Kindergarten program. Anyone interested in joining or continuing in our Kindergarten program should attend this informative evening. Have a wonderful start to the New Year and we are looking forward to seeing everyone at our family events.

Until next time:
Jacqueline RECE, Seema OCT and the Preschool Kindergarten class

School Agers

Best of luck and prosperity in the New Year from the School Age team! We hope you all had a great Christmas, holiday and end to 2018! 2019 is here and we wish everyone all the best that this year has to offer us!

Our Christmas concert was a great success and we hope your children are never left *Home Alone*. Hope you all enjoyed the show!

The children have been diligent at keeping their focus from morning to the afternoon, and I am very pleased with their dedication to their after school activities with their homework, journals, and maintaining an upbeat classroom atmosphere. I am sure



2019 will be great for this group as you the parents, and myself, continue to motivate them and keep their spirits up through the continuation of the school year. We all know that after a two week holiday returning to school/work is not what anybody admires.

Some of you might know this, but more than likely none of you know this, I head a committee of people here at Alpha called the Tree Hugger Committee! Formerly founded by Patricia, our aim is to incorporate, as much and as often as we can the natural world into our children’s learning and everyday activities. This is by either directly involving them outdoors or by bringing the outdoors to life in the classroom. We take every

measure to make sure we address any allergies within the class before introducing such activities. We bring our own ideas here at the centre to the children but we gladly accept ideas from anyone, including you the parents and the children, as to how you would like to see nature incorporated into our children’s learning through discovery. We love to see families involved in outdoor play.

To everyone in this Alpha family, from me and the School Age family - less screens, more fresh air! See you out there!
Michael RECE and the School Age Gang

