



January/February 2019

Dates To Remember

Jan 1st - New Year's Day
Alpha Closed

Jan 17th - PAC Meeting
(6:30pm - 7:30pm)

Jan 21st - PA Day Public
and Catholic Schools (trip
to TBA)

Jan 24th - Literacy Night
6pm - 7:30pm (Pizza will
be provided)

Feb 1st - Children
Observation Records
(COR) go home to
parents

Feb 2nd - Ground Hog
Day

Feb 5th - Happy Chinese
New Year!

Feb 8th - PA Day for
Public and Catholic
Boards (Trip TBA)

Feb 12th - Pancake
Tuesday

Feb 14th - Valentine's
Day

Feb 18th - Family Day
Alpha Closed

Feb 22nd - Alpha's
Annual Staff Awards
Dinner closing at 6pm
sharp

Word From The Office

Welcome family and friends into the new year of 2019. Hopefully everyone had a memorable year in 2018 and will make new memories this year. The children did a phenomenal job performing their Christmas songs to their families. A lot of hard work and practice went into the show and the end result was a success. Thank you to all the parents who helped sing along and a special thank you to the Parent Advisory Committee who made themselves available to help in the production.

The weather has been up and down over the past few months and again we are encouraging parents to bring in appropriate clothing for your children. Hat, mittens (preferably 2 pairs), neck warmer, snow pants, boots and winter coat are to be brought in every morning and Alpha's educators will decide on what items need to be worn as some mornings are bitterly cold and in the afternoon not so much. Please ensure all items are labelled as items tend to be misplaced or in other children's cubby areas. We

will continue to teach your children how to put away their belongings in their cubby area.

Monday January 21st will be a PA Day for both Public and Catholic School Boards, we will keep you posted as to where the School Ageds will be attending. Please check out the wipe off board for any important messages from Jennifer, Chantelle and Nancy, for any upcoming events. Also please do not forget to inform Patricia if your child will not be attending this day. A two week notice needs to be given to Patricia or Alpha will automatically assume your child will be attending and apply the appropriate rates.

February 8th will be another PA Day for both Public and Catholic School Boards.

Thursday January 24th, Alpha will be hosting its annual Literacy

Night from 6pm - 7:30pm. Each classroom will be providing many different learning opportunities on how to incorporate literacy into your everyday lives.

This event will allow families and children to get together

and spend some quality time together. We will have a classroom that will have a book exchange, where the children can bring in a gently used book in exchange for a new book. There will be a craft room, a story telling room, a snack room and a sensory room. You don't want to miss out on this fun night and we hope to see you all there. A pizza night dinner will also be provided from 6pm to 6:30pm. Please look out for a sign up sheet outside your child's classroom door to ensure enough food and drinks are provided for the evening!

Friday February 1st - your child's observation records

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Word From The Office cont'd

which consists of both Gregorian and lunar-solar calendar systems. Chinese New Year can begin anytime between late January and mid-February. Pig is the twelfth in the 12-year cycle of Chinese zodiac sign. The Years of the Pig include 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031, 2043...

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will be sent home to you at the end of the day. Please read the letter that will be attached to the COR document. This will give you a very detailed outline of how the COR document works and this will also tell you where your child is excelling in and where some areas that need to be worked on! If you have any questions, please see Patricia in the office for more information!

Feb 5th - Alpha will be celebrating the Chinese New Year! According to the Chinese 12-year animal zodiac cycle, the Chinese year beginning in 2019 is the year of the **Pig**. Each Chinese zodiac year begins on Chinese New Year's Day. Pig years are believed to be the most unlucky for people born in previous years of the Pig. Chinese New Year, also known as the "Spring Festival" in modern Mainland China, is China's most important traditional festival, celebrated at the turn of the traditional lunisolar Chinese calendar,

On **Feb 12th** - it's National Pancake Tuesday and the children will be having Pancakes for lunch made by our wonderful chef Melissa!

February 14th is Valentine's Day! It has evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards. Not everyone is into this day, especially if you are single, but this day is a day to spend with your loved ones, and your children. If you're a lady, buy yourself a piece of jewelry or make an appointment for yourself at the spa! This is a day to celebrate you. People always say "Love others as you love yourself." It's okay to love yourself! So do it, in style. As for the single men, this is the perfect opportunity to have fun too. Traditionally Valentine's Day is marketed towards women, but you can certainly lay claim. Go to a movie or sporting event with some friends. You can also let the special women in your life (mothers, sisters, and

friends) by treating them to a date and/or buying them flowers. Or show your friends and family how much you love them by sending cards or gifts. As a single person, you can make an enormous impact. Single or not enjoy your day and Happy Valentine's Day.

Monday February 18th is Family Day and Alpha will be closed. Extend your weekend with family and friends or just relax in your home environment.



On **Friday February 22nd** Alpha will be hosting its annual Staff Awards Dinner and Alpha will be closing at 6pm sharp and not offer any late care for that evening. This is too ensure the educators have an opportunity to get ready and arrive on time to this special event. A few educators will be receiving some awards for reaching milestones and others will be receiving awards for leadership skills, most flexible, co-worker choice award etc. Alpha only hires the best of educators and we would like to express our appreciation through this event. Thank you for your support in ensuring the educators leave on time to prepare for an important night.

Until next time keep warm and my door is always open!

Patricia Andrade, RECE
patriciaa@alphachildcare.ca

Greg's Desk

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 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

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Junior Toddlers

Alpha families welcome to a new year, we can't believe it is 2019 already. We hope everybody is staying safe during winter season and dressing up warm everyday for the cold season.

Here at the centre, Kulvinder and Manpreet are focusing on the children's self help skills at this time. We are very happy to share with you that the Junior Toddlers are doing great developing their skills. It is so nice to see them trying to put their boots on independently and flipping their coats to dress up for out side.



We will also be working to boost our Toddlers social emotional skills. The children try to help each other, giving hugs when some body is sad. They are being helpful to each other, for example if somebody is missing their shoes, somebody will approach to give them his/ her shoes. They are also helping teachers in tidy up, putting items back where they belong. Hope you are seeing at home, how they develop their social emotional skills and fine motor skills everyday. Soon we will be writing about their developmental skill levels, and sharing that with our families. Hope you are excited to learn

about your child's development..

Family day coming up in February and at the centre Kulvinder and our Toddlers are doing family day art and craft activities. We also will read a story about family day to teach the children about the importance of the family.

Here are some ideas for you to plan for family day:

- Family day skate.
- Family day at The Living Arts Centre.
- Visit a park, kids feast
- Get active as a family at your local community centre. Many community Centre across Mississauga are offering free activities on family day.
- Celebrate family day at the AGO with colour music, movement and interaction activities. Dance the day away at an all ages dance party led by movement lab, try abstract painting, sticker the wall of the rainbow room, or get popping in the famous bubble wrap room.
- Toddler obstacle course: this activity develops agility, balance, and coordination as the child moves through the obstacle course.
- Toddler stair climbing: this activity

develops dynamic balance in preparation for all walking and running activities at an older age.

- Balance poses, balloon batting, Balloon juggling, Balloon soccer etc, these activities are helping to develop the children's hand eye coordination, gross and fine motor control and the ability to track moving objects.

Hope you like these ideas. Any suggestions or new ideas are always welcomed. Please feel free to approach Kulvinder or Manpreet if you have any question or concern about your child or classroom.

Wish you a very happy new year 2019. *Kulvinder, RECE, Manpreet, RECE* and the Junior Toddlers

Greg's Desk cont'd

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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.

Intermediate Toddlers

Happy New Year! We hope everyone had a great holiday filled with love and memories. We welcome Liam to our Int. Toddler room.

We start off this new year with lots of new learning in our Toddler room. Toddlers are continuing to work on self help skills such as dressing and undressing.

Valentine's day is just around the corner, so here are some yummy treats to make with your child.

Valentines Day Cookie Pops

The children will giggle and smile while making these treats, and will have something fun to give to family and friends.

- 20 vanilla wafer cookies
- 1/2 cup pea butter
- 1 6-ounce bag white chocolate chips
- 1 6-ounce bag semi sweet chocolate chips
- Colored candy sprinkles, red and white
- Pink and red gummy or sour patch pears
- Cake decorating writer gel in green, pink, red, black and white
- 1 tube each of white, red and pink cake decorator frosting with a flower tip
- Red food coloring
- Ice cream or lollipop sticks
- Wax paper

Instructions

1. Spread pea butter onto the flat side of the cookies. Place an ice cream stick into the pea butter on half the cookies. Top with another cookie so the stick is sandwiched between the two cookies.
2. Before melting the chocolate, separate the white chips into two bowls. After melting, add a few drops of red food coloring to one of the bowls of white chips to make pink chocolate. Dip in red and white sprinkles and lay or stand on waxed paper. Place in refrigerator to chill.
Enjoy!

Grandma's Gingersnap Cookies

Prep 20 m, Cook 10 m, Ready 30 m

"This melt-in-your-mouth ginger cookie recipe that I received from my grandmother has been enjoyed in my family since 1899."

Ingredients

- 2 cups sifted all-purpose flour

- 1 tablespoon ground ginger
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup shortening
- 1 cup white sugar
- 1 egg
- 1/4 cup dark molasses
- 1/3 cup cinnamon sugar

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.
3. Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.
4. Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.



Gagan, RECE and Intermediate Toddlers

**We're on the web;
alphachildcare.ca**

Senior Toddlers

Hello families and welcome to 2019! I hope that everyone had a safe and fun filled holiday season. I would like to take this time to welcome Alyssa, Lucy, Sebastian, James and Jonathan and their families to the Sr. Toddler room! I am looking forward to the year ahead and can't wait to watch you all grow and develop.

The Sr. Toddlers have been busy enhancing their self - help skills by getting dressed and undressed for outdoor play! The Toddlers still have outdoor play even if it's cold out . If the temperature is -10 or colder with the windchill then the Toddlers will stay inside and gross motor activities will be available for them. Please also remember to label your child's belongings. Thank you!

With Valentine's Day around the corner here are some crafts you can make at home with your child!

Sponge Hearts

Materials:

- Sponge
- Sharpie to draw heart shape on sponge
- Scissors to cut sponge
- Non-Toxic Art Paint
- Paper

Instructions:

1. First you'll want to draw the heart shape onto your sponge
 2. Next, cut the heart out. Tip: Use a thinner sponge! The thick sponges are a bit hard to cut.
- Once you have the heart shape



sponge ready to go, put your paint on a plate. Dip the sponge and dab onto paper.

Hole Punched Hearts

- Materials:
- Coloured construction paper
- Hole puncher
- Scissors
- Ribbon
- Tape

Instructions:

1. Start by folding some paper in half and cutting hearts.
2. Next use the hole puncher and start punching holes. Make sure there is a hole in the middle of the top to thread the ribbon through.
3. Thread it through and tie a double knot.
4. Lastly, hang them up in the window using tape.



Feel free to address me with any questions or concerns you may have at anytime.

Sam RECE and the Sr. Toddlers

School Aged

Hope everyone had a fun and safe holiday.

We had so much fun with our winter camp this year. You made delicious gingerbread creations and enjoyed s'mores, eggnog and white hot chocolate. We watched a movie in our pajamas while eating yummy pancakes. We also enjoyed getting creative with our own paint party, talent show, and sewing class. We really enjoyed our time together.

With the holidays now over, we are getting back to our regular routine. We would like to remind all families to check the lost and found for any items that your child might be missing. It's also recommended that extra clothes such as hats, mittens, sweaters, pants and socks be provided to ensure your child is comfortable and may participate in all indoor and outdoor activities. The walk to and from school has become



quite cold, and we want to make sure everyone is dressed warmly for the weather.

There are lots of fun activities you and your family can participate in over the winter months as long as you are dressed warmly. When the weather is too cold, there are a lot of indoor recreational places to visit throughout Brampton. We have listed some ideas for you and your family to enjoy. Have

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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 educators as they know the children the best. Children model parents and educator's behaviours 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:

1. Print Motivation
2. Vocabulary
3. Narrative Skills
4. Phonological Awareness
5. Print Awareness
6. 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 they are in the womb. When reading to your child always point out new and interesting words when you find them. This too, 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

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A Moment With The Manager cont'd

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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 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 the 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 your child's centre. Please check with your supervisor as to the exact time and date of the event.

Until next time, my door is always open

Mary, RECE, BA
marys@alphachildcare.ca
905-458-4884

From Melissa's Kitchen

Thank you for such a warm welcome to the Alpha family!! For those of you who don't know me, my name is Melissa and my children Marcelo and Julius have attended Alpha since 2013.



It's with great pleasure that I join the Alpha Family staff. I bring over 22 years of culinary experience, 18 of those years spent at the Fairmont Royal York Hotel. I look forward to working with you and your children and providing them

with the best of nutrition and culinary exposure.

Chef, **Melissa**

School Age cont'd

a fun and safe winter season.

1. Outdoor Skating at Gage or Chinguacousy Park

Rent or bring your own pair of skates and spend some time skating around the beautiful scenery these places have to offer. Both skate trails have snack bars if you fancy a warm cup of hot chocolate after your skate.

2. Check out the beautiful lights in the city

Just like every year, Chinguacousy and Gage Park have their amazing light displays up. Take a walk, or skate through, and enjoy. It's a great spot for snapping Instagram pics. There's also plenty of lights displays by regular residents worth taking a casual drive around the city for.

3. Go Geocaching

Join the world's largest treasure hunt. Geocaching is the recreational activity of hunting for and finding hidden objects through GPS coordinates posted online. There are millions of geocaches all over the world, including in Brampton. If you're willing to brave the cold, it can be quite the adventure.

4. Go sledding

There are a few great places to sled in the city but one of the best by far is Major Oaks hill, just off the 410 at Williams Parkway. When there's snow you can always expect this hill to be filled with good times and excited people.

5. Learn to ski or snowboard

You can learn how to ski and snowboard on the city's one and only bunny hill. It's not crazy big, so it makes a great place to learn before you take on bigger hills at Blue Mountain, Horse Shoe Valley and other area ski resorts. Come check out the hill at Chinguacousy.

6. Go tubing

In addition to skiing and snowboarding, Chinguacousy has offered tubing for as long as all of us can remember. It's great fun that can be enjoyed by any age group.

7. Take a winter hike

The city has tons of winter trails to enjoy a scenic hike. Some of the best places include Heart Lake Conservation Area, Claireville Conservation Area and El Dorado Park.

8. Get artsy at PAMA

Peel Art Gallery has just opened back up after some construction and they have plenty of things to offer. Take a stroll through their art gallery, archives and the old

jailhouse.

9. Visit an escape room

Really escape the cold this winter by locking you and your friends in a room for an hour! Escape Games are all the range and luckily, Brampton has two of them. Perplexity Escape Games and Key Quest Escape Room will keep you on your toes this winter!

10. Rollerskate or Rollerblade

Get active at Brampton's Rollerplex skate park. Skates can be rented and a snack bar is available for light refreshments.

11. Trampoline Park

Visit Brampton's local trampoline park Aerosports for a fun afternoon of active fitness for the whole family.

12. Arts and Crafts

Check out your local Michael's or home depot for a drop in class of creativity. Many projects can be completed and brought home.

13. Library Storytime

Visit your local library for weekend activists and story time. Get a library card and borrow books and videos to bring home.

Warm wishes,

Chantelle RECE, Jennifer RECE and the School Agers



3 Cathedral Rd.
Brampton, ON
L6W 2P1
Phone: 905-456-1811
Email: patriciaa@alphachildcare.ca

Welcome to a new year everyone!

We hope everyone enjoyed their holidays and spent some quality time with your loved ones. 2019 is here and many of our Preschoolers will be off to Kindergarten this coming September, therefore we are going to be very busy in the up coming months preparing your child for their transition into kindergarten.



At Alpha, we put a huge emphasis on self-help skills, independence and encouraging the children to do things for themselves as often as possible. These skills are also very important for your child to have as they begin school as their class sizes are bigger as is the ratio of children to educators. During the winter months we are using cloakroom as a learning experience and even though it may take a bit longer than usual, we are encouraging the children to dress and undress themselves and take off and put on their shoes and boots, by providing them with visual and verbal prompts. At home, it would benefit your child to commit a few extra minutes in the morning and allow your child to develop their independence and self-help skills by having them dress and undress themselves. This can consist of putting on their jacket and boots before leaving the house or picking out their outfits and dressing themselves in the morning. The look of pride on their faces when they announce, "I did it by myself!" is a reward all its own!



Now that the cold weather is here, many of us prefer to stay cozy inside but this can result in major cabin fever for both you and your children! Also, with the

lack of vitamin D this time of year, it's easy to lose your motivation to get moving and we often forget that it is still important to maintain active during the winter. Here are a few outdoor activities that you and your children can do outdoors in the GTA:

Chinguacousy Park Skate Trail: The city of Brampton has recently opened their newest outdoor skating rink and you can find it at Chinguacousy Park at 9050 Bramalea Road. You can rent skates and/or helmets if you do not own your own pair and there are also food trucks on site to have a snack! If you are able to enjoy this attraction at night, it is a beautiful scenic skating rink!

Gage Park Outdoor Skating Trail: This too, is also a very beautiful trail to skate as all the trees are lit up with beautiful Holiday lights and it is very close to those who live in the downtown area, located in the heart of Downtown Brampton. While you skate the circle, you can also roast a marshmallow and listen to the DJ play great music. Guaranteed to be a great time for all. Once you've had a skate, you can then take a beautiful walk through the downtown core.

Areosports Trampoline Park: How long has it been since you've jumped on a trampoline?! If it hasn't been since you were a kid, you are about to remember just how much fun it is to jump as high as you can! The

indoor trampoline park is located at 100 Westcreek Blvd. in Brampton. With admission, you receive a full hour of jumping time which include foam pits, basketball and dodgeball or just jumping. If jumping is not for you but like the idea of wearing the kids out for the day, you can also take a seat on the leather coaches and watch while your children jump. There is also food on site.

I hope this gave you some ideas to get you and your family moving during the winter months and before you know it, we'll be soaking up that beautiful vitamin D! Stay Warm,
Alicia,, RECE Prabhjot, RECE, Sarmini, RECE and The Sr. Preschoolers

