

# MARCH/APRIL NEWSLETTER 2019



## WORD FROM THE OFFICE

Top of the mornin' to you all!!!!!!  
Happy St Patrick's Day. I wonder if March will come in like a lion or a lamb. I really hope it comes in like a lamb as I am really excited for the arrival of Spring and it's lovely warm weather.



Income tax receipts are in the office ready for pick up. When you pick up the receipt you will be asked to sign for it in order for the office to keep track of who has picked up their receipt and who has not. There will be a minimum charge of \$10.00 for any duplication of the receipt.

Once again we will be having our fun filled March Break Program for six to twelve year old children. If you have not already signed up for this program and need a spot, please see me or Lynda as soon as possible as spots are limited.

March 18<sup>th</sup> to the 22<sup>nd</sup> has been designated as Parent Appreciation Week here at Alpha. We will be honouring all our great parents for all their support and contributions.

Watch our bulletin boards for further details.

On February 2<sup>nd</sup>, 2018 you received a copy of your Child's Observation Record (COR) if you wish to set up a time to discuss this document with your child's educator please fill out the last page of the document and submit it to your child's educator so that we can set up a time that is convenient for everyone.

Congratulations to all those educators who were honoured at our most recent awards dinner on February 22, 2019. Those reaching their first milestone of one year with Alpha were Felicia, P.J., Areanna, Nikketa, and

Theresa. They received a beautiful bouquet of flowers. Reaching their third-year milestone with

Alpha was Cassie and Emilija, they received a gift card to their favourite restaurant. Reaching their five-year milestone with Alpha was Sheila who received a one time cash bonus. Reaching their ten-year milestone with Alpha was Parminder who received a prepaid credit card amount. And reaching her thirty-year milestone was Mary who

**2018 Child Care Tax Receipts  
are ready for pick up.**

## Dates to Remember

**Thursday March 14<sup>th</sup>, 2019**  
*PAC Meeting from 7pm-8pm.*

**Sunday March 10<sup>th</sup>, 2019**  
*Daylight Saving Time (set you time 1 hour ahead)*

**Monday March 1<sup>st</sup> – 15<sup>th</sup>, 2019**  
*March Break*

**Sunday March 17<sup>th</sup>, 2019**  
*St. Patrick's Day*

**March 18<sup>th</sup> – March 21<sup>st</sup>, 2019**  
*Parent Appreciation Week  
First Day of Spring Wednesday March 20<sup>th</sup>  
Parent Surveys go to Parents Monday  
March 18<sup>th</sup>, 2019*

**Picture Day Thursday March 21<sup>st</sup>, 2019**  
*Infants, Intermediate Toddlers, Senior Preschoolers & Educational Preschoolers*

**Picture Day Friday March 22<sup>nd</sup>, 2019**  
*Junior Toddlers, Preschool, Junior Preschool & Preschool/Kindergartens*

**Monday April 1<sup>st</sup>, 2019**  
*April Fool's Day*

**Monday April 1<sup>st</sup>, 2019**  
*Parent Survey's due back*

**Tuesday April 9<sup>th</sup>, 2019**  
*Annual Pot Luck Dinner from 6pm-7:30pm*

**Thursday April 11<sup>th</sup>, 2019**  
*PAC Meeting from 7pm-8pm.*

**Friday April 12<sup>th</sup>, 2019** *PA Day for Catholic School Boards ONLY. Trip to be announced*

**Friday April 19<sup>th</sup>, 2019**  
*Good Friday CENTRE CLOSED*

**Monday April 22<sup>nd</sup>, 2019**  
*Easter Monday CENTRE OPEN regular hours*

## INFANTS

### Welcoming Alpha parents.

Here are some songs you can sing with your children in order to promote language with all children.

It's Raining, its pouring.  
It's raining, it's pouring, the old man is snoring.  
He went to bed and bumped his head.  
And couldn't get up in the morning.

### Falling Raindrops

Raindrops, Raindrops!  
Falling all around.  
Pitter-patter on the rooftops,  
Pitter-patter on the ground.  
Here is my umbrella.  
It will keep me dry.  
When I go walking in the rain.  
I hold it up so high!!

### Five little Easter Eggs.

Five little Easter eggs sitting in the basket. (hold up five fingers)  
Mother ate the blue one, then there were four (hold up four fingers )  
Four little Easter eggs, two by two,  
Daddy ate the red one, then there were three. (hold up three fingers)  
Three little Easter eggs, before I



knew,  
Sister ate the yellow one and then there were two. (hold up two fingers)  
Two little Easter eggs, Oh what fun!  
Brother ate the purple one, then there was one!!

(hold up one finger)  
One little Easter egg, see me run!  
I ate the last one, then there were none!!

### Mr. Sun

Mr. Sun, Sun, Mr. Golden Sun  
Please shine down on me!!  
Oh Mr. Sun, Sun, Mr. Golden Sun,  
Hiding behind the tree.  
These little children are asking you,  
To please come out so they can play with you,  
So Mr. Sun, sun, Mr. golden sun,  
Won't you please shine down on,  
please shine down on,  
please shine down on,  
ME!!!

There are lots of children's song lyrics that you can look up on line to sing with your children for each holiday or season. This is a great way to interact with your child and build their vocabulary while having fun. Don't forget to do the actions!!!

Let's use our singing voices!!  
**Kim, RECE, Areanna, RECE, Sukl, RECE, Kelly, Assistant and the Infants**

## JUNIOR TODDLERS

Hello again everyone! We have had a very busy Winter welcoming new friends into the Jr. Toddler classroom. Everyone has transitioned very well and we are all enjoying learning more about our new friends and their families.

After a long, snowy Winter, mostly spent indoors due to the cold, we are so excited to welcome Spring and the warmer weather. We are eager to get outside to play and explore all that Winter has left behind. Taking walks around your neighbourhood and at the park you will notice more animals starting to come out looking for food, especially squirrels and birds with their young. Our



children are very interested in the animals they see on our playground and this would give them the opportunity to see them in other environments as well. Asking the children where the animals live, what they eat, etc. will stimulate new conversations about nature. Your backyard and front yard are also great places to explore the outdoors. Use binoculars and magnifying glasses to search for paw prints and holes that animals such as rabbits or raccoons might have dug up in the grass.

Playing outdoors allows children to



explore nature and use their senses to learn more about the environment that surrounds them. Even in the rainy days ahead it is a great opportunity to get outdoors and discover nature together, so put on those rain boots and rain coats and let's go outside.

See you next time,  
**Ana, RECE, Pawanjot (PJ), RECE Theresa, and the Jr. Toddlers**

## INTERMEDIATE TODDLERS

Hello Families and Friends! We hope everyone is enjoying this weather and are keeping warm and safe.

Spring is coming. It is such a welcoming time of year after being cooped up inside for way too long. Easter is almost here as well. So, we're wrapping up all of the fun Easter crafts and activities for you to do with the children this year:

### 1. O-Tips Painted Easter Eggs

You will need some sturdy paper (like paper plates), paint (any colors but you must include white), some containers or tray (like an ice cube tray) to mix the paint, and O tips. Start by cutting out your eggs. Next, pour some paint in your tray. Talk about the colours. Add white to each colour and have your child mix the paint. Finally, time to paint.

### 2. Handprint Flowers



You need some plain white paper on hand and press your child's painted hand onto the paper. Alternatively, keep a card template of your child's hand outline and use it as a stencil on artwork they have already created. Then, cut out several and make a bouquet by mounting them on cards and adding stems. These make great greeting cards

too.

### 3 Cardboard Tube Rabbit

You need an empty tube and some white paint. Letting your child paint over the tube. After it has dried, add craft foam ears and nose, googly eyes and then draw on the mouth and teeth. A whole family of these would make a great Easter display.

### 4. Uncycled Easter Eggs

Cut tissue paper in to small squares. Ball up your squares. Paint glue onto the egg and let your child's

imagination run as they place your tissue paper balls on the egg. The best part of this craft, besides recycling things around the house, is that it is totally kid friendly.

### 5. Paper Plate Chick

You need some small paper plates and some yellow and orange paint. Lets make some yellow handprints using your child's hand. Once the paint has dried, tape two handprints to the plate as wings, draw on feet and a beak (or you could use card cut to shape), stick on googly eyes, and add a few feathers at the top of the head. So cute!

We hope everyone has a safe and fun spring this year. Your questions are always welcome.

Warm regards,  
**Ipsita, RECE, Simran, RECE, Chau, RECE and the Intermediate Toddler Friends**

## WORD FROM THE OFFICE CONT'D

(Continued from page 1)

also received a one time cash bonus. Congratulations to all these educators for their continued service to Alpha.

Special awards went to Sheila and Theresa for their leadership skills; Ann for always going above and beyond the call of duty. Every year we also give all the educators an opportunity to vote for one of their colleagues who they feel deserve an award. This years co-worker choice award went to Tara.



Congratulations to all the award winners, Alpha appreciates everyone for their hard work and dedication to the organization.

Recently I sent out the follow up letters to our Kindergarten Information night. If you have not already returned them please do so as soon as possible as we are now in the planning stages for September enrolment and want to ensure that your child has a spot reserved for them in September for our

Kindergarten Program. If you were unable to attend our Kindergarten presentation and would like a

package please feel free to ask Lynda or Mary for one.

Until next time, my door is always open

**Mary RECE, B.A.**  
[marys@alphachildcare.ca](mailto:marys@alphachildcare.ca)

## WORD FROM THE MANAGER

The Peel Public Health Department is one of Alpha's community partners in which we work closely with as they govern several of our rules and regulations that we must follow. One of the documents that we must follow is called Preventing and Managing Illnesses in Child Care Centres. This document contains a lot of requirements and policies that Alpha has to implement to help ensure that illnesses and diseases are kept under control within the child care centre. I wanted to share these with you as some of them involve parent co-operation in helping Alpha to meet and stay within these new requirements.

Children are susceptible to illnesses for several reasons. They have not been exposed to many common germs, their immune systems are still developing and let's be honest, they usually have poor hygiene habits. Child care centre owners, parents and staff play an important role in protecting children from and minimizing the impact of, infection and illness. Alpha's policies will help a) prevent infections from occurring and spreading; b) identify and control illnesses and outbreaks.

Alpha has developed some policies in order to meet these requirements plus change and add to existing policies on a consistent basis. The major policy that involves parental cooperation is the **Sickness Exclusion Form Policy**. The following is the excerpt directly from the Preventing and Managing Illnesses in Child Care Centres document.

**Exclude a child who has any of the following symptoms:**

- Fever of 100.4 degrees or more **(changed from 101 degree, exclude for 48 hours)**
- Fever AND a combination of

other symptoms ( e.g. nausea, vomiting) **( exclude for 48 hours)**

- Fever AND a body rash **( exclude for 48 hours)**
- Diarrhea – two or more liquid stools **(changed from three or more, exclude for 48 hours)**
- Vomiting – two or more times **(changed from three or more, exclude for 48 hours)**
- Eye Discharge – yellow or white **( exclude for 24 hours AFTER antibiotic drops have been started)**
  - Influenza - Severe cough **( exclude until symptoms have resolved,**

**anywhere from 2 to 7 days after the onset)**

- Yellowish skin or eyes, or jaundice **( exclude as directed by the physician)**
- Irritability, continuous crying or requires more attention than can be provided"

Besides the Daily Health check that staff do each morning on your child, they now also complete a Illness Tracking Form. On this form they will be recording any of the above illnesses, if any of the children show signs of these symptoms. This chart will determine the centre's health status which will be displayed at the entrance of the day care centre.

The **Green Healthy sign:** This sign reminds parents and visitors of the importance of hand washing, covering your cough and/ or sneeze and **keeping children at home**. This sign remains posted until there is an increase of illness.

**Yellow illness sign** This sign notifies parents and visitors of the symptoms the children in the centre are experiencing. (15% of the license capacity of children and staff are experiencing the same symptoms). This sign also prompts parents to report symptoms their child may be experiencing. **The Red**

**Outbreak sign** This sign is posted when the centre is experiencing an outbreak. (30% of the licensed capacity of children and staff are experiencing the same symptoms). Peel Public Health will declare the beginning and end of an outbreak in the centre and will notify the centre when the sign can be changed. It is vitally important that parents are working in partnership with Alpha in order to help prevent illness and outbreaks. The staff will be inquiring each morning as to your child's health and well being and Alpha asks that you be honest and share accurate information with them. When your child is going to be away from the centre due to illness, Alpha asks that you inform the centre of your child's illness and describe the symptoms that your child is experiencing. Please keep sick children at home in order to rest and rebuild their immune system and from spreading their germs to the other children and staff in the centre.

We hope that this has given you an insight as to the strict guidelines that Alpha must follow. I know at times it is an inconvenience to keep your child at home but it is in the best interest of your child and the centre. Quite often when children return to the centre before they are 100% well, they usually end up taking more time off than if they had taken the extra time off at the beginning of the illness. We hope that you understand that Alpha has no choice in sending children home and not accepting them back until they are completely over the illness. We appreciate your co-operation and understanding on these new guidelines.

If you have and further questions please feel free to contact me at 905-458-4884 or by email at [marys@alphachildcare.ca](mailto:marys@alphachildcare.ca).

Until next time, my door is always open.  
**Mary, REECE, BA**

# JUNIOR PRESCHOOL

Happy Spring Everyone!!!

The Junior Preschool room has been very busy learning all kinds of new things. They have really been enjoying singing the Jolly Phonics jingles since we have introduced the concept back in January. Before we sing a song for each letter, the children are asked if they can identify what letter is on the page and what sound it makes. Once that is done, we move onto the song and action that goes along with it. They seem to have fun putting the actions and sounds together and it has been a fun process to watch them take in the new information.

The children have also been exploring a new concept that revolves around playing with and learning through loose parts. Items such as bubble wrap are being transformed into roads for cars or pathways for them to move in different ways on (ie. Jumping or crawling). Small boxes are being used to build towers and other buildings. This is exposing the children to concepts such as measurement and helping to developing problem-solving skills. If you have any extra materials at home that you are not using and would like to donate to our classroom that would be greatly appreciated.

With Easter right around the corner here are a few yummy treat ideas that your family can make for the holiday!

## **Bunny Chow with Chex Mix**

**Prep Time** 15 minutes

**Total Time** 15 minutes

### Ingredients

- 9 cups Corn Chex™ Rice Chex™ or Wheat Chex™ cereal (or combination)
- 1 cup white chocolate chips
- 1/2 cup peanut butter
- 1/4 cup butter or margarine
- 1 tsp. vanilla extract
- 1 1/2 cups powdered sugar

### Instructions

1. In large bowl, measure out cereal; set aside.
2. In 1-quart microwavable bowl, microwave white chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated.
3. Add half of the powdered sugar into 2-gallon resealable food-storage plastic bag, pour cereal mixture into bag and then add remaining powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Add in candies and store in airtight container in refrigerator.

## **Cream Cheese Carrot Cake Trifle**

### Ingredients

- 1 box Betty Crocker carrot cake mix prepared according to package directions into a 9x13 cake
- 8 ounces cream cheese softened
- 3/4 cup butter softened
- 3 1/2 cups powdered sugar
- 1 tablespoon vanilla
- 16 ounces Cool Whip
- 1 cup chopped walnuts

### Instructions

1. Prepare the carrot cake and bake according to the package directions for a 9x13 cake. Allow the cake to cool, then cut it into cubes.
2. Using an electric mixer, mix the butter and cream cheese, scraping down the sides as needed, until the mixture is light and fluffy. This will take about 2-3 minutes. With the mixer on low speed, add the powdered sugar, 1/2 a cup at a time, until it is thoroughly mixed. Add the vanilla and beat the frosting on medium speed for about 2 minutes. Gently fold in the

Cool Whip until it is completely mixed in.

3. In a trifle dish or glass dish, place down a layer of cake, then a layer of the cream cheese mixture. Sprinkle walnuts on top of the cream cheese. Repeat the layers until your trifle dish is full, ending with the walnuts on top. Refrigerate until serving.

## **Easter Carrots Rice Krispies Treats**

### Ingredients:

- 4 Rice Krispie Treat
- 6 oz Orange Candy Melting Chips (like Wilton)
- Edible Easter Grass or Rips Whips Candy

### Directions:

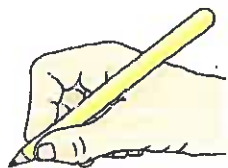
1. Line a cookie sheet with parchment paper and set aside.
2. Cut each treat in half lengthwise, then cut each of them in half diagonally.
3. Take each piece and insert a toothpick in the flat end and place on prepared sheet.
4. Place in freezer for to minutes.
5. Melt orange candy by microwaving for 30 seconds, stirring and repeating until melted and smooth.
6. Pick up each by toothpick and either dip or spoon melted candy over each "carrot" to cover completely.
7. Return to sheet.
8. Place in refrigerator for 15 minutes.
9. Cut several 1" pieces of the Easter grass or Whips for each carrot.
10. Take each carrot and carefully remove toothpick. Use the toothpick to enlarge the hole big enough to insert the grass.

***Erlin, RECE, BA, Lorraine, RECE, Arshpreet, RECE and the Junior Preschoolers***

## SENIOR PRESCHOOL

Winter is almost over which means spring is around the corner! We want to remind everyone to keep all of your child's outdoor winter clothing, as the snow slowly disappears. Even if there is no snow outside it may be very cold or wet during outdoor time, so every child should have snow pants, a warm jacket, boots, mitts and a hat.

The children in the Sr. Preschool classroom have been very busy over the past couple of months practicing how to hold a pencil, using the proper grasp. This is done through multiple activities during the day. The children have really been interested in using stencils and pencil crayons during free play time. If an Educator sees that the child is having difficulty holding their printing tool, they will sit with them and practice this concept. During Jolly Phonics and Handwriting without Tears, the children have been practicing their pincer grasp by colouring corresponding pictures to the lesson being taught. Tracing books and other fine motor activities (tongs, scissors and tweezers) are available throughout the day for the children to explore. All of these activities can be done at home as well in order for the children to gain hand strength and confidence in their printing



abilities.

Because spring is around the corner, we wanted to share some spring crafts for you to do with your family.

### FOAM CUP BUNNY CRAFT

#### Supplies:

- small foam cup
- pink paint
- paintbrush
- pink and white cardstock paper
- black and pink marker
- Wiggly Eyes
- pink Fuzzy Sticks
- pink Pom poms
- scissors
- glue
- tape

#### Directions :

1. Gather all of your supplies. Start by painting the outside of your foam cup with your pink paint. Set it aside to dry completely.
2. While your paint is drying cut out two bunny ears from your pink and white cardstock paper. Cut a section off of your pink Fuzzy Stick and tape it to the back of your ears.
3. Glue your googly eyes onto your foam cup. Use your pink and black marker to draw a nose and mouth on your bunny.
4. Finish your bunny craft by poking the ears down into the top of the cup and then glue the pink pom pom onto the cup for the fluffy bunny tail.

### Spring Sponge Painting

#### Supplies:

- Paint in a variety of colours
- Sponges
- Paper

#### Directions:

1. Cut sponges into different spring shapes such as an Easter egg, butterfly, flower, rain drop etc.
2. Dip sponges into paint
3. Place sponge on paper

### Bunny Clay Pot

#### Supplies:

- 4" clay pot
- White and pink acrylic paint
- White Foamie sheet
- Pink Foamie sheet
- Google eyes
- Black sharpie pen
- Glue

#### Directions:

1. Paint pot with white paint. Allow time to dry.
2. Paint circle cheeks.
3. Cut 2 bunny ears.
4. Cut 2 pink insides of ears & glue together.
5. Attach ears to inside front of pot.
6. Cut triangle for nose. Glue in place.
7. Attach google eyes.
8. Draw whiskers & mouth.

Happy crafting,

**Cassie, RECE, Shivana RECE, and the Senior Preschoolers**

## PRESCHOOL 1

The children have done an amazing job transitioning from a Toddler room into a Preschool classroom. Over the past two months. The children have become more independent as they have helped each other and guided each

other through the daily transitions. They have taken a lead in classroom duties such as, tidying up and problem solving with peers.

Lately the children have been requesting books several times throughout the day as they snuggle

with toys and pillows. They enjoy looking at the books when they come into the class in the morning, during circle and also during wake-up time.

This can be incorporated at home with Spring Time books such as; *Welcome Spring, It's Spring, and Let*

*(Continued on page 7)*

## PRESCHOOL/KINDERGARTEN

Hello again everyone! Spring is finally here and with the warmer weather we can finally get outside on a regular basis after a winter of sub zero temperatures and stormy weather keeping us cooped up inside.

As you may know we are required to provide two hours of outdoor time each day for the children in attendance here at Alpha. Outdoor play provides many benefits to the children beyond just the development of gross motor skills.

Here are list of a few of them:

1. **Educational:** Learning doesn't just take place in a classroom. Children are very curious and will learn a lot about the world around them when they have the opportunity to explore it. They will also be more motivated to learn when they realize that learning can happen everywhere.
2. **Creativity:** Being outdoors gives children more freedom. Less structure will encourage children to use their imaginations more thus enhancing their creativity.
3. **Health:** Outdoor active play encourages the development of



strong bones and muscles as well as enhancing children's overall fitness. Fresh air and sunshine are also beneficial in encouraging overall health in children.

4. **Social:** The extra space means children may be less intimidated and more likely to interact with peers. It encourages children to be more outgoing and by playing group games such as tag children will independently develop their social skills.

5. **Well Being:** Children who spend more time outdoors tend to be calmer and happier. The simple act of being in a natural environment contributes to a child's overall well being.
6. **Independence:** The extra space means that there can be less direct adult supervision and intervention thus encouraging children to problem solve on their own and to try new activities without needing an adult's help.
7. **Confidence and Exploration:** Outdoor play activities can involve more risk which allows children to test their boundaries



and develop confidence by mastering a new skill such as balancing on a log.

Outdoor play has so many benefits but it is difficult for the children to take advantage of them if they are not dressed appropriately for the outdoors. Every child should have well fitted running shoes for outdoors as well as rubber boots, splash pants and rain coats for rainy days. There are so many activities children can engage in outdoors on rainy days it is a shame to stay inside. Counting raindrops, looking at the reflections in puddles, jumping around and in puddles are just a few.

We are looking forward to enjoying the change of seasons outdoors with our children and spending more and more time outdoors.

Until next time,  
*Jacqueline, RECE, Seema, RECE and the Preschool/Kindergarten class*

## PRESCHOOL 1 CONT'D

(Continued from page 6)

*it Rain.* While the family reads together, ask questions that relate to the book such as; "what is weather", "is it raining here too", or "what are they wearing for the rain" (ie. Rain boots, rain coats etc.). Also, allow the



children to take the lead in story telling by encouraging them to read what is happening from the pictures. Snuggling up to read a book together in the evening is a great way to unwind and relax together before bed, it provides great learning opportunities, as

your child predicts and rationalizes what is happening.

Until next time, happy reading.

*Felicia RECE, Janice, Assistant and Preschool 1 Group*

## SPECIAL EVENTS

Welcome to all our Alpha Families. I hope March comes in like a Lion and goes out like a Lamb so that we can have an early spring as some of us have Spring Fever and cannot wait for the grass to become green and to see buds on the trees.

We would like to thank everyone who attended our Literacy Night on Tuesday January 24<sup>th</sup>, 2019. It was a huge success and a great turn out. The children really enjoyed visiting all the different room set-ups. The Infant room was the party room with Karaoke for the educators, parents and families to sing songs of the 80's. The Junior Toddler room was where the children could exchange books. The Intermediate Toddler room had lots of interesting materials for block play that incorporated literacy such as blue prints for building a plane, maps, children's pictures on blocks etc. Preschool 1 room had lots of exciting different costumes to dress-up and act out the stories. The Junior Preschool room had a variety of art materials that displayed literacy. Senior Preschool room had lots of interesting sensory materials for the children to enjoy. The Preschool/Kindergarten Room had different story telling tables set-up for the children to read to their parents or for their parents to read to them.

Wednesday, March 13<sup>th</sup>, 2019 from 7pm-8pm. is our Parent Advisory Committee Meeting. If you have any concerns, please bring them forward to the Parent Representative in your child's classroom if you do not feel comfortable bring them up to the Supervisors

On Sunday March 10<sup>th</sup>, 2019 is Daylight Savings time. We are just reminding everyone to please turn your clocks ahead 1 hour as we now get to spend more time with our family and friends in the evenings. Monday March 11<sup>th</sup> – 15<sup>th</sup> is March Break and the children will be busy with lots of cool and fun exciting activities. Please check your child's message board for any cool activities



that may be planned for the day. Plus, Sunday March 17<sup>th</sup>, 2019 is St. Patrick's Day.

On Monday March 18<sup>th</sup>, 2019 our Parent Survey's go out to our Parents. This is great as it provides Alpha with lots helpful feedback and will help us to meet your needs. Our door is always open if you need to speak with any of the Supervisors or you can share your ideas with your classroom parent representative and they can share the information back to the Parent Advisory Committee. The classroom representatives are posted outside your child's classroom door. The Parent Surveys are due back to us by Monday April 1<sup>st</sup>, 2019.

Monday March 18<sup>th</sup> to March 22<sup>nd</sup>, 2019 is Parent Appreciation Week. Special planned activities will be planned each day over the week for the parents. We will provide you with a variety of pamphlets and information sheets that you may find beneficial to you and your family. Be prepared to be pampered all week.

"Say Cheese!" and smile for the camera as once again Picture day is coming up for Spring Pictures.

On Thursday March 21<sup>st</sup>, 2019 is Picture day for the Infants, Intermediate Toddlers, Senior Preschool & Educational Preschool classrooms.

On Friday March 22<sup>nd</sup>, 2019 is Picture Day for the Junior Toddlers, Preschool 1, Jr.

Preschool, and the Preschool/Kindergarten classrooms.

The Photos will begin at 8am sharp! Photos will be taken by Picture This Image, and for those families with siblings, pictures will be taken on the same day as the youngest sibling.

On Tuesday April 9<sup>th</sup>, 2019 will be our Annual Pot Luck Dinner from 6:00pm.-7:30pm. We will enjoy a sit down dinner with all our families out in the atrium to enjoy lots of

multicultural entrées, salads and desserts. Please inform your child's educator if you will be attending and how many people will be joining your party, just to ensure we have enough food for all our guests. If you are not sure what to bring or do not have a favorite dish you would like to make. Here is a guide line: Appetizers: Sr. Toddlers and Preschool/Kindergarten Salads: Infants, Jr. Toddlers and Educational Preschool Entrées: Jr. Preschool and Senior Preschool Desserts: Preschool 1 & School Ages. A list will be posted outside your child's classroom door. If you are not sure how much to bring the general rule is bring enough to feed your own family. We look forward to seeing you there!

Thursday April 11<sup>th</sup>, 2019 is our Parent Advisory Committee Meeting from 7pm-8pm. 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.

Friday April 12<sup>th</sup>, 2019 is a PA Day for the Catholic School Board only. Trip is to be announced.

On Thursday April 18<sup>th</sup>, 2019 is our Easter Luncheon at 11:30am. Everyone will be eating together in the Atrium. Our wonderful Chef Extraordinaire will plan a wonderful lunch for all the children, their educators and friends. Sheila will prepare a lovely lunch for the children to enjoy.

On Friday April 19<sup>th</sup>, 2019 is Good Friday and the centre will be CLOSED and we will be OPEN on Monday April 22<sup>nd</sup>, 2019 for Easter Monday for regular business hours.

Until next time,  
**Lynda Leroux, RECE**  
lyndal@alphachildcare.ca



## EDUCATIONAL PRESCHOOLER AND SCHOOL AGE GROUP

Hello and welcome! Winter is almost at an end and spring is on its way, which means warmer weather is approaching.

The E.Ps are now consistently getting used to the transitions and classroom expectations. They enjoy circle time and with nicer weather will be participating in outdoor activities. We are encouraging parents to please bring in extra clothing, spring jackets or coat (depending on how cold or warm it is outside) outdoor shoes, or rain boots, and hats. Also, with March Break approaching the EP program will be closed for the week and we will see you back on March 18<sup>th</sup>. See you all then!! As the School Agers continue to walk, please provide them with extra socks and shoes. As the snow melts the ground will be wet. The School Agers are excited for March Break to approach! This is a great time to spend some quality time together. Here is a list of some activities you can do with your children.

- [March Break at the ROM, Toronto](#)  
Unleash your spirit of discovery with displays, performances and hands-on activities at the Royal Ontario Museum.
- [March Break Day Camp at Wye Marsh Wildlife Centre, Midland](#)  
Check out an operating sugar shack, hand feed chickadees, see live reptiles and birds of prey and snowshoe and learn animal tracking and survival techniques.
- [Harbourfront Centre Camps, Toronto](#)  
Toronto's Harbourfront hosts fun learning programs through social interaction and facilitated hands-on activities.
- [Bugfest 2019 at Cambridge](#)

Butterfly Conservatory  
Calling all budding entomologists to try *entomophagy*, put your taste buds to the test and sample real insects like ants, mealworms and crickets (hint: goes well with chocolate).

- [March Break at the Science Centre, Toronto](#)  
Young minds are challenged and stimulated with creative problem-solving games and exhibits.
- [March Break at Blue, Blue Mountains](#)  
Get ready for days filled with adventure and fun on and off the slopes with activities, live music, interactive performances, fireworks and more.
- [March Break Unplugged at the Hamilton Museum of Steam & Technology](#)  
News flash: kids had fun before iPads! Discover the low-tech games and activities from the past, including a giant chess board, puzzles and origami.
- [March Break at Gymbalaya, Vaughan & Newmarket](#)  
Tired kids are the best kind of kids. This recreational gymnastic facility has everything from gymnastics, games, dance to arts, crafts and story-telling.
- [Resorts of Ontario](#)  
Book a resort getaway for March Break and treat your family to endless outdoor adventures a resort that's packed with super cool to-dos.
- [Ontario Parks](#)  
Squeeze the last few weeks of

fun left in winter at one of Ontario's many Provincial Parks. From snowshoeing and skate trails to warm cozy yurts, plan something unforgettable for your family.

Maple syrup season is right around the corner!  
[Maple Syrup Harvest at Wheelers, McDonalds Corner](#)



[Temple's Sugar Bush, Lanark](#)  
[Maple Syrup Festival, Bronte Creek](#)  
[TRCA Sugarbush Maple Syrup Festivals, Stouffville, Woodbridge, Halton Hills and Orangeville](#)  
[Warkworth Maple Syrup Festival,](#)

[Warkworth Springwater Maple Syrup Festival, Alymer](#)  
[Buckhorn Maplefest, Lakefield](#)

Some activities that can be done at home are

- Making forts at home (indoors with couch, blankets etc. or outdoor with snow)
- Movie night with favourite treats
- Visiting family or play dates
- Imagination day (act, and put on plays)
- Cooking together and making meals
- Going to the Library or to the park.

***Sukl, RECE, Educational Preschoolers and School Agers***

# SHEILA'S KITCHEN

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Many parents ask me for lunch ideas for their School Ageds. So, I pulled this together from Pinterest and hopefully this will help. I know one thing for sure is you really need to make them the night before if you want to have an easier start in the morning. At our house one parent was cleaning up after dinner and the other was making lunches and reading school notes for the next day. This way you know what's a hit with your kids and what's not, from what they have left in the lunch box from that day.

Children tease each other about some types of foods that may be unknown to them, so it may be

helpful to not put things in that are not to stinky for example egg salad sandwiches great for breakfast not so great for lunch pails that are sitting beside you. Ask your children what their friends are having. Sometimes food looks better in someone's else lunch. Let them pick parts of their lunch choices so they have a say in their lunches. Veggies with dip, this can be a go to when you have Vegies all cut up and placed in a container with some water and placed in the refrigerator let them pick their veggies for the day and salad dressing make great dips. Fresh bread or rolls cut and buttered and placed in lunch zip bags and then placed in freezers

makes for a cold pack and avoids boredom. Cut up luncheon meats or left-over chicken from dinner, cheese and crackers are always a big hit Lunch is an important part of the day it's a break from the on tasks moments and it's time to relax unwind a little with their friends.

I hope this was helpful and reduces stress for you and your love ones.

**Sheila**  
Chef

**Easy Lunch Box PLANNER**

<b>DRINK:</b>		<b>Milk:</b>		<b>Juice:</b>	
<b>Water:</b>		White		Grape	Cranberry
Bottle		Strawberry		Apple	Lemonade
Fruit Infused		Chocolate		Orange	Sport Drink
<b>MAIN:</b>		<b>Protein:</b>		<b>Toppings:</b>	
<b>Grain:</b>		Turkey		Lettuce	Zucchini Slices
Sliced Bread		Ham		Tomato	Pesto
English Muffin		Chicken Breast		Cucumber	Avocado
Bagel		Hummus		Pickles	Sun Dried
Crackers		Egg		Cheese Slices	Tomato
Tortilla		Pepperoni		Cream Cheese	Mayo
Pita Bread		Tuna/Chicken Salad		Olives	Mustard
<b>SIDES:</b>		<b>EXTRAS:</b>			
Cheese		Sweet peppers		Wet Ones	
Yogurt		Fruit Leather		Fork	
Nuts		Cherry tomatoes		Spoon	
Apple Slices		Broccoli Florettes		Knives	
Oranges		w/ ranch			
Grapes		Cooked Pasta			
Banana		Edamame			
Chips		Berries			
Pretzels		Cheese Crackers			
Graham Crackers		Trail Mix			
Crackers		Dried Fruit			
Baby Carrots		Apples			

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