

# MARCH/APRIL NEWSLETTER 2019



## WORD FROM THE OFFICE

The spring season is just around the corner and mother nature had her fair share of frigid cold temperatures and a few snow storms, however Alpha remained open to house all of our children during those times.

On Tuesday March 5<sup>th</sup>, Mellissa our wonderful chef, will be making pancakes for lunch served with eggs and sausages for national Pancake Tuesday!



March Break is just a couple of weeks away and our spots are filling up quickly. If you have not registered yet please speak to Patricia for more information or see Jennifer or Chantelle your camp leaders for further details. If we do not hear from you Alpha will automatically assume you will not be attending and the spots will be filled with clients from our waitlist. Alpha ensures our camp week is filled with lots of fun and exciting activities for the children to enjoy during their week out of school.

March 18<sup>th</sup> – 22<sup>nd</sup> is Parent Appreciation Week. Be on the look out for special gifts and little tokens of appreciation that the educators and children will be providing for you. On Monday

March 18<sup>th</sup> Parent Survey's will be distributed and due back to Patricia on March 29<sup>th</sup>. On Friday, we will also have a continental breakfast in our staff room, so don't forget to stop in and grab a quick bite before you head off to work.

March 28<sup>th</sup>, will be picture day by "Picture This Image". Sandra and Ana will be arriving at 8:30am and setting up their backdrop and begin taking photos at 9am sharp. Please have your child dressed and ready and inform your child's educator if you would like to change out of their clothes before lunch.

Thursday April 11<sup>th</sup>, Alpha will be hosting our Annual Pot Luck Dinner at 6:00pm in the School Age Classroom. Please look out for class lists as to what you will be bringing and how many will be attending. Each classroom will be responsible to provide the following dish,

- Jr. and Sr. Toddlers: Salads and Appetizers,
- Int. Toddlers and School Agers: Desserts
- Preschoolers: Entrees.



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## Dates to Remember

Mar 5<sup>th</sup> – Pancake Tuesday

Mar 11<sup>th</sup> – 15<sup>th</sup> – March Break Camp for School Agers

Mar 18<sup>th</sup> – 22<sup>nd</sup> – Parent Appreciation Week

Mar 20<sup>th</sup> – First Day of Spring

Mar 28<sup>th</sup> – Picture Day 9am sharp

Mar 29<sup>th</sup> – Parent Survey's Due Back

Apr 11<sup>th</sup> – Pot Luck at 6pm

Apr 17<sup>th</sup> – Easter Luncheon at 11:30am

April 19<sup>th</sup> - Good Friday Alpha Closed

Apr 22<sup>nd</sup> - Easter Monday PA Day Public and Catholic School Boards (Trip TBA)

Apr 22<sup>nd</sup> – Earth Day

## JUNIOR TODDLERS

Hello parents! We hope that everybody had a safe and warm January and February and are looking forward to hopefully shedding the winter gear soon with spring around the corner.

We would like to take this time to welcome our new friends Hudson, Eva, Elliotte, Julian, Kaleb, Koen, Leah and their families to the Jr. Toddler room. We are so happy to have you here at Alpha and are looking forward to our year ahead! We would like to let our new families know to please make sure your child always has at least 3 sets of spare clothes in their bags at all times. Also, it is important to label your child's belongings as it easy for items to get misplaced.

The Jr. Toddlers have been continuing to develop their self-help skills by dressing and undressing for outdoor play, as well as self-feeding during meal times. They have also been practicing putting on and taking off their shoes all by themselves. For the next couple months we will be focusing on labeling different colours and learning to count up to 5.

With St. Patrick's Day around the corner here are some cool crafts



you can make at home with your child!

### Handprint Shamrock

#### Materials:

- Paper shamrocks that are large enough for handprints. You may even want room to do a few handprints within the shamrock.
- Finger paint, gold glitter or decorations like rainbow and leprechaun stickers
- Scissors, and paper if you decide to print out your own shamrocks

#### Instructions:

- Place your shamrocks, paint, and decorations on a kid-friendly craft space
- Tape the shamrock to the surface so it doesn't move around during painting and decorating
- Allow your child to paint the palm of their hand – you may need to help them with this
- Place the palm of their hand into the shamrock and allow to dry
- Decorate the shamrock with glitter, stickers, or any other fun items you have on hand

You can find a special place to hang the shamrock for your child to admire their artwork!

### Tie - Dyed St. Patty's Day Shirt

#### Materials:

- A shirt to tie-dye (no need to buy a new one, you can use an old one)
- Fabric dye – you can buy this at a craft store .You also need salt to add to the dye bath.
- A big plastic container that can get stained. You can also use stainless steel.

#### Instructions:

- Mix your dye in your container .The dye will have instructions for you to follow.
- Add a cup of salt to the dye and stir
- Place rubber bands around the shirt – you can get fancy with designs here, but just placing the rubber bands in a few spot works.
- The shirt goes into the water for about 10-30 minutes and you stir it occasionally
- Ring out the shirt and rinse it in warm water, giving a final rinse in cool water. Hang to dry.



We would like to end off by letting our parents know to feel free to address us with any questions or concerns they may have. Our door is always open!

See you upstairs,  
**Sam, RECE, Manpreet, RECE and the Jr. Toddlers**

Like us on Facebook

## WE NEED YOUR JUNK

Calling all families! We are looking for donations from our families of clean recycled and repurposed items for our classrooms. Alpha child care is moving away from plastic toys in our classrooms and we are hoping to gather some donations from our families.

We are looking for small unwanted furniture, wicker baskets, kitchen items such as small pots or pans, cooking utensils and loose collections such as milk bag tags, laundry clips, lids (metal or plastic) buttons, magazines etc. We will gladly take your unwanted items for the children to explore.

Alpha is also looking to collect clean, nut free recycle items such as plastic containers, lids, jars, tissue boxes, paper towel rolls, cereal boxes etc. for the children to explore and make crafts with.



If you have an item you are unsure about, please discuss it with your child's educator or Patricia in the office.

Thank you in advance for your generous donations. We appreciate it.

## INTERMEDIATE TODDLERS

Hello Everyone, spring is just around the corner and we are so happy about it. In the Intermediate Toddler room, we are encouraging the children to dress and undress themselves.

We have been introducing shapes, colors and some letters to the children over the past month. The children enjoy dancing to the music everyday in our class.



Now that the weather is getting nicer, we will be going outside twice a day, so we would like to remind parents to bring proper clothing for the children.

There are so many simple ways to get outside and enjoy spring with children. Most of them are free of charge and do not require advance planning.

**1. Picnic.** You don't even have to leave home for this one. Simply take whatever food you were planning to eat and lay down a picnic mat or blanket outside in the yard.

**2. Sidewalk chalk.** Little and big children love to color with sidewalk chalk. One of the best thing is to lay down and outline our entire body, then color it in. The children make

silly poses and have lots of fun.

**3. Hike.** Find a local hiking trail, put on your walking shoes and go explore the outdoors.

**4. Fly a kite.** You can find them at dollar stores.

**5. Go for a bike ride.** Riding bikes is a great way to get exercise and enjoy being outside together. If your little one is not quite old enough to ride a bike, get a bicycle trailer that can attach to your bike .

**6. Blow Bubbles.** For extra fun, use one of these simple recipes to make your own bubble solution. If your child loves to have you blow bubbles for long periods of time, it would be a great idea to get a bubble blowing machine. It saves your breath plus entertains the little ones with lots of lots of continuous bubbles.

**7. Plant a flower.** Kids love digging in the dirt. Visit your local greenhouse and buy some inexpensive flowers to pretty up your yard.

**8. Plant something you can eat.** Ask your local gardener for advice about what grows well in your area. If



you do not have space for large garden, consider planting a small container garden or vertical garden.

**9. Make a bird feeder.** It does not have to be fancy. Simply spread peanut butter on a pine cone, roll it in bird seeds and hang in your yard. Hopefully birds will be headed your way in no time.

**10. Bird Watching.** A backyard bird watching guide really helps us identify the different birds we see.

**11. Backyard Camping.** Set up your tent outside in the backyard. Let the kids play and enjoy a family night out under the stars.

**12. Play tag.** Kids love to be chased and it's good for the whole family to run and be active in a good old fashioned game of tag.

**13. Feed the ducks.** If you have a local duck pond, take your stale bread and go feed the ducks.

**14. Visit a Garden.** Enjoy a stroll through a local garden. Don't forget to take time to smell the flowers with your children.

*Gagan RECE, Jen, Assistant and Int. Toddlers*

## A MOMENT WITH 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

- prevent infections from occurring and spreading;
- identify and control illnesses and outbreaks.

*The major policy that involves parental cooperation is the Sickness Exclusion Form Policy.*

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

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## SENIOR TODDLERS

Welcome to the month of March and April! We hope everyone had an excellent month of February, enjoying delicious treats and delivering cards on Valentine's Day. As well as, spending time with their families and friends on family day. For the month of April we will patiently wait for the arrival of the bunny!

Here are some ideas for Easter fun games that parents can do with children:

### Easter Bingo

Make an Easter Bingo card out of cute, clip art images. Mix the order up for each card you print. Cut up one card and place the images in an Easter basket. Give the kids jelly beans to use as bingo markers. Pull one image at a time out of the basket and show it to the children. They must mark the spot that matches. Play until someone gets a bingo.

### Basket Head Relay Race

Divide kids into two teams. Set up a race course that starts and ends at the same spot. Along the course, place two colored eggs in as many spots as you have players. Have one player from each team stand at the start/finish line. Give those players a basket. Then, have one player from each team stand at the intervals where you've placed the eggs.

When you signal the start of the race, the two players at the starting line must put the baskets on their heads and hop like bunnies to their closest teammates. Their teammates will pick up the eggs and place them in the baskets. The baskets are then handed off to the waiting players, who also put them on their heads and hop like bunnies to the next set of players. The race continues with the collecting of eggs and handing off of the baskets to the next players. The first team to collect all of their eggs and hop with the baskets on their heads to the finish line wins.

### Runaway Eggs

For this game of tag, the person who is "it" is the bunny, and must wear bunny ears. Everyone else

is a runaway egg. The bunny has to gather his eggs into the basket. Place a hula hoop on the ground to serve as the basket. When the bunny tags an egg-player, that player must go and stand in the basket. Play until all of the eggs have been collected. Then assign a new player to be the bunny.

### Jelly Bean Race

Fill two baskets each with the same amount of jelly beans. Place them side-by-side on a table. Divide players into two even teams. Have the teams line up behind a starting point that is several feet away from the jelly bean table. Give each team an empty basket and a spoon. The first player in line for each team must race to the table and place as many jelly beans as they can on their spoons. They must then race back and dump their jelly beans into the empty basket and hand the spoon off to the next player, who has to do the same. Play continues in this manner until one team has transferred all of their jelly beans. If a runner drops any jelly beans in the course of the race, they must go back and start over.

### Taste Test

Challenge their taste buds while delighting those sweet teeth with this fun Easter game. Before the game, gather several different types of Easter candy. Cut them into small pieces to make it more challenging (as well as to limit the amount of sugar intake). Blindfold players and offer them a taste of each piece of candy. As they taste, ask them to identify the name of the candy. A player scores one point for each correct guess. The player with the highest score after everyone has had an equal amount of tries is the winner.

This game can also be played with jelly beans only. Choose a variety of the gourmet flavored jelly beans and have kids guess the flavor of each.

### Easter Basket Scavenger Hunt

Before the party, gather two sets of items you might find in a traditional Easter basket. Hide the items around the yard or party space. Divide players into two teams and give them each a list of the items they must find, including the baskets. Start them off with a clue to the whereabouts of the basket, so they can use it to carry the remaining items. You can also leave additional clues to the remaining items at each hiding spot. The challenge is to be the first team to return with all of the items in your basket.

### Peep Eating Race

Use ribbon to hang as many marshmallow chicks as you have players from the ceiling. Have each player stand next to a peep. On "Go!" the players must eat the peeps without using their hands. The first player to finish a peep wins.

### Musical Easter Baskets

This game is based on the concept of the classic, Musical Chairs, but with an Easter-themed twist. Instead of lining up chairs, line up Easter baskets, making sure you have one less than there are players. Play "The Bunny Hop" and have the children hop around the baskets as the music plays. When the music stops, each child must pick up a basket. The player left without a basket is out, another basket is removed, and play continues this way until only one player remains.

### Decorate an Easter Tree

To make your Easter tree, you can place a block of foam (found in the floral section of craft stores) in a decorative pot, and then "plant" a small tree branch in the foam. Cover the base of the foam with artificial Easter grass. Have the kids decorate cardstock paper that has been cut into the shape of eggs. They can use decorating items such as crayons, colored markers, rubber stamps, stickers, and glitter. Punch a hole in each paper egg and feed a length of ribbon through so they can hang their egg ornaments on the tree.



## SENIOR TODDLERS CONT'D

### Easter Pinata

Always a hit at kids' parties is the pinata game. Fill an Easter pinata, such as a bunny or Easter egg with treats and token prizes. One fun idea is to fill plastic eggs with treats and then fill the pinata with the eggs. Blindfold kids and have them whack away at the pinata until it breaks, releasing the treats for them to claim.

### Bunny Hop-Scotch

Draw a hopscotch board using bunny heads in place of the traditional square boxes. Instead of a rock, use a jelly bean to play the hopscotch game.

### Plastic Egg Race

Divide the party guests into two teams. Line them up and fill the arms of the first players in line with plastic Easter

eggs. Those players have to walk or run to a designated spot a few feet away from the starting line, then turn around and return to their teams. If a player drops any of their eggs, they must stop to pick them up (trying not to drop any more in the process). Upon returning to their teammates, players must pass the armload of eggs to the next players in line. The race continues until all of the players have carried the eggs. The first team to complete the relay race wins.

The distance of the relay and amount of eggs placed in the children's arms will depend on the age of the players. You want to give them enough eggs to make it a challenge without being too overwhelming.

For more information you can go to [www.thespruce.com](http://www.thespruce.com) *Kulvinder, RECE and the Senior Toddlers*

## SENIOR PRESCHOOLERS

Hello Alpha Parents! We hope you had a great January and February! We would like to Thank all of the Alpha families for coming to literacy night, we enjoyed spending the time with you and your child!

The Sr. Preschoolers have been very busy working on sitting down and participating during learning curriculum circle for approx. 15 minutes, by doing activities based on their interests. This encourages the Preschoolers to engage during circle time. The educators are providing fidget toys for the Preschoolers who tend to have hard time sitting down for learning circle. This tends to help keep their attention during circle time.

The Preschoolers also have been working on self-regulation and how to recognize and put strategies in place when we are in conflict or experiencing strong emotions through our Second Step Social program. We are encouraging the

children to use their words and ask for help when they are in conflict, without using aggressive behaviour.

As we continue in the Sr. Preschool classroom we look forward to spending more time with you and your child! We would also like to welcome Emma, Jashy and Soham to the Sr. Preschool classroom who had joined us in the Big room (Sr. Preschool) in the month of January!



Here are some crafts you can do at home during the Easter holiday!

### Paper Plate Easter Bunny Craft Supplies and tools

- Pompoms
- Construction paper
- Pipe cleaner
- Small paper plates
- Googly eyes
- Strong Glue
- Black marker

### Directions

- **For the nose:** take 3 pipe cleaners and twist them around each other in the center so that they are connected/stuck together. The part you

twist is the hidden part that will go under the nose (pom pom) and will be hidden. This will leave you with the whiskers sticking out on both sides.

- **For the ears:** Really all you need to do is cut out some ears from white construction paper and then cut out a smaller inside ear with a different color. We chose pink and yellow.
- **For the eyes:** We used googly eyes and just glued them on but you could also use construction paper and make the eyes yourself.
- **For the mouth:** We simply just drew on the mouth with a black marker.

That's it! We hope you have fun making this simple and easy Easter Bunny craft for kids!

Just a reminder, please label all your child's belongings and ensure your child has appropriate spare clothes in their bag at all times. Thank you!

If you have any concerns or questions feel free to ask Sarmini, Alicia or Prabhjot in the Sr. Preschool classroom! We are always happy to help you and your child!

**Sarmini, RECE, Prabhjot, RECE, Alicia, RECE and the Sr. Preschoolers**

We're on the web  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

## SCHOOL AGERS

As everyone knows, spring is quickly approaching. With changing season comes unpredictable weather. Please ensure your child comes to Alpha with appropriate clothing, including indoor and outdoor footwear.



March break camp and are looking forward to seeing everyone come out for some fun! We will be visiting Kortwright conservation centre to experience how maple syrup is made, taste it, and learn the history. We will be going to Chinguacousy park for some fun in the snow, creating rainbow art, baking muffins and participating in tons of other fun activities within the classroom.

If you are not joining us for camp, here are some fun ideas for things to do in Brampton area for March break:

- Scholar's choice has a variety of

STEAM (science, tech, engineering, arts and math) activities

- Shopper's World – spy camp, science camp
- Interactive fun at Peel Art Gallery
- Mastermind Toys – rock painting, bracelet making, and more
- Craft days at Michael's
- Brampton library – book bingo, Wii party, family story time
- Chapter's – arts & crafts, Lego, games, Paw Patrol
- Rock climbing at Toprock
- Trampolining at Aerosports

Until next month,  
Jennifer Nikolaou RECE, Chantelle Parker RECE, Nancy Burgos, Assistant Teacher and the School Agers

Program plans in the School Age room are changing. We are happy to announce that our smart and competent School Agers will be contributing to our plan by writing on it and providing new ideas for our classroom. You can find the revised plan on the board outside the classroom.

We are super excited about our

## CHEF MELISSA

Greetings from the kitchen!

It feels as if these winter months are never going to end and if you're like me it means a little bit of a struggle trying to get those fresh fruits and vegetables that we love from our summer time bounty.



Don't be afraid to step out of your comfort zone and include those varieties of produce that aren't readily available in the winter and dare to create your favourite dishes all year long.

### Raspberry Oatmeal Muffin Recipe: Ingredients

- 1 cup rolled oats
- 1 cup skim milk
- 1 tablespoon lemon juice
- 1 cup white whole wheat flour
- 1 teaspoon baking powder (low-sodium if possible)
- ½ teaspoon baking soda
- ½ cup lightly packed brown sugar
- 1 large egg, beaten
- ¼ cup canola oil
- 1 cup raspberries, frozen or fresh

### Preparation

1. Preheat the oven to 400F. Line a muffin tin with paper liners or spray with cooking spray.

2. Combine oats, milk and lemon juice in a small bowl. Let stand while preparing other ingredients.
3. In a large mixing bowl, whisk together flour, baking powder, baking soda, and brown sugar.
4. Add egg and oil to oat mixture. Mix well.
5. Add oat mixture to dry ingredients and stir just until moistened. Gently fold in raspberries.
6. Scoop batter into muffin tin, filling each cup 3/4 of the way full. Bake for 15 to 22 minutes or until top bounces back when lightly touched. Remove from oven and cool 10 minutes before removing muffins to a cooling rack. Please follow the link for variations, substitutions and some helpful cooking tips when baking these muffins!

<https://www.verywellfit.com/raspberry-oatmeal-muffins-4138401>

Be well and keep cooking,  
*Chef Melissa*

Believe it or not frozen and or canned fruits and vegetables are just as nutritious as those fresh ones we love throughout the summer. With a great variety of frozen fruits and berries available through our local grocer we are able to create smoothies, baked goods and jarred delectable.

Keeping frozen or canned veg on hand at all times will allow you to create those yummy soups and stews that keep our bellies full and our souls warm through the winter months.

## WORD FROM THE OFFICE CONT'D

*(Continued from page 1)*

You are more than welcome to bring any dish that you would like, this is just to ensure we have an even mixture of food choices. We hope to see you all there as this is another event to meet families and get to know your child's educators and most of all to enjoy a fun and relaxing evening with the Alpha family.



On Wednesday April 17<sup>th</sup>, Alpha will be having their Annual Easter Luncheon in the large School Age room. All the children and educators will be eating together and Melissa will be busy preparing a fabulous ham lunch for all of us to enjoy with scallop potatoes and a vegetarian dish for those

with food restrictions.

Alpha will be closed on Friday April 19<sup>th</sup> for Good Friday and will return to regular operating hours on Monday April 22<sup>nd</sup> (Easter Monday). This day is also a PA Day for both school boards and stay tuned for the announcement of the upcoming day trip. Please also inform Patricia if your child will not be attending or Alpha will automatically assume you will be attending and charge the appropriate fees.

Until next time, my door is always open  
**Patricia Andrade RECE**  
Supervisor

## A MOMENT WITH THE MANAGER

*(Continued from page 3)*

**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 ill 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 any 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, RECE, BA**