



May/June 2019 Newsletter

WORD FROM THE OFFICE

April Showers bring May flowers!!!! We have been experiencing some nice warm weather and I have noticed in the gardens some beautiful buds are appearing. With the warmer weather we once again see a change to the clothing that is needed on the playground. Please ensure that your child has splash pants, a spring jacket, puddle boots and a hat to cover small ears in order to prevent ear infections. It is never too early to be thinking and possibly bring in sun screen for the children. As the weather gets warmer and warmer we want to be prepared and protect the children from exposure from the UV rays.



Each year there is the annual walk for Autism and this year we would like to put together a team to represent Alpha. The date of the walk is Sunday June 2nd. If you are interested or if you wish to make a donation please let Erin, Lynda or Mary know.



Over the next couple of weeks I will be doing some long term planning for the summer and for September registration. If you know of, or suspect a change to your child's schedule please let Lynda or myself know as soon as possible. For those children who will be entering Kindergarten in September 2019 your intended withdrawal date was due on April 22, 2019 and if I have not received a withdrawal date from you I will have to assign one. On May 13, 2019 you will receive a letter assigning you your withdrawal date which could be different from the one already received. Like last year if too many children who are entering Kindergarten in the September need care right up until the end of August, Alpha must give staggered withdrawal notice to you prior to the end of August to ensure a smooth transition into September. Your co-operation to this matter is greatly appreciated.

For those children entering Kindergarten in September and you require a spot in our before and after school program you need to let

Mary or Lynda know as our School Age program has limited spots and there is no guarantee that there will be a spot in our program for your child in September. Transition from the full day program into our School Age program is different from any of our other programs as this program has a large age range (4-12 years old) as opposed to our 6months to a year range that the other programs offer. Please register early as spots are very, very limited.

Once again, our School Age camp program is geared up for another fun filled summer. Please watch the bulletin board for the distribution and return dates of the summer camp calendar. As in years past once you sign up for whatever weeks you wish **THERE ARE NO CANCELLATIONS AFTER THE DEADLINE.** Whatever weeks that you choose not to send your child to, will be offered to someone on our camp waiting list in order for our program to remain full throughout the entire summer. The cost of the program is \$275.65 per

(Continued on page 4)



Dates To Remember

Tuesday May 7th
Spring Concert from 4:00pm - 6:30pm.

Concert Times:
Infants- 4:00 pm (in Class)
Jr Toddlers- 4:00pm (in Class)
Intermediate Toddlers- 4:15pm (in Class)
Preschool 1 - 4:15pm (in Atrium)
Jr. Preschoolers- 4:35pm (in Atrium)
Sr. Preschoolers- 4:55pm (in Atrium)
Pre / Kind - 5:15 (in Atrium)
School Agers- 5:35pm (in Atrium)

Wednesday May 8th
PAC Meeting from 7pm - 8pm

Sunday May 12th
Happy Mother's Day

Monday May 20th
Victoria Day **CENTRE CLOSED**

Tuesday May 21st
Summer Menu Begins

Monday June 10th
PA Day for both the Public and Catholic School Boards Trip to be announced

Tuesday June 11th
Father's Day Barbeque from 4:30-6:30

Sunday June 16th
Happy Father's Day

Friday June 21st
Summer Begins

Thursday June 27th
Last Day of School for Public School Board **ONLY**

Friday June 28th
PA Day for Public School Board **ONLY** Trip to be announced

Friday June 28th
Child Observation Records go out to the Children

INFANTS

Hello families and friends! We hope that everyone is enjoying the warmer weather and are being safe.

Over these past two months our children have become more involved in their play. Using their fine motor to stack blocks/materials and putting objects into containers. Also, using their gross motor to walk and carry objects throughout the classroom. We have been transitioning milk bottles to sippy cups which has been a smooth transition. We have been encouraging our children to feed themselves independently and using their spoons. This can also be done at home with parents holding a spoon feeding them along with their child holding their own spoon trying to feed themselves as well. This is also being done with the children and educators here at the centre.



As we know in the months of May and June Mother's and Father's Day are approaching here are a few ideas for Mother's day:

Thumbprint Heart Glass Magnets:

Materials:

- White heavyweight paper
- Finger ink pad (Red)
- Large clear glass gem
- Small craft scissors
- Mod Podge
- Magnets
- Foam paint brush

- Clear glue

Steps 1:

Press thumb into finger ink pad
Gently press thumb with ink onto paper

Press thumb into ink pad again to reapply ink

Tilt thumb slightly and press down again to make a thumbprint heart art

Allow fingerprint to dry before moving on to step 2

Step 2:

Place a drop of clear-drying glue on the back (flat side) of the gem

Put a glass gem on top of the fingerprint heart, glue side down
Allow glue to dry overnight

Step 3:

Use small scissors to trim and cut away the paper around the glass gem. It doesn't need to be perfect. If any paper lifts away from the glass gem you can glue it down in the next step

Step 4:

Use a foam brush to paint clear drying glue on top of the heart art paper on the back of the glass gem. Go over the edges of the paper to make sure they are glued down. Place magnet into the glue and allow to dry overnight.

Mother's Day Candle Holders

Materials:

- Mason Jar
- Primer
- Contact Paper
- Acrylic paint

- Gift Tag
- Votive

Step 1:

Begin by cutting out a heart shape out of your contact paper and placing it onto your mason jar. Then take your primer and cover your mason jar with a layer of primer. Once your primer has dried then it's time to paint! I set out some colors on a paper plate and let your child paint away at the mason jar.

Step 2:

Once your paint has dried you can remove your heart shaped contact paper. Then take some string and a gift tag and write a special note to whomever you're gifting it to. And finally place your votive in your candle holder! You can find these at the dollar store for a pack of two.

Clay Handprint Jewelry Dish

Materials:

- Air-dry clay
- Knife
- Bowl
- Optional: paint and sharpies

Steps:

Start by rolling out clay then stamp your child's handprint in it making a deep print. Then take your knife and cut around the outside. Drape it over a small bowl so its rounded. Let it dry for 1-3 days. Paint or write with sharpie.

Areanna RECE, Kelly, Kim RECE, and the Infants

PRESCHOOL 1

Preschool 1 has been quite busy these past few months as a few of the children have been transitioning from diapers to potty training. The Educators are continuing to work with the families as we potty train the children, and we are pleased to say we have a new addition to



our fully potty trained list!

As the weather changes to spring, the children can incorporate loose parts into the indoor and outdoor play at home. It can be as simple as adding: plastic cups, egg cartons, shells, strings, rocks, pine cones, leaves and tree bark to the children's play. There are several benefits to using loose parts such as: a creative use of imagination, objects that can be combined or

INTERMEDIATE TODDLERS

We hope all our families are doing well and are already planning for the summer! We have been having a lot of fun in Intermediate toddler room. Our main focus has been on toilet training since last month and our children have been doing really well. 8 out of 15 children in our classroom are in underwear. All the children are excited about it and they actually like to go on the toilet. We thank all the parents who have been really very supportive.

In our classroom we have been trying to introduce a wide variety of loose parts, like tree bark, stones, shells, empty boxes, etc. The children have been having fun using rocks and blocks as pretend food and they love to sit in the empty boxes.

Mother's Day is coming closer and we are looking forward to seeing all of our families at the concert. Here are



some ideas on how you can make the day special with your Toddler.

- **Baking-** All our dads/ grandparents can organize a baking day where the whole family would get a chance to spend quality time with their little ones. Baking works with almost every age group and children are usually very excited to mix all the ingredients, stir them and bake them (eating of course is everybody's favourite part).
- **Painting-** Another exciting activity to make your day more colourful. It would be nice to have a little paint time, where children get to make pictures for their mommy. It would keep them busy and again would be amazing opportunity to have some quality family time.
- **Gardening-** If mommy likes flowers and gardening it would be an amazing idea

to have a gardening time. You can even plant a tree to mark the occasion. Dad/grandparents can help their little ones buy some gardening items and making it a surprise activity for mom. It would be really nice and relaxing way to spend time outside, be in nature and breathe in some fresh air, which we all need after the snowy winter.

We will be eagerly waiting to know how you spent this Mother's Day. It would be amazing if you can bring in pictures for children to share their experiences with their friends and we can also add them on the family boards in the classrooms. We are always interested in knowing what our children do after they leave Alpha so it would be great to know how you spent this Mother's Day.

Have an awesome, healthy, colourful and sunny spring!
Intermediate Toddlers, Ipsita, RECE, Sabiha, RECE and Chau, RECE

PRESCHOOL 1 CON'TD

redesigned, lined up, and be taken apart/put back together in multiple ways. Ultimately loose parts will give your children freedom of choice and exploration with simple natural or recyclable material.

Your children can collect random objects from outside or the family can add recyclable/ natural material at home. Letters can be painted onto wooden disks with nail polish, just as numbers can be with rocks.



Sit back and enjoy watching what your children will do as they engage in play with cost effective loose parts!

Felicia, RECE, Janice, Assistant and the Preschool 1 group

IMPORANT MESSAGE— SUBSIDIZED CLIENTS

In order for the children to acquire the most from our program and as a directive from the Region of Peel all children must be in attendance for a minimum of 4 hours or more per day or they will be considered absent. Please keep in mind that there are always extenuating circumstances to this rule such as Dr. appointments, or pick up arrangements, these arrangements are solely at the supervisor's discretion. For those children who are on subsidy even though your child may be in attendance less than the four hours on any given day, your child will be considered absent and this day will go against your 35 paid absent days for the year. If and when these 35 days are depleted it becomes the responsibility of the parent to pay full fees. Your child will benefit greatly from attending our program for an extended period of time as this opportunity will enable them to develop their skills and for the educators to engage and help your child to the next level of development.

WORD FROM THE OFFICE CONT'D

(Continued from page 1)

week plus a \$20.00 registration fee which goes towards the purchase of a camp hat, journal and sketch pad. The weekly fee includes all entry fees into all the activities and venues that we are going to be going to. With this camp program **Parents are responsible for sending a balanced nutritious lunch and snack each and every day, the child care centre will supply an afternoon snack only.** Please remember that we are a nut free centre and that this includes any products with the statement "may contain peanuts or tree nuts". If any of these products are discovered in your child's lunch, it will have to be removed and thrown in the garbage. Guidelines for packing your child's lunch are included in your camp registration package.

With the change of season fast approaching us, a lot of us will or have changed coats or purses, therefore, please remember to put your access



card/fob in your different apparel. If you have lost or misplaced your card/fob please let us know in order that we can delete it from the system. If you need a new card/fob or have not purchased a card/fob yet (\$10.00 per card/fob, which is fully returned to you when the card/fob is returned to us at the end of your child's stay with us.) This will save you a lot of time waiting for someone to let you in, as sometimes the educators are very busy and cannot always answer the door right away. It is Alpha's policy that only an Alpha employee may open the front door to allow the person on the other side of the door access into the child care facility. **PARENTS may not open the door to anyone, even if they know that the child of the person on the other side of the door is registered with Alpha's program.** The reason for this is that the status of parents may change with Alpha, therefore, no longer allowing them to pick up their child. We appreciate that you want to help, but for the safety of the children please try and find an Alpha employee to open the door.

Also, when you are letting yourself in and someone unfamiliar follows you in, please make sure a Alpha employee is aware of this in order that we can ensure that the person is someone who should have access to the child care centre. Safety is our number one priority and working together we can ensure that our environment will be as safe as possible.

We have had to say a sad good bye to Sukhi as she is moving out to British Columbia. We wish her well. We welcome Chantelle Parker from our Cathedral Rd location who will be taking over our School Age program.

Happy Mother's Day to all moms and woman who are important in the children's lives. And of course Happy Father's Day to all our great dads

Until next time my door is always open.

Mary, RECE, BA
marys@alphachildcare.ca

JUNIOR TODDLERS

Hello again everyone! As we can all see, the weather is getting warmer, the trees are slowly...but surely getting greener and the snow is finally melted. Hooray for Spring!

Here in the Jr. Toddler classroom, we are getting ready to say goodbye to our wonderful Educator Ana, as she is off to begin her new journey of parenthood. We wish Ana all the best on this new adventure of hers. We are going to miss her so much! As we say goodbye to Ana, we are looking forward to welcoming our new Educator Lorraine, into our classroom. Lorraine has previously worked with the Infants and Preschoolers, as she has been apart of the Alpha family for 12 years! We are super excited for this wonderful addition and can't wait

for all of you to meet her, if you haven't already!

It's that time again, everyone! The time where we begin to think of the many different reasons why we love, and want to spoil that special guy in our lives, who we call Dad! Father's Day is all about looking after Dad, to show our appreciation - and what better way to do that than by helping him kickstart his day with a delicious breakfast meal. Below are some enjoyable and easy recipes you can consider making for Dad; a simple way to say: *We love you Dad, now*



eat up!

Pancakes

- Ingredients:

- 2 cups All-purpose flour
- 2 teaspoons Baking powder
- 1 teaspoon Baking soda
- 2 Egg
- 1 cup Milk
- 2 tablespoon Unsalted butter (melted)
- Non-stick cooking spray or butter for pan

-Instructions:

1) Shift together flour, baking powder, baking soda, and sugar. In a separate bowl, beat egg then add milk and melted butter. Now mix

(Continued on page 5)

JUNIOR TODDLERS CONT'D

(Continued from page 4)

together wet and dry ingredients.

2) Heat a frying pan with a small amount of butter or non-stick cooking spray. When your pan is heated, pour a small amount of batter (about $\frac{1}{4}$ cup)

3) When you see bubbles foaming on your pancakes, are ready to be flipped! Cook each side until fully cooked.

4) Serve with maple syrup, strawberries and whipped cream on top!



Spinach and Bacon Omelette

- Ingredients:

- 1 tsp butter
- 2 tbsp chopped onions
- 2 tbsp chopped green pepper
- 2 eggs
- $\frac{1}{4}$ sliced spinach
- 1 slice bacon (cooked and crumbled)
- 2 tbsp shredded cheddar cheese
- $\frac{1}{2}$ chopped tomatoes

- Instructions:

1) In a fry pan sprayed with cooking spray over medium high heat, melt butter, add onions and peppers and cook 2 mins until tender

2) In a small bowl, combine eggs and milk, whisk, pour eggs into pan on top of onions and peppers

3) Cook 1-2 mins until set, flip then add bacon, tomatoes, spinach and cheese. Cook an additional minute

4) Fold in half and enjoy!

Happy Father's Day to all of the wonderful Dads out there. We appreciate you!

P.J, RECE, Lorraine, RECE, Theresa, RECE and the Junior Toddlers

SENIOR PRESCHOOL

The Senior Preschoolers have been busy practicing the 5 songs that they have chosen to sing for the Spring Concert on May 7th, 2019. We have also been busy learning how to draw Mat Man and drawing straight and curvy lines which will help prepare the children to begin printing letters.

We have chosen a few simple gifts that you can make with your children to give to their dad's or other male family members for Father's Day. We hope to see you all at the Father's Day BBQ which is being held on June

Father's Day Handprint Shirt

Materials:

- Cotton T-Shirt
- Fabric Paint
- Paint brush
- Wax paper

Directions

1. Wash and dry the shirt. Then iron it.
2. Stick the wax paper in between the layers of the shirt so the paint doesn't bleed through



MAKE A
REPSAKE
T-SHIRT

Directions:

1. Paint child's foot blue to create the superhero's body
2. Paint the child's hand red to create the superhero's cape
3. Paint a circle on the canvas for the head and paint hands/arms coming from the body of the superhero. Let the paint dry completely
4. Using a Sharpie - draw a face on the painted circle
5. Now add the alphabet stickers to the canvas, to spell out "You

3. Paint the fabric paint onto your child's hands and have them make handprints all over the shirt
4. When the handprints are dry, paint the saying "Best Dad Hands Down!"
5. Add the child's name and date and you are all set!

Handprint Superhero Canvas:

Materials:

- Canvas
- Alphabet Stickers
- Blue, Red and Tan Craft Paint
- Paint Brushes
- Black Sharpie

Are My Superhero"

6. Add some clouds to the background of the canvas
7. Don't forget to add your child's name/age on the back!

You Rock Picture Frame

Materials:

- Wood picture frame
- Acrylic paint (any colour)
- Paint brush
- White glue
- Rocks
- Coloured construction paper
- Sharpie

Directions:

1. Paint wooden frame any colour. Let dry.
2. Have child look outside for rocks
3. Wash rocks to get off dirt
4. Use white glue to attach rocks to frame. Let dry overnight.
5. Cut a piece of construction paper to fit into your frame
6. Write "My dad rocks" using any colour of sharpie
7. Place inside frame and give to dad!

Danielle, RECE, Shivana, RECE and the Sr. Preschoolers

A MOMENT WITH THE MANAGER

Often I see and hear parents having a hard time motivating their children to want to come to school, and drop off in the morning can be very challenging. So, I thought I would share some strategies with you to help make the transition from home to school a little easier.

Routines are so important for the children as they offer security and stability, so it is important that they are followed. If there is going to be a change to this routine, it is important that the children are given ample notice as to the change, so they are prepared for the disruption.

Routines are so important for the children

A really nice start to the day is to slowly wake your child up by calling their name and gentle snuggling with them to help them adjust to the beginning of a brand new day. It is very helpful if you and your child choose together what they are to wear for that day. This can also be done the night before if time is an issue in the morning. If your child has a hard time choosing what to wear, limit their choices to two different outfits as this will make the choosing process easier for them. Always ensure that you are involving and allowing the child to choose what order to do things in. For example "Do you want to brush/comb your hair before breakfast or after?" By allowing

your child a choice, it possibly eliminates any power struggles that may occur, as well as, it gives your child some control over the situations that are happening to them.

Ensure that your child has a nutritious breakfast before coming to school or ensure that they are here to enjoy morning snack with their friends. Morning snack is served between 8:00 a.m. to 8:30 a.m. Breakfast is the most important meal of the day as it

gives the children the energy that they need to

get through the morning. This would be a good situation in which the child makes the choice as to where he/she would like to have breakfast, home or at school with their friends. If your child tends to dawdle, try negotiating with them. For example if you hurry and get dressed quickly you can choose which CD we listen to on the way to child care. Or make it a race to see who can be ready the fastest, you or your child. The winner gets to be the leader to the car. Children love to be the leader. Once you have arrived at child care it is important that the routine continue. Encourage your child to hang up their coat in their cubbie, let them

lead you to the classroom, directly to the educator on duty. This allows the educator time to greet the child properly acknowledging that they are now responsible for the care of your child. Relay any messages that are necessary to the educator, give your child a big hug and reassure them that you will return later in the afternoon to pick them up. It is best to use concrete times such as after sleep, after snack, after quiet time, to explain the time frame in which you will be back to pick them up. Your child will be able to relate better to concrete time lines. Possibly tell them what is going to happen that evening, (we are going to have pizza tonight, aunt Lily is coming for a visit tonight etc) this will give the child something to look forward to at the end of their day.

By having a really good morning routine will help you and your child to start each day off on a positive note. Also, remember that sometimes just like adults children need an extra stay home day just to help recharge their batteries in order to regain their motivation to learn and grow.

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

SHEILA'S KITCHEN

Dear Families, friends and even picky eaters. I would like to welcome all to Alpha Child Care.

It's so hard to believe that summer is all most here. As a chef this is an exciting time for us. The harvest will be coming in, the fruits are juicy and the veggies are crunchy. This is the easiest time to convert our picky eaters. Take some time to go to the local markets and farms to pick up your favorite produce. Let the children pick out something new they may like to try.

There is nothing better than eating a juicy

nectarine over the sink. Let your children fill up on watermelon and berries with a promise to shower them down with the backyard hose. Veggies are at their best with a little sprinkle of salt and pepper or some salad dressing as a dip. Everything taste great with a little dip. When eating with your children share your joy of food "monkey see monkey do".

My kitchen door is always open and you are more then welcome to stop in and speak with me anytime.

Sheila Jenkins, Chef



PRESCHOOL/KINDERGARTENS

Hello everyone and Happy Spring!! The Preschool /Kindergarten class has made a great deal of progress over the past few months in all areas of the program. All of the children are either attempting to or successfully printing their names in the sign in book each morning. They also have been enthusiastically participating in using loose parts in the classroom. Whether it's big boxes that can be fire trucks and cars or large pieces of paper which sparks the idea for having a delivery service. They have been printing numbers in order to make their own money and using boxes to make birthday cakes.

Our next big project will be making a special gift for mom and working on our Mothers Day concert.



In celebration of upcoming Mothers Day we asked

some of the children why they love their moms. Here are their responses:

Jelani: because she reads stories.

Kaysen: she is awesome on the playground, in the tunnel and in the ball park

Jayden: she bought me a turtle at the museum

Zion: she plays with me

Ava: she gives me lots of hugs and kisses

Nathaniel: she gives me a kiss

Matthew: she gives me a hug before I go to school and she goes places

Haiden: she buys me pizza

Willow: she makes yummy food.

Mariah: she gives me so much ice cream

Adrian: grandma and auntie make me so much food to eat.

Serenity: she loves me

Dayana: she buys me toys

Aarav: because she loves me

Neevan: because she goes away for me.

EJ: mommy

We have also been having class discussions about how we can look after the earth and look after nature. Here are some of their ideas:

1 plant more trees.

2 donate items to be used again

3 feed the fish but not garbage

4 feed all the animals

5 stop killing bugs

6 don't put garbage in the water

7 use garbage again to make things

8 use recycling bins

And finally some excellent advice from Aarav, "stay away from polar bears. They will eat you!".

Until next time

Jacqueline, RECE, Seema, RECE and the Preschool/Kindergarten class

EDUCATIONAL PRESCHOOL

As we get closer to the end of the school year the weather is getting warmer and warmer. The Educational Preschoolers will be introduced to going outside on our all natural playground. They will enjoy looking at the leaves and flowers blooming on the trees and bushes. We love to bring the outdoors inside to the classroom. We will add leaves and flowers into the classroom where they can look at them through magnifying glasses and enjoy some art with them.



As we knew the spring weather can change quiet a bit and we will expect a lot of rainy days, sometimes it is hard to come up some up activities to do inside. There are some fun ideas that are inexpensive and fun for the whole family

Inside

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

*Movie and snacks

* Using open-ended Materials (Boxes, Tissue paper

etc.)

* Making an Indoor Obstacle Course

* Painting on the window

* Board games

* Reading books, or making up own stories

* Making forts and tents

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

Until next time,
Chantelle, RECE and Educational Preschoolers



SPECIAL EVENTS

Welcome to all our Alpha Families. I hope that the warm weather is finally here to stay. We would like to thank everyone who came out and attended our annual Pot Luck Dinner. It was a fantastic turnout and it was so nice to get a chance to sit and have dinner with all our families. There was a variety of delicious food for everyone to share.

Tuesday May 7th, 2019 is our annual Spring Concert. The children will be performing and show off their talents for everyone. The Concert show times will be posted outside your child's classroom and it will also be posted at the front of the newsletter! Parking control will not be patrolling this day, as they have made the exception to the Spring Concert for parking.

Wednesday May 8th, 2019 from 7pm.-8pm. is our Parent Advisory Committee Meeting. If you have and concerns, please can 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 Monday May 20th, 2019 Alpha will be CLOSED for Victoria Day and will resume normal working hours on Tuesday May 21st, 2019. We hope you enjoy the long week-end with family and friends.

Alpha's Summer Menu will begin on Tuesday May 21st, 2019.

On Monday June 10th, 2019 is a PA Day for both the Public and Catholic School Boards. Please give us two weeks, notice if your child will not be attending these days otherwise Alpha will automatically assume that your child(ren) will be attending and will be charged the appropriate fees. Stay tuned as to what the School Agers will be participating in for the day.

Tuesday June 11th, 2019 between 4:30-6:30 pm. we will be hosting our annual Father's Day B.B.Q. outdoors in the back of the centre (weather permitting. If not, we will be eating in the atrium). The food will be provided by Alpha as a thank-you



to all of our families. However, there will be a donation box available to help support our Autism Angels. We hope to see you all there. Once again Parking Patrol will not be patrolling in the parking lot at that time, so relax and enjoy your time with your child.

Thursday June 27th, 2019 is officially the last day of school for the School Age children attending Public School Boards only. Therefore, on Friday June 28th, 2019 is a PA Day for the Public School Board ONLY. Please give us two weeks, notice if your child will not be attending these days otherwise Alpha will automatically assume that your child(ren) will be attending and will be charged the appropriate fees. Stay tuned as to what the School Agers will be participating in for the day.

Also, the Child Observation Records will be going out to parents on Friday June 28th, 2019.

Until the summer, Happy Mother's Day and Father's Day you all deserve it!!!!
Lynda Leroux, RECE
lynda@alphachildcare.ca

SCHOOL AGERS

The school year is coming to an end and the weather is become warmer and warmer by the day. The School Agers are excited the school year is coming to an end.

With the days becoming longer the children are enjoying the outdoor play. This is also a great opportunity for the children to play and build relationships with other children and use their imagination and stay active.

As the weather gets warmer and the grounds



begin to soften, planting season has now officially begun. It is important to grow fresh fruits, vegetables and herbs. Planting with children will engage all sorts of senses and help children to develop and recognize those senses. It also helps to develop and/or enhance their motors skills, which can encourage academics skills like writing, cutting and printing. Gardening is a great way to build positives relationships and spend quality time with children. Children are able to see the progress of

growth and development of plants. Children learn about the life cycle of plants and animals as well. When planting, giving the children choices will help build leadership, self confidence and self esteem. This will encourage children to take more roles on and responsibilities. It gives children a sense of pride and ownership of what they did and made. The best reward is getting to pick from the garden and cooking with it.

Have a great summer!
Chantelle and School Agers

JUNIOR PRESCHOOL

ALPHA CHILD CARE LTD.

900 Peter Robertson Blvd
Brampton, ON
L6R 1A2
Phone: 905-458-4884
Email:
lyndal@alphachildcare.ca
marys@alphachildcare.ca

Now that Spring is here, the Junior Preschool class is having so much fun enjoying the warm weather out on our playground. We would like to remind you that it is important to have a hat to protect your child's head from the sun as well as an extra pair of shoes to wear outside on the playground.

The Junior Preschool children have been very busy practicing for the Spring Concert. They helped to choose the songs they will be singing and have been working hard on learning all of the words and actions.

The children have also been showing a lot of different interests over the past few months. One being cooking in the home centre for their babies, friends and educators. That interest has been taken and real cooking skills have been introduced to the children. They have enjoyed making pancakes, cookies and popcorn. Each child gets a turn to do something, whether it is measuring, pouring or mixing the ingredients. Allowing your child to help with these skills at home will continue to further develop what they are learning in the classroom.

Mother's Day is right around the corner so here are a few breakfast in bed ideas for your child to make mom on her special day!!

Strawberry-Brie Waffle Bites

Ingredients

- 12 strawberries cut into 24 rings; tops and bottoms will not be used!
- 2-3 waffles cut into a total of 24 pieces



- 1 brie cheese wedge cut into 24 pieces
- maple syrup for drizzling or dipping

Instructions

1. Use toothpicks to assemble waffle bites.
2. Drizzle with maple syrup and provide additional syrup for dipping.

Super Poppy Seed Fruit Salad Recipe

Ingredients

- 1/2 cup chopped strawberries
- 1/2 cup sliced grapes
- 1/4 cup fresh blueberries
- 1/2 cup mandarin orange segments
- 1/3 cup Greek Style plain yogurt
- 1 tablespoon honey
- 1/4 teaspoon poppy seeds

Mix all the fruit in a bowl. Blend the yogurt, honey and poppy seeds in a separate bowl. Pour yogurt mixture over the fruit. Chill until ready to serve.

Pancake Coin Brochettes with Fresh Berries

Ingredients:

- 1 1/4 cups all-purpose flour
- 1 1/4 cups buttermilk
- 1/2 cup melted unsalted butter
- 2 large eggs
- 2 tablespoons granulated sugar
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons canola oil
- 1 pint berries
- 1/4 cup powdered sugar
- Bamboo skewers

Preparation:

In a medium bowl, whisk

together all ingredients except canola oil, berries and powdered sugar. Some lumps will remain; set aside to rest.

Heat a large nonstick skillet, frying pan or griddle over medium heat and add canola oil to heated surface.

Ladle on 1 tablespoon of batter for each pancake and cook until bubbles cover the top, about 2 minutes.

Flip and cook until golden brown, another minute. Repeat with remaining batter.

Skewer 3-5 pancake coins on each bamboo skewer and top with fresh berries and powdered sugar.

Until next time,
Erin, RECE, Arshpreet, RECE, Simran, RECE and the Junior Preschoolers



LIKE US ON FACEBOOK