



May/June 2018 Newsletter

WORD FROM THE OFFICE

Wednesday May 1st the MacMillan's Classic fundraiser is due back to Alpha and the orders will be delivered Wed May 15th after 2pm. Please ensure you pick up your order from the centre by Thursday afternoon as Alpha needs the freezer and fridge space to store weekly groceries. All the monies raised will go directly towards children's outdoor equipment as Alpha loves to provide indoor activities in the outdoor space. Alpha would also like to purchase a double tub sensory bin for the Sr. Toddler room with the money raised.

Thursday May 9th, Alpha will be hosting its annual Spring Concert in celebration of Mother's Day on Sunday May 12th. The children have been prepping everyday rehearsing their Spring songs to perform on this special day and they also have been working hard on gifts for their mummies or a special woman in their lives. So please join us in the upper hall at 5pm sharp until 6pm.

Snacks, coffee and tea will be served after the children have performed. So please stay and watch all the wonderful performances. We will also be selling tickets to win a lottery tree. All money donated will be going towards CAMH, One Brave Night for those who battle Mental



Health.

Monday May 20th, Alpha will be closed for Victoria Day. We hope you have a safe and healthy weekend as the warmer weather approaches! Alpha will return to its normal hours of operation on Tuesday May 21st and we will be starting our Spring and Summer Menus.

Each year there is the annual walk for Autism and this year Alpha's Angels will be walking on Sunday June 2nd at Nathan Philip Square starting at 9:30am. Fun games and activities will be there to entertain your children as your family, children and pets are all welcomed. If you are interested or if you wish to make a donation please see our Team Captain Alicia, in the Sr. Preschool room. On May 2nd, Alpha will be setting up a Lemonade and Popcorn Stand to raise money for Autism Awareness. All monies collected will be handed in on the day of the walk at Nathan Philip Square.

On Monday June 10th

there will be a PA Day for both Public and Catholic school boards. If your child will not be



Always
Unique
Totally
Interesting
Sometimes
Mysterious

attending for the day please let Patricia or Jennifer know 2 weeks in advance or Alpha will automatically assume your child will be attending and charge the appropriate rates. On Friday June 29th there will be a PA Day for the Public School Board ONLY.

Thursday June 13th. Alpha will be hosting our annual Father's Day BBQ from 4pm to 6:30pm. We will be providing hamburgers/

Veggie Burgers, Jumbo Hot Dogs, Potato Salad, Freezies, Lemonade, Water etc, free of charge to all those who attend. A donation jar will be available if you wish to make a donation to our fundraising budget, which will go towards outdoor equipment and a double sensory bin.

We are also working really hard, maintaining a vegetable garden and with the help of our Preschoolers and Toddlers who help water them each day, they will be able to enjoy home grown berries and veggies. Alpha also appreciates any recycled items for outdoors. At the moment our playground lacks greenery and we would like to add natural items to our

playground and remove all plastic materials. Please see Patricia if you have any creative junk to

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DATES TO REMEMBER

May 2019
Wed May 1st -
MacMillan's Fundraiser
Due

Thurs May 2nd -
Lemonade and Popcorn
Sale fundraiser for
Autism

Thurs May 9th - Spring
Concert 5pm - 6pm
(Lottery Tree fundraiser
for Mental Health)

Fri May 10th - CAMH
One Brave Night (Mental
Health Awareness)

Sun May 12th - Happy
Mother's Day

Wed May 15th -
MacMillan's Delivery
coming in today

Mon May 20th - Victoria
Day Alpha Closed

Tues May 21st - Summer
Menu Begins

June 2019
Sun Jun 2nd - Autism
Walk at Nathan Philip
Square

Mon Jun 10th - PA Day
Public and Catholic School
Boards Trip TBA

Thurs Jun 13th - Father's
Day/Summer BBQ 4:30pm
- 6:30pm Outdoors
(weather permitting)

Sun Jun 16th - Happy
Father's Day

Thurs Jun 20th -
Preschool Graduation
Ceremony 5pm sharp

Fri Jun 28th - COR
Evaluations go home to
parents

Fri Jun 28th - PA Day for
Public Schools Only

JUNIOR TODDLERS

Hello parents! Welcome to the month of May and June! Hopefully we will have warmer weather this month after the chilly start to Spring we had.

We would like to take this time to welcome new families to our Junior Toddler class, we are very happy to have you here at Alpha!

Our Toddlers have been working hard on their self - help skills everyday. They have been practicing, dressing and undressing themselves for outdoor play, trying to put on their own shoes, as well as serving fruits and vegetables to themselves at lunch time. When children practice self - help skills such as feeding and dressing themselves they practice using their large and fine motor skills, gain confidence in their ability to try new things, and build their self esteem and pride in their independence. Here are some ways you can encourage self - help skills at home!



- **Meal times** - encourage your child to serve themselves, pour

liquids into a cup and eat without direct assistance

- **Dressing and grooming** - allow extra time for your child to dress/undress themselves and to perform personal grooming tasks
- **Hygiene and toileting** - encourage your child as they learn to use the toilet, climb on and off the toilet seat, pull clothing up/down and wash their hands
- **Daily chores** - involve your child in age appropriate chores

Father's Day is around the corner and we would like to wish all of our Fathers a very Happy Father's Day! You are all very loved and appreciated!

DID YOU KNOW?
- after a few attempts, Father's day celebration was done on 19th of June, 1910

- Father's day is celebrated across the world with the objective of realizing and honoring the contribution of fathers in society.
- Father's day is an occasion to honour all the fatherly figures like

stepfathers, grandfathers, uncles and even big brothers.

-Americans are expected to spend more than \$15 billion on gifts but still less than they spend on mom.



Here is a fun Father's Day song you can sing at home with the help of

- mom!
- Daddy is His Name O ,D-A-D-D-Y
 - Daddy Loves me.
 - Happy Father's Day to you.
 - I Love daddy Yes I do
 - You are my Daddy

We are also looking forward to creating a few Father's day crafts with our Junior Toddler team. That is our secret!

We would like to end off by letting our parents know if you have any questions or concerns please don't hesitate to ask Sam or Manpreet.

We would like to wish our moms a very Happy Mother's Day! You are all doing an awesome job and are very loved!
Sam, RECE, Manpreet, RECE and the Jr. Toddlers

WORD FROM THE OFFICE CONT'D

(Continued from page 1)

donate as we are very crafty and like to refurbish any old materials and turn it into beautiful treasures!

Our summer menu will be available in May starting with Menu #1 on Monday May 19th. This menu will serve cooler food items during the summer months while maintaining the same nutritional value that has been approved by a registered dietitian.

On Thursday June 20th, 2019 Alpha will be hosting it's 1st Preschool Graduation Ceremony at 5pm sharp in the upper hall.



Please bring tissues and your camera's as the children will be walking in cap and gown and receiving a Preschool Diploma. We are excited to introduce this

ceremony and celebrate precious moments with are graduating class of 2019!

Thank you to all the families who have filled out the Parent Surveys. We truly

listen to and consider your suggestions and recommendations. If any of our Parents have concerns, Patricia has an open door policy and is available to

answer questions that you may have, while working together for a solution to any concerns that may arise. Jennifer is also available in the office when Patricia is away. Please take advantage of the open door policy as we like to work together as a team! Until July, enjoy the summer heat!

Patricia Andrade RECE
patriciaa@alphachildcare.ca

SENIOR TODDLERS

Welcome to the special months of May and June. We are excited to celebrate Mother's Day and Father's Day.

The last few months, our Senior Toddlers were working very hard to develop their self-help skills as they have been practicing to dress/undress in their outdoor clothing, take off their shoes, slipping their feet into boots by holding onto the wall, and try to place belongings into their cubbies. Great job Senior Toddlers. We have also, been learning new songs for our up coming Mother's Day concert.

Some Mother's Day gift ideas that the children can make with a little help:

MAGNETS

Materials:

- Recycled Artwork
- Circle Punch (makes life easier but you could cut circles yourself)
- E600 Glue (Adult Use Only)
- Mod Podge
- Paint Brush
- Glass Marbles (with a flat bottom) We found ours at the Dollar Store.
- Magnets smaller than your glass marble



Directions:

Step 1: Cut circles from your recycled art.

Step 2: Place a circle drawing side down on the flat side of the glass marble. Using a paint brush, cover the circle with mod podge and let dry.

Step 3: adults only Use the E600 glue to adhere the magnets to the back of the glass bead. All you need is a little dab of glue to hold the magnet. Let dry.

Step 4: Give your magnets to your favorite teacher, wrap them as a gift or hang on your own fridge!



CLAY NECKLACES

What you will need to make necklaces:

- Air-Dry White Clay
- Assorted Beads
- Tipped Yarn Laces
- Circle Cookie Cutter
- Spray Varnish



Directions:

1. Place a small amount of clay on a flat surface and invite the children to roll it flat.
2. Find a small circle cookie cutter and press it into the clay.
3. Beads are then pressed into the clay.

4. Make sure to create a hole somewhere for the yarn to thread through!

5. Allow them to air dry. Then spray with varnish to give them shine.

6. You can let the child paint the gift box with watercolors to place the necklaces in.

EASY DIY ABSTRACT ART COASTERS

These little coasters couldn't be easier to make, even for toddlers. You just need some wooden coasters and some paints - and of course, a toddler or two.

They can create their own designs and all kids love to paint, right? Let them be as creative as they want to be and make Mom something really special just from them for Mother's Day.



For more information you can go to [www. Super-easy-diy-mothers-day-gifts-for-kids-and-toddlers](http://www.Super-easy-diy-mothers-day-gifts-for-kids-and-toddlers) *Kulvinder, RECE and the Senior Toddlers!*



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.

JUNIOR PRESCHOOL

Hello Parents, Welcome to the month of May and June. We hope you all are enjoying the warmer weather. As we go outside morning and afternoon for an hour, we would like to give you a reminder of the things we need for outdoor discoveries, Sunscreen (30 SPF or more), a summer hat, water bottle and a change of shoes. Please ensure these things are here daily so your child can enjoy outdoor discoveries.

Here are some Mother's day treats to make with your children.

WALNUT-ROSEMARY OAT BREAD MIX

Ingredients:

For the mix

- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon ground black pepper
- 1 cup whole wheat flour
- 2/3 cup quick-cooking oats
- 3/4 cup chopped walnuts

To prepare

- 1 1/2 cup milk
- 1/2 cup expeller-pressed canola oil or extra-virgin olive oil
- 1 tablespoon sugar
- 1 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt

Method: Whisk together all-purpose flour, sugar, rosemary, baking powder, baking soda, salt and pepper in medium bowl. Spoon the mixture into a 1-quart jar. Add whole wheat flour, oats and walnuts to the jar in layers.



Cheesecake Crepe Roll-Ups

Ingredients:

- 2 tablespoons all-purpose flour
- 2 tablespoons milk
- 2 eggs
- 2 teaspoons honey
- 1 pinch salt
- 2 tablespoons butter, divided
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/4 cup mixed frozen berries, slightly thawed
- 1 tablespoon confectioners' sugar, or as needed



Method:

1. Whisk together the flour, milk, eggs, honey, and salt in a bowl to make a smooth batter.
2. Melt 1 tablespoon of butter in a nonstick crepe pan over medium heat until the foam disappears. Pour about 2 tablespoons of the batter into the pan, and swirl to cover the bottom of the pan with a thin layer of batter. Cook until the crepe is no longer runny, about 1 minute; flip and cook the other side for an additional 1 minute. Repeat with additional butter and crepe mix, to make 4 crepes. Set the crepes aside on paper towels.

3. In a bowl, mix the cream cheese with 1/2 cup confectioners' sugar to make a creamy spread. Very gently stir in the berries. Spread the cream cheese filling evenly over the crepes and roll up. Refrigerate until chilled; slice in 1-inch sections to serve.

Mixed berry trifle

- 1 (12 ounce) bag mixed frozen berries
- 1/4 cup cream sherry
- 1 teaspoon fresh lemon juice
- 1 teaspoon grated lemon zest
- 2 cups heavy cream, chilled
- 1 tablespoon white sugar
- 1 (12 ounce) loaf prepared pound cake
- 1/2 cup toasted coconut

Direction:

Combine the berries, sherry, lemon juice, and lemon zest in a bowl; toss to blend. Set aside.



Beat the heavy cream in a large bowl until soft peaks form. Gradually beat in the sugar until stiff peaks form. Refrigerate cream until needed.

Cut pound cake into slices 1/3 inch wide, discarding cake ends.

Assemble the trifle by placing a layer of cake slices in the bottom of a glass serving bowl. Spoon half the berry mixture with juice over the cake slices. Cover with half of the whipped cream, and sprinkle with half the coconut. Repeat layering with the remaining cake slices, berries and juice, whipped cream, and coconut. Refrigerate at least 1 hour before serving.

We look forward to an enjoyable summer with our families, **Gagan, RECE and Junior Preschoolers.**

SENIOR PRESCHOOL

Finally, spring has begun, and the warmer weather is (hopefully) on its way!

We've been so busy and having so much fun in the Sr. Preschool room. We've recently implemented loose parts in our program. You may be wondering what exactly are loose parts and what benefits they serve to your child's development. Loose parts consist of a variety of materials such as, wood, plastic, packaging, ceramic, glass, metal

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SCHOOL AGERS

Hello again School Agers, spring has sprung finally in Brampton! We are all so very excited to lose our layers and enjoy the warm weather. We have lots of fun activities planned to embrace the outdoors so we do ask that you continue to bring appropriate clothing for the weather (ie: rain boots, rain jackets etc) As we shed some layers we'd like to remind all children to bring a reusable water bottle and a 20+SPF sunscreen to make the most of fun in the sun.

As most of you know, Chantelle has moved locations, from Alpha2 to Alpha1 to run the School Age program over there. We are very sad that we will not see her every day and hope she is enjoying her new classroom. Nancy has taken over Chantelle's role as Jennifer's

partner in the School Age program and we welcome her to our classroom. We are all looking forward to the summer camp program when we can all be together again, as the 2 centres plan many activities together.

With school wrapping up in June we have some fabulous plans in motion for our Alpha Summer Camp program. We have added some exciting new trips and themes and will be repeating some tried and tested favourites like the Toronto Blue Jays Game, and African Lion Safari. Camp calendars have been distributed and will be offered to the general public after our School



Agers and Alpha siblings have had a chance to sign up. You can sign up for all 9 weeks of camp, or individual weeks throughout the summer. We hope to see you all there! As spots are limited please sign up as soon as possible.

Until next time,
Jennifer, RECE, Nancy,
Assistant and the School
Age Group

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SENIOR PRESCHOOL cont'd

(Continued from page 4)

and fabric but is not limited to these materials. We all know children often enjoy the box or packaging more than the toy inside and we are using that concept exactly to help get the wheels turning in their developing brains and getting them to use those wonderful imaginations that they all have. Loose parts encourages open-ended play and endless opportunities. What may seem like a rock to you, may be a piece of food and money to the children in which they can use in all areas of the classroom. We also want to use these materials to teach other skills such as counting and sorting rocks, problem solving and building, fine motor and gross motor.

These materials can be found in all areas of the classroom and so far, they have been a real hit with the children. If you have anything at home that may be considered as loose parts, please bring them in and give them a second life in our classroom!

As many of you know, Show n' Share is very popular and the children really enjoy it, however, we have noticed that children continue to bring in toys from home that do not correspond with the interests in the classroom. The purpose of Show n' Share encourages the children to identify the connection between their item and the interest in the room and also to build their speech and language skills, such as describing the characteristics of their item and asking and responding to questions. We kindly ask that if your child would like to participate in Show n' Share, that their item corresponds with the interest in the classroom or the children will be asked to keep it in their cubby, which may upset your child.

Our Sr. Preschoolers have been getting ready for kindergarten and it is very bittersweet for us educators as we cherish each and every one of them and though we are so proud, it will be so sad to see them go off into the big world of

kindergarten. But before they're off, we will be having a graduation ceremony to acknowledge all their accomplishments and celebrate these wonderful children that we are so fortunate to have at Alpha. The ceremony will take place on **June 20th at 5 pm.** We hope to see not only our Sr. Preschool families but anyone else who would like to attend!



We would like to send a special Thank You to

Adina Jurca for volunteering her time to come read to the children. It means so much to us and we appreciate it very much. Alpha has an open-door policy for all or parents. If you would like to come in to read to the children or perhaps share with them what you do for a career, you are welcome at any time.

Until next time,
Alicia, RECE, Prabhjot, RECE,
Sarmini, 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.

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, REECE, BA
(905)458-4884
marys@alphachildcare.ca

Alpha Child Care Ltd.

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

MELISSA'S KITCHEN

Greetings from the kitchen! WE MADE IT!!!! We've survived winter and summer is finally around the corner. I couldn't be any happier; seeing my daily menu come to life with the inspiration of summer ahead of us is so incredibly motivating. I'm thrilled to report that the children are really enjoying our kitchen creations. Watching them gobble up brings me such joy!

Just like most of you, I'm a parent, feeding two growing boys. Trust me when I say I know how quick and easy it to just grab the pre-packaged snack off the shelf and toss them into the lunches. My husband and I made a family decision that we were not buying any more cookies, granola bars or store-bought sweet snacks for lunches, that it was time to make a change. Needless to say, this has left a very sour taste in my boys mouths and the daunting task of providing something sweet in their lunch is now resting on my shoulders.

The best part of this new adventure is that kids are up for anything... I knew in order to achieve the ultimate goal (healthy snacks, happy kids) was to get my boys involved. I called a family meeting, announced our change

and NEW adventure challenge. We've dusted off some cookbooks and they are now happily flipping those pages looking for the next yummy snack that I am to bake for them. Whether it's a cookie, a granola bar a muffin or a loaf let your kids do the choosing. Let them help build the grocery list for the recipe items, let them help shop for said items. Most importantly, let them help put it all together. Sure, most times it's easier to get these tasks done yourself. But when you include your children not only are you teaching simple cooking technique and organization but also the awareness of the money spent on the ingredients and the time taken to put the recipe together. We all know it's true a child will be more inclined to "tuck into" a meal when it's their choice and their creativity.

Listed below is a recipe that I have used quite a few times now at Alpha; tried, tested and true.
<https://www.fiveearthhome.com/soft-baked-banana-oatmeal-bars/>

Be Well and Happy Cooking,
Chef Melissa