



DATES TO REMEMBER

Fri Mar 5th – Baden Coffee Company Fundraiser due

Sunday March 14th - Daylight Savings
Time: Clocks "Spring"
Forward 1 hour
@2AM

Thurs March 18th
Virtual PAC Meeting
7-8pm

Sat Mar 20th – First Day of Spring

Mon March 22nd – 26th - Parent Appreciation Week

Thurs Apr 1st - April Fool's Day and Alpha's annual Easter Luncheon at 11:30am

Fri Apr 2nd - Good Friday Alpha Closed

Mon Apr 5th - Easter Monday, PA Day for both School Boards

April 12th – 16th
Spring Break for School Ageds

Fun Week:
Mon Apr 12th – Rainbow Day
Tues Apr 13th – Wear Alpha Colours Blue/Yellow

Wed Apr 14th – Backwards Day
Thurs Apr 15th – Pajama Day
Fri Apr 16th – Jersey Day

Thurs April 22nd – Earth Day

March / April 2021 Newsletter

Word From The Office

Welcome families to the months of March and April. It is hard to believe a year ago on March 17th, all child care centres were mandated to close their doors due to the pandemic. Alpha reopened their doors on June 29th, 2020 and continue to keep current with all updates through Peel Public Health while following the Ministry of Education guidelines. We have to say that Alpha has been lucky to continue to enroll new clients during the pandemic and it is thanks to our reputable business and the high recommendations from our parents. Alpha always strives to be the best and we continue to listen to families and maintain each need to better serve you. For those families who have not had the opportunity to see inside the centre please visit our Facebook page to give you a tour of the classrooms. You will also find other uploads on our page to get a glimpse of who we are and what we do. Please also continue to read your emails for current updates at Alpha which include the constant change in the COVID – 19 policies. The areas that are highlighted in yellow are the changes and the areas highlighted in red have been removed.

On March 5th the Baden Coffee Fundraiser is due back to Alpha, all orders will be delivered to Alpha with 2 – 3 weeks. All items will be sanitized upon

Alpha always strives to be the best and we continue to listen to families and maintain each need to better serve you.

arrival and then sent home at the end of the day. Just a reminder to families, to please fill out the

order form and e-transfer your money to Greg at greg@alphachildcare.ca. Please indicate your child's first and last name when sending the money to ensure we know who the money is from. The question is "Who is the best child care?" and the answer is "Alpha". If you have any questions please contact Sydney at srprea2@gmail.com

Sunday March 14th, it is daylight savings time, so don't forget to set your clocks forward.

Thurs Mar 18th is the PAC Meeting at 7pm for all members to discuss current issues, events and concerns within Alpha and the childcare community. If you have any additional concerns, please pass them along to your representative to have your concerns heard.

The week of March 22nd – 26th it is Parent Appreciation Week: Classrooms will be providing special surprises throughout the week for parents. Keep on the lookout for more details to come. On Monday a parent survey will be available by email to all family members. Please be honest and tell us how you feel. If there is something for Alpha

to improve on let us know so we can work on those items listed. What can we do better to make us a 10 and to serve you and your family better?

On Thursday April 1st we will be having our special Easter luncheon in the children's own classroom. Our chef will be serving ham/turkey, potatoes, veggies and of course options available for those children with food allergies and restrictions. Just a reminder Fri April 2nd Alpha will be closed in lieu of Good Friday and will reopen Monday April 5th for Easter Monday. This is also a PA day for the Catholic and Public School boards. All families must give Alpha a 2 week notice if your child in the School Age program will not be attending the PA day or applicable fees will be applied.

The School Age March Break has been postponed to the week of April 12th – 16th Alpha will continue to implement a fun week for the Spring Break, while the children are out of schools. Unless things change Alpha will continue to have a fun week planned for the camp children. Just a reminder when you sign up lunches and snacks will be provided by Alpha. Nutritious meals will be served, and a copy of the menu will be shared to those who are signed up. Please let Patricia or Jennifer know if you will be attending the Spring Break Program by March 26th to ensure we order enough supplies for the children for

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Junior Toddlers

Dear Alpha families, we would first like to welcome our new families and children; Rosslyn, Henry and Max, who have joined us in our Jr Toddler classroom.

Watching the children grow, developing their milestone and learning through their mistakes is such a beautiful environment, we enjoy each day at the center and sharing their daily activities through email, daily information sheet to the parents.

During classroom activities we are fostering their self help skills, self regulation and recognizing their emotions by using Second Step Program. Showing love through hugs, touch, smiles, encouragement, listening to and playing with the children builds trust and a strong emotional bond.



Responding to child's need for comfort and attention is important too. So we play, observe and plan according to their interests every week and enjoy playing with them through the day.

Easter is coming, hopefully everything will get normal and we will explore the world freely. Here are some ideas to celebrate and making fantastic Easter this year:

1. Egg and spoon race
2. Make an Easter Wreath (Paper plate, Egg shape cut out, Easter grass)
3. DIY neon polka dot sticker Easter egg.
4. Chick bookmark (Folding construction paper adding bunny ears)
5. Egg carton spring chicks



- (Egg carton, construction paper)
6. Plant flowers.
 7. DIY bunny party hats.
 8. Chicks and lamb Easter crafts.
 9. Easter bunny cups and bait.
 10. Paper bunny fruit bag.

Hope you will enjoy these craft activities with your child.

Stay safe, use all possible precautions and save others. Don't forget to keep in touch, call or video call your friends and families. We wish a safe, healthy and enjoyable time for everyone. If you have any questions please don't hesitate to ask or email us. Thank you.

Sarmini RECE, Manpreet RECE and the Junior Toddlers

Word From The Office cont'd

(Continued from page 1)

their activities and enough snacks and lunches for the week. The cost for camp is \$275.65/week and those who do not sign up for camp will not be charged the weekly rate. This only applies to the School Age Program.

Through the week of Spring Break April 12 – 16th we will be having a fun week starting with; Monday April 12th - "Rainbow Day"

dress your children in bright clothing or accessories.

Tuesday April 13th - Wear Alpha Colours "Blue/Yellow".

Wednesday April 14th it's backwards



day so wear your clothing on backwards.

Thursday April 15th – wear your favourite jammies.

Friday April 16th - wear your favourite Jersey.

We hope to see everyone participate on these special days!

On Thurs April 22nd we ask families to help the environment for Earth Day by turning off all non-

essential electric lights, for one hour, from 8:30pm – 9:30pm as a symbol of commitment to our planet. This would be a great opportunity to light up candles around the house engage

in meaningful family time, maybe set up a fort with flashlights etc. Let's be a part of helping the Earth!

As per our Parent Handbook Alpha has the right to close for one floating holiday per year. This holiday is usually attached to a statutory holiday, therefore this year Alpha will be closing for the floating holiday on Friday July 2, 2021. Thursday July 1, 2021 is Canada Day in which Alpha will be closed as this is a statutory holiday and we will remain closed for July 2, 2021 as well.

Until then, our door is always open,
Patricia Andrade RECE
Supervisor
Jennifer Nikolaou RECE
Assistant Supervisor

Intermediate Toddlers

Welcome to the months of March and April. We hope everyone enjoyed the valentine's day and family day with their families.

The Intermediate Toddlers had so much fun playing with the snow. We had many days in February doing gross motor activities and exercising our large muscles.

Over the past few months the Intermediate Toddlers have been working very hard to develop their self-help skills during bathroom and cloak room routine. Which includes potty training, and dress/undress outdoor cloths independently.

The Intermediate Toddlers are waiting patiently for the Easter Bunny. We have some arts and crafts ideas that children can do at home with their parents.

Jelly Fish

Materials:

- 2 cardboard egg cups
- Paint: purple and light blue
- Yarn
- Pony beads (17 per yarn string, 102 total)
- 2 large 4-hole buttons
- Toothpick
- Hot glue gun
- Googly eyes
- White craft glue



Instructions:

1. Paint the egg cups, one light blue and the other purple.
2. Meanwhile, create the beaded tentacles. Cut a piece of yarn about 12-inches in length. Tie a pony bead to one end. Trim the excess from the knot and rotate the knot so that it lines up with the hole in the bead. Thread on 16 more beads. Repeat this 5 times. There will be 3 tentacles per jellyfish.
3. Use a toothpick to push the top end of the yarn tentacle through one of the button holes. Repeat with the other two and gather the three pieces of yarn together and tie into a knot. Trim the excess yarn. Repeat for the second button.

4. Poke a hole in the center of the egg cup. Take another piece of yarn, about 5-inches in length. Loop it and tie the open ends together to create a hanger. Poke the looped end through the underside of the egg cup and out through the hole. The knot will stop at the hole, but go ahead and secure it with glue.
5. Hot glue the button up into the egg cup jellyfish head. The tentacles will be hanging down. Because this is a bit heavy, allow it to dry completely before trying to display.
6. Glue googly eyes to the front of the egg cup.

Lady Bugs

Materials:

- egg carton
- black pipe cleaner
- googly eyes
- black pom poms
- red paint
- black marker
- glue gun or white tacky craft glue
- Scissors

Instructions:

1. Start by cutting out a cup from an egg carton. Trim around the edges so it lies flat.
2. Paint each of the egg cartons red. I painted ours on a paper plate to contain the mess. Children LOVE painting things, but since they are 3 and 5 years old, a whole lot of paint ends up on the table if you don't protect it!
3. Leave the painted egg carton pieces to dry for a few hours or overnight. If your kids don't have the patience to wait, try colouring the egg cartons with red crayons or red markers instead. As long as the egg carton is red at the end of it, (or orange, or purple or blue) then you are good to go!
4. Next, you'll need a few easy supplies. Collect some googly eyes, black pom poms, a black marker, and some glue. Then cut a few black pipe cleaners into



2" long pieces and bend them into an "L" shape for the antennae.

5. Glue the googly eyes onto the black pom pom. I like to use the glue gun, because it's instant, but if your kids are more hands on than that, use some fast drying, tacky white craft glue. Just make sure you leave them to dry long enough that they don't fall off of the pom pom.
6. Next, attach the antennae and the pom pom with the eyes on it to the egg carton piece. Again, I used the glue gun because it really helps the little pieces stay in place. But you can use the glue of your choice, as long as you leave it to dry long enough, it will be just fine.
7. Next, you are going to colour the spots onto your ladybug. I used a fine tip sharpie when I made these, but any washable black marker will work too. I'm guessing you probably don't want to give your young kids a black sharpie to play with.
8. Draw the dots on the ladybug with the black marker.

Aren't they cute? They are so easy, it's impossible to mess them up! That is, of course, unless you let your toddler put everything together. My 3 year old loves putting the googly eyes on the top of the egg carton, and the antenna get glued randomly to the sides. But she's always really proud of her work, so who am I to judge!

We took these little guys into the backyard and hid them in plants and trees, pretending they were real bugs. The kids thought it was great!

Bunnies

- Egg Carton
- Acrylic Paint – pink, yellow and baby blue
- Scissors
- Googly Eyes
- Pink Pom Poms
- White Foam
- Masking Tape

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Intermediate Toddlers cont'd

(Continued from page 3)

- Glue – we like to use this kind which is stronger for gluing on pom poms and googly eyes
- Black Marker

Instructions:

1. Begin by cutting 2 egg compartments and trimming off any excess to create a flat top to the cartons.
2. Place the trimmed egg cartons on top of each other with the flat tops



3. Then open up the egg carton and place another piece of masking tape on the inside.
4. Then open up the egg carton and place another piece of masking tape on the inside.
5. Paint the egg cartons a spring color. We love these baby blue, yellow and pink paint colors that match the mini eggs!
6. Cut 2 bunny ear shapes out of the foam.
7. Once the paint has dried, add the eyes and

pink pom poms for the nose with glue.

8. Glue on the ears as well. Take a thick black marker and add whiskers and eyelashes if desired.
9. Now fill with candy and enjoy! These would be cute to put up for your Easter Egg hunt or as decoration on a table for Easter dinner!

For more information go to pinterest.

Kulvinder RECE, Gagan RECE and Intermediate Toddlers

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

Senior Preschool

Hello Alpha families! Welcome to the months of March and April! We hope you're all doing well during this time and are staying safe and healthy.

We would like to take this time to welcome our new children and their families to our classroom. We are so happy to have you and we are looking forward to our time together. We ask that our new families please bring in a family picture for our family board, you can also email us one if that is easier!

Over the past few months the Preschoolers have been working on practicing their fine motor skills by tracing letters and lines. The Preschoolers have also been working on their number recognition by counting the dates during circle time as well as number work sheets. We will continue enhancing these skills as the months go by and start an introduction to shapes this month.

We will also continue to learn how to share and engage in turn taking

with our friends as well as expressing their emotions.

St. Patrick's Day this year will be on Wednesday March 17th. This special day celebrates the importance of St. Patrick, a patron saint of Ireland. On this day, he had established monasteries, churches, and schools. Many legends grew up around him—for example, he drove the snakes out of Ireland. Every year since the 4th century, Ireland comes together to celebrate his day with religious services and feasts.

There are plenty of children friendly St. Patrick's Day drinks you can make at home! Here are a couple easy ones to choose from!

Green Smoothie

- Ingredients:
- 1 frozen banana
 - ½ cup of spinach
 - ¼ of a small avocado
 - 1 cup milk of choice

Directions:
Blend well and serve!



St. Patrick's Day Green Milkshake

Ingredients:

- 3 drops of Green food colouring
- ¼ tsp peppermint extract
- 1 dash of sprinkles
- ¼ cup of cool whip (whipped)
- 1 cup of whole milk
- 2 cups frozen vanilla ice cream

Directions:
blend well and serve!



We would like to end by letting our parents know if they have any questions or concerns please email us at any time!

Until next time, please stay safe, stay healthy and practice social distancing!
Sam RECE, Sydney RECE, Chelsea RECE and Senior Preschoolers

School Agers

Welcome back School Age Families! We are hopeful that this year will be a better year for all of us. We thank every one of you for your understanding during these difficult times. Working during the pandemic, along with assisting your children with e-learning is indeed admirable. Alpha continues to maintain a healthy and safe environment by going above and beyond with disinfecting when it comes to protecting our children, families and the staff. We are also looking forward to introducing new children in the School Age program. We are truly very excited to having School Agers back in our program after an extended Winter break.

We are soon approaching March break, now as announced April Break, along with April Fool's Day, and we have some exciting activities lined up for our School Agers. We continue to encourage our Alpha families to engage in fun activities at home as well. Some examples are as follows:

Fence Art

Best ages- Kindergarten- Grade 5
Players- 2 Where to play: Outdoors

Materials you'll need:

- Construction paper
- Markers
- paint
- paper plates

How to play: Leave inspiring messages for neighbours and friends with fence art. Whether your child has one friend or many coming over, create individual art stations around a large outdoor table or sitting in a circle in your driveway. All you need is construction paper, markers, paint, and paper plates for designing "fence flowers."

To make one: cut small slits into the parameter of a paper plate, color your plate like your favorite flowers, and then make a small hole in the middle of the plate. Place a piece of string through the center hole and tie your flower plate to your fence.

Everyone driving will look twice when they see! A great way to put a smile on faces of those around you.

Driveway Chutes and Ladders

Best ages: Kindergarten- Grade 5

Players: 2

Where to play: Outdoors

How to play: Sketch out an oversized board game of Chutes and Ladders on your driveway using chalk-10 squares tall. The numbers of your grid should wrap around as you go from 1 to 100, then let your children create the ladders wherever they think it'll be most fun. Add in some fun twists when

you step on certain numbers, like stepping on number 10 means you do 10 jumping jacks or if you land on 95 you do five sit-ups. Use a spinner from a board game.

Your children will giggle through the game as they act as the pawns moving from spot to spot (kind of like a game of hopscotch).

Decorate a sponge as a piece of cake/brownie

This is a great prank for April Fools Day!

Coat a sponge with icing, and let it sit out on the counter. Make it look like a cake or a brownie. See if your children can resist taking a bite. The best part of this is it only takes about 5 minutes to make and everyone will fall for it because nobody is expecting a brownie or a cake to be fake!

Try this one out with your children or family members at home and watch them try to take a bite into it.



Until next time,
Jenn RECE, Thomas RECE, Aastha RECE and the School Agers

Jennifer's Kitchen

Hi everyone, as some of you may know I have temporarily been working in the kitchen since our beloved Melissa left Alpha. While I certainly miss being with the children everyday it has been very interesting to see lunch and snacks from the kitchen perspective. I don't think as educators we realize just how much goes into our menu planning, from making the right healthy choices for the entire day to ensuring that the children actually enjoy what they are eating.

One thing that I have noticed is that calling things "mini" or "cupcakes" seems to have

peaked their interests. That being said, you may have noticed that I have been serving "mini" fruit muffins (banana has been a favourite) and recently we added egg cupcakes to our lunch.

Below I will share the recipe that I used for ham and cheese egg bites aka egg cupcakes. It is a pretty versatile recipe, you can switch out the broccoli for other veggies such as spinach or peppers and



trade bacon or sausage for the ham (or have it completely meat free). This is also a recipe that you could have your child help with. They could add ingredients to the bowl or use a whisk to beat the eggs. If you use a food processor like I did (all the better to disguise the veggies) pushing the button and watching the food spin in the bowl is always fun for them.

Ham & Cheese Egg Muffins - The Salty Marshmallow

Ham & Cheese Egg Muffins are a tasty

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A Moment With The Manager

As we continue to journey through these trying times it's so important to ensure that we are taking a step back and making sure that we are taking care of ourselves. Here at Alpha, we have been really working with our educators to ensure that they are taking care of themselves so that they are able to remain positive and motivated to continue to offer Alpha's quality care to the children each and every day. I feel that this self-care piece is vitally important for you as parents as many of you are working from home, home schooling your older children plus balancing all the day to day requirements of operating your household. Below is a list of items or activities that you can do at home to ensure that you are taking care of you as well as the rest of your family.

1. Treat yourself when needed. Treat yourself to your favourite beverage. Whether that be a Tim Horton's coffee, a latte from Starbucks, a tea from Second Cup. Take the time each day to enjoy your favourite.
2. Start Fresh each day. Forget what happened yesterday and what may happen tomorrow, live in the moment, live for today. Each day will bring something new into your life, just look for the positive within the day.
3. Connect with uplifting friends either through social media or telephone. Call a long-lost friend that you may have lost touch with as life became too busy. They will appreciate the time you have taken to reach out to them and perhaps it was just the thing that they needed in order to help them get through their day.

Here at Alpha, we have been really working with our educators to ensure that they are taking care of themselves so that they are able to remain positive and motivated to continue to offer Alpha's quality care to the children each and every day.

4. Do some sort of physical activity. This could be yoga poses, exercise videos or using that treadmill that has been collecting clothes. Begin in small time increments then increase the time day by day. This will help you to recharge and feel refreshed.
5. For those of you constantly working on your computers for work. Make sure that you take a break from the computer. Get up walk around your house, stretch, especially your shoulders and back. Sitting too long at the computer may cause back and neck problems.
6. Use positive self-talk. We are all our worst enemy as we are hardest on ourselves. Make sure we compliment ourselves on what a great job we are all doing throughout the pandemic.
7. Go for a walk around the neighbourhood. Be observant and reflect on the things that you see. The animals that cross your path, the birds you hear, the different smells that you smell. What new things are in your neighbourhood that you never were aware of before. Reflect on what the fresh air and walk do for you personally.
8. Read a good book. There are many great books available to us. Some of the authors that I like are John Grisham, James Patterson, Tami Hoag, Nicholas Sparks, Stephen King, Shari Lapena and Jodi Picoult.
9. Buy a new day planner and plan an activity to look forward to. Perhaps plan a special dinner with your significant other. Plan on watching a great movie on Netflix. Make a bowl of popcorn and enjoy.
10. Spend time with family. Set up a zoom or Microsoft teams meeting with family members that you have not seen in a while. Remanence about the fond memories that you made with these family members.
11. Leave your work at school or on your desk for the night. Try not to answer any work emails leave it for the next day. Watch your favourite sitcom instead.
12. Spend less time on social media. Play a board game or card game instead.
13. Enjoy healthy nutritious snacks like fresh fruit and veggies with dip. Cheese and crackers, dried fruit, hummus and veggies, salsa and chips.
14. Be comfortable saying "no" to more obligations than you already have. There is nothing wrong with saying no and giving a reason why you cannot help out someone. This is very hard for a lot of us to do as we feel guilty saying no. Think of it this way. Feeling guilty usually means that you have done something wrong. By saying "no" what have you done wrong? Nothing, therefore, there is no need to feel guilty when saying "no"

I hope this has been helpful in giving you some great ideas on how to take care of you. It is so important that you take of you as if you do not, then you will not be able to take of anyone else.

Until next time my door is always open

Mary, RECE, BA
905-458-4884

marys@alphachildcare.ca

Jennifers' Kitchen cont'd

(Continued from page 5)

and easy way to start your day with a great breakfast! Full of diced ham, broccoli, and cheese, these egg cups are easy to make and super satisfying!

Ingredients:

- 10 Large Eggs
- 1/3 Cup Milk
- Salt & Pepper to taste
- 1/2 Teaspoon Garlic Powder
- 1/4 Teaspoon Onion Powder
- 1 Teaspoon Hot Sauce, Optional
- 1 Cup Chopped Broccoli
- 1 Cup Shredded Cheddar
- 1 Cup Diced Ham

Directions:

1. Preheat oven to 350 degrees. Spray a 12 cup muffin tin with non-stick cooking spray, set aside.



2. In a large bowl whisk together the eggs, milk, salt, pepper, garlic powder, onion powder, and hot sauce.
3. Divide the egg mixture evenly into the muffin cups.
4. Top each cup evenly with the chopped broccoli, cheddar, and ham.
5. Bake for 20-25 minutes until set.

NOTE: You can allow these to cool and then store in a zip top bag or container with a lid for 4-5 days. You can also freeze for up to one month.

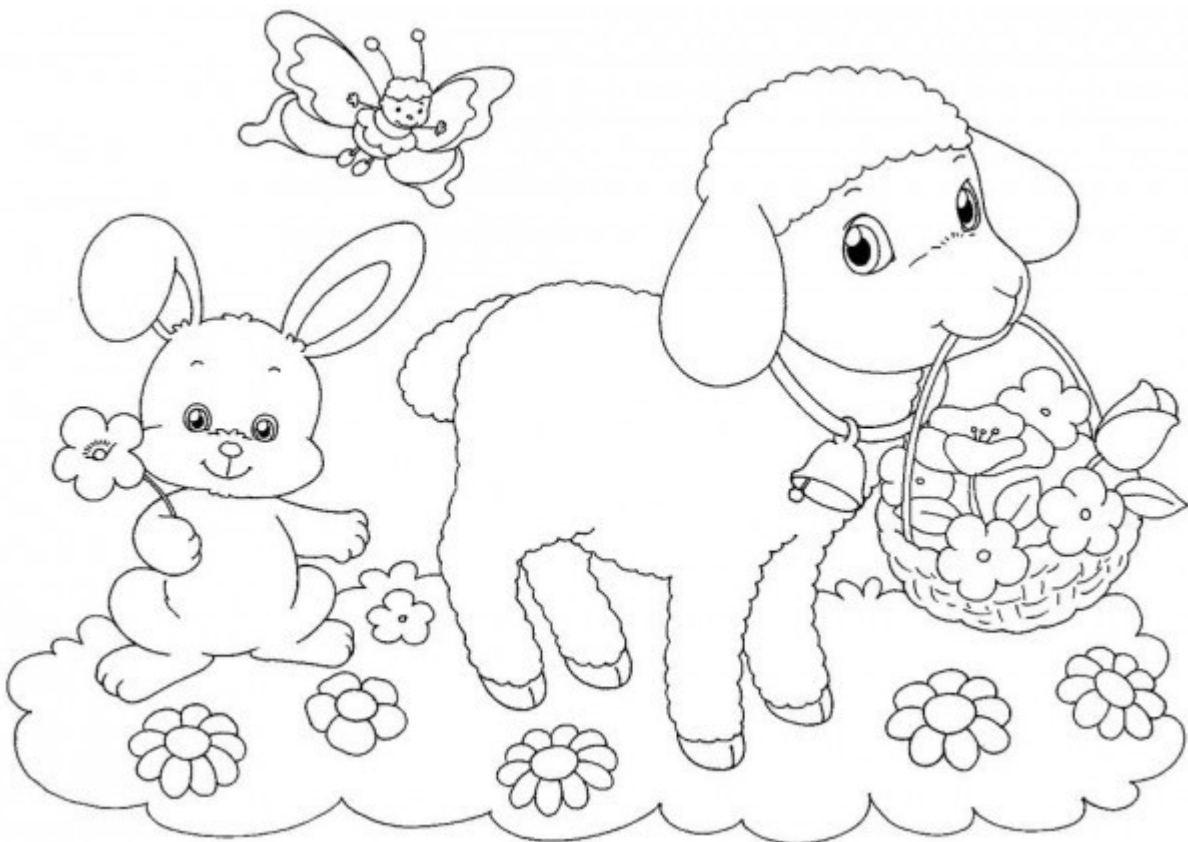
February 28, 2019 By Nichole

I'm always on the lookout for new ideas so please don't hesitate to share your favourite recipes with me.




Until next time keep eating those veggies,

Jen, RECE and Chef

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facebook**



MARCH 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|---------------------------|--|
|  | 1 Happy B'Day Sarmini Menu #4 | 2 | 3  | 4 | 5 Fundraiser Due Today | 6 |
| 7  | 8 Fees are Due Menu #1 | 9 | 10 Happy B'Day Leah | 11 | 12 | 13 |
| 14 Happy B'Day Celeste Happy B'Day | 15 Menu #2 | 16 | 17  | 18 Happy B'Day Aubree PAC Meeting | 19 | 20  |
| 21 | 22 Parent Survey handed Out Fees are Due Menu #3 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 Happy B'Day Quintino Menu #4 | 30 Happy B'Day Felix Jennifer N. 6th year Anniversary with | 31 | Parent Appreciation Week  | | |

APRIL 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|--|--|
|  | Menu #4 |  |  | 1 Happy B'Day Leela Parent Survey Due Back | 2 Good Friday Alpha Closed | 3  |
| 4  HAPPY EASTER | 5 Happy B'Day Aastha PA Day Public & Catho- lic Bd Fees are Due | 6  | 7 | 8 | 9 Gagan's 3rd year Anniversary with | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Rainbow Day Wear Blue Yellow Backwards Day PJ Day Jersey Day Spring Break | | | | | | |
| Happy B'Day | Menu #2 | | | | 23 Happy B'Day Christian | |
| 18 | 19 | 20 | 21 | 22  | | 24  |
| | Fees are Due Menu #3 | | | | | |
| 25 | 26 | 27 Happy B'Day Lillian | 28 | 29 | 30 Happy B'Day Elena | |
| | Menu #4 |  | | | | |