



Alpha Child Care Ltd.

# May/June 2021 Newsletter



## Dates to Remember

Thurs May 6<sup>th</sup>  
- Virtual  
Spring Concert

Sun May 9<sup>th</sup> -  
Happy  
Mother's Day

Fri May 14<sup>th</sup> -  
Virtual  
Educator  
Awards  
Ceremony

Mon May 24<sup>th</sup>  
- Victoria Day  
- Alpha Closed

Mon Jun 7<sup>th</sup> -  
PA Day for  
both Catholic  
and Public  
School Boards

Sun Jun 20<sup>th</sup> -  
Happy  
Father's Day  
and Welcome  
Summer

Thurs Jun 24<sup>th</sup>  
- Sr. Preschool  
Graduation

Thurs Jul 1<sup>st</sup>  
Canada Day -  
Alpha Closed

Fri Jul 2<sup>nd</sup> -  
Alpha closed  
(Annual Float  
Holiday for  
2021)

## Word From The Office

Alpha normally presents an Annual Spring Concert in the upper hall welcoming all families to join in and watch their child perform cute Spring Songs. This year Alpha will be sending a virtual link of your child's performance to your personal email. Just a reminder to update your email if it has changed in order to receive the link on May 5<sup>th</sup>. Enjoy the evening with your family household and upload the link on your TV and watch the show with your favourite snacks in hand!

Sunday May 9<sup>th</sup> is Mother's Day and this day is to honour all the wonderful parents who play a mother figure role to their children. This day is to celebrate you and all the wonderful things you do for your children.

Monday May 24<sup>th</sup> Alpha will be closed due to Victoria Day and will reopen Tuesday May 25<sup>th</sup> to its regular operating hours.

Monday June 7<sup>th</sup> will be a PA Day for both the Catholic and Public School Boards. Just a reminder to give Patricia a 2 week notice if your child will not be attending the PA Day, in order to ensure lunches are ordered through Wholesome Kids Food and

the children have enough provided to them. If parents do not give a 2 week notice applicable fees will be applied to your account for the in house PA Day rate. With the constant changes in school closures and Provincial regulations, Alpha will keep you posted if events will continue or be cancelled during the unprecedented times.

Sunday June 20<sup>th</sup> is Father's Day and again a great day to celebrate all father figures in a child's life. Alpha annually hosts a Father's day BBQ but with the COVID -19 cases on the rise, Alpha cannot confirm this event at this time. We will inform you of a potential date and event if things change.

Thursday June 24<sup>th</sup> Alpha has a potential scheduled date for a Sr. Preschool Graduation. Again at this time Alpha is unsure of the situation as the guidelines continue to change. If a Graduation Ceremony does not take place, Alpha will promise to do

something special for the graduating class of 2021 and make it a memorable one.



Happy  
Canada Day

Thursday  
July 1<sup>st</sup>,  
Alpha will be  
closed to  
celebrate  
Canada Day.  
This year  
Alpha has  
decided to  
use the float

holiday on Friday July 2<sup>nd</sup>, as per our parent handbook. It states Alpha reserves the right to close one extra day per year as a "Floating Holiday". This day is usually scheduled around a statutory holiday. Thank you for understanding and we hope you enjoy the extra time off with your family.

Until next time stay safe and my door is always open!  
**Patricia Andrade RECE**  
Supervisor  
patriciaa@alphachildcare.ca



# School Age

Welcome School Age families to the month of May and June. It is unbelievable to imagine how much we have gone through this past year. We salute our School Age families for constantly showing their support towards Alpha and us, the educators.

Summer is finally here, and we could not be more thrilled. We have some exciting few months ahead of us. Summer camp is one of them! As the end of school year approaches, we have put together a great summer camp for our School Age Children. We hope to bring in a fun summer for our children with some stimulating activities and field trips, as the weather gets more beautiful.

On Fridays, we will be going to the refreshing splash pad, on Tuesdays and Thursdays we have some awesome workshops along with field trips to look

forward to like the Toronto Zoo, Glow Zone, Mini golf, Belfountain Conservation Area and many more!



There will be many interactive activities as well, like creating photo booths, robots and tie dying t-shirts. Plenty of outdoor activities, as we will have water balloon fights, slip and slides and parachute games. We are hoping to have

a fun filled summer this year, as all the children will finally be able to come together as one whole group, instead of being separated in their respective cohort groups.

Jen, Aastha and Thomas are looking forward to spending a great summer with our children. The activities mentioned above will enhance

many skills, along with helping the children in building stronger connections with one another.



The children will also be creating a Time Capsule, which will be a memorable experience, and help in developing creative and communication skills. Children will be excelling in hand-eye coordination during outdoor sports, like volleyball, balloon fights and so on.

Visit us at  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

WE CAN'T WAIT!!!  
**Jennifer RECE, Thomas RECE, Aastha RECE and School Ager**

# Junior Toddlers

Hello Alpha families, welcome to the months of May and June. We would like to welcome William and Kaden and their families to our Junior Toddler class, we are happy to have all of you here at Alpha.

In the Junior Toddler classroom we have been focusing on using gentle hands with our peers. We are reinforcing that to be safe we need to keep our hands on our own bodies, be gentle when touching others as well as give our peers their own space. We are encouraging the children to use their words when their friends are too close or are taking items that they are playing with. Rough play is common in the Toddler Room as many of the children do not have the language skills needed to express themselves and often become frustrated when they want a toy or a peer is playing in "their space", which can result in pushing or hitting. We are role modelling appropriate words to use such as "my turn" "too close" "come play". At home we ask that parents



help us by reminding the children to use gentle hands and words with their siblings and other family members. We are confident that by working together soon the Jr Toddlers will be more gentle with their peers and will need fewer reminders.

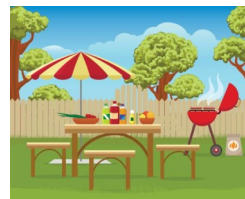
Self help skills are being practiced daily in the Toddler Room. The Toddlers have been practicing dressing/ undressing themselves for outdoor play, along with putting on and taking off their own shoes. Did you know that when children practice their self help skills they are developing their large and small motor skills as well as gaining confidence.

Check out the link below on self help skills and the four main types of self - help skills and how to encourage!  
<https://childcare.extension.org/ways-to-encourage-self-help-skills-in-children/>

Mother's Day is just around the

corner. Here are some fun activities that your child could do at home with the help of Dad, Step-Dad, Grandfather or Uncle to show how much we love and appreciate our Mom, Step-Mom, Grandmother or Aunt.

- Serve them Breakfast in bed
- Bake together with mom
- Craft Away the day
- Cook a family recipe
- Make a card / present
- Have a picnic outside



If you have any questions or concerns please do not hesitate to ask Sarmini or Manpreet, you can either call us at Alpha or email

[jrtodda2@gmail.com](mailto:jrtodda2@gmail.com) .

We are always happy to help and support you.

Until next time!  
**Sarmini RECE, Manpreet RECE and the Jr Toddlers**

# Junior Preschool

April showers bring May flowers! Welcome to the months of May and June! We hope our Alpha families enjoyed the long weekend and had a great Easter!



The Jr. Preschoolers had fun painting their pots and growing their very own plants in them! Our Alpha families, the educators would welcome pictures of the children's plant as they grow. That would make us very happy! Also, we talked a lot about Spring and weather during circle time this month.

We are very glad to see some sharing skills among our friends in Jr. Preschool! During the last months, the Jr. Preschoolers were encouraged in taking turns, acknowledging their own feelings and those of their peers.

We are looking forward to working on our Jr. Preschool friends' gross motor skills. With the beautiful weather outside, we are definitely going to have fun and learn together!

Guess what's on June 2? It is Rocky

Road Day! A perfect summer snack to make with your family! We would like to share this easy recipe with everyone which you can try at home.

Rocky Road drop candies usually feature dark chocolate, chewy marshmallows, and toasted nuts.

However, you can experiment or customise them by adding different nuts, chunks of white chocolate, or dried fruit to the mix. If you only have large marshmallows, snip them into smaller pieces with kitchen shears before beginning.

This is a great recipe to make with your child!

**Prep: 10 mins**      **Total: 2 hrs 25 mins**  
**Cook: 15 mins**      **Servings: 15 servings**  
**Chill: 2 hrs**

## Nutritional Guidelines (per serving):

148	10g	14g	2g
Calories	Fat	Carbs	Protein



## Ingredients

- 1.25 cups/9 ounces dark chocolate (chopped)
- 2 cups miniature marshmallows
- 1/2 cup walnuts (toasted, chopped)

## Steps to Make It

1. Prepare a cookie sheet by covering it with aluminum foil or parchment.
2. Melt the chocolate in the microwave or over a double boiler. Stir until completely smooth.

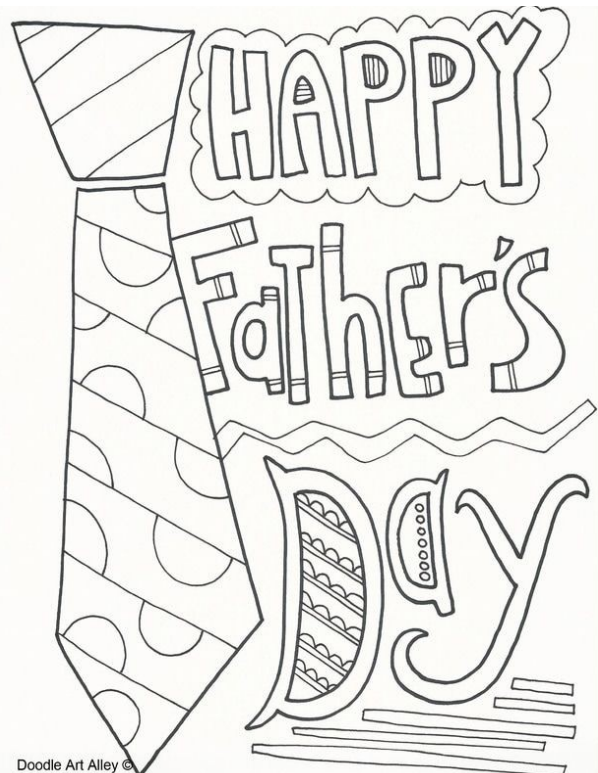
3. Add in the walnuts and marshmallows, stirring until they are completely covered with chocolate. Drop by teaspoonfuls on the cookie sheet, and chill in the refrigerator until set.

That's it. Easy peasy!



Do not forget to keep checking on our loved ones and keep the positive spirit. Let's create a beautiful day everyday!

Stay safe and take care.  
**Nandita RECE, Kulvinder RECE and the Junior Preschoolers.**



Doodle Art Alley ©



# Senior Preschoolers

Hello families! Welcome to the months of May and June, wow does time ever fly by! We hope that you are doing well and staying healthy.

We would like to take this time to welcome our new children and their families to the Sr. Preschool program here at Alpha! We are so happy you joined us and we are looking forward to our time spent together.

Since the warmer weather is finally here we would like to ask our parents to ensure their child has in their cubbies at all times: a spring/light jacket, splash pants, rain boots, outdoor running shoes and a summer hat/baseball hat. We also ask to please label your child's belongings, thank you! For our new families joining us we would like to ask if you could please email us or bring in a family picture for our family board! Thank you!



Over the past couple of months our Preschoolers have become more interested in the natural world around them. We decided to start taking them on frequent nature walks throughout the neighbourhood. The children have enjoyed pointing out animals and different objects in nature that they see such as wood,

sticks, leaves, pinecones and rocks. We have been incorporating these objects into different areas of the classroom for the children to expand their learning.

Father's Day this year is on Sunday June 20<sup>th</sup>, which means dad's special day is just around the corner. Here are some fun easy homemade gifts you can make at home!

## Tape Resist Mug

**Materials needed:** a white mug, painters tape, acrylic craft paint, paint brush, and acrylic craft varnish/sealer

### Instructions:

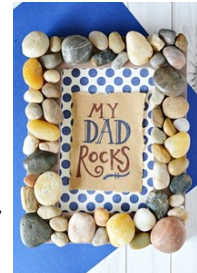
1. Tear your painter's tape into thin strips, and press it onto your mug to make a design or to spell out your message
2. Cover your entire piece with a variety of colours, and let the paint dry.
3. Then, carefully pull all of the pieces of tape off to reveal your design.
4. Apply the sealer, it will protect the



paint and prevent it from peeling off. Give to dad!

## My Dad Rocks Frame

**Materials needed:** wood picture frame, acrylic paint, tacky glue, paint brush, rocks, markers, brown paper bag and scrapbook paper (the size of your frame)



### Instructions:

1. Paint your frame on a flat surface
2. Use tacky glue to attach rocks to frame. Put glue on the rock and press it into the frame. Let dry overnight before moving
3. Cut a decorative piece of scrapbook paper to fit into your frame
4. Use a brown paper bag to write "My Dad Rocks." Tear or cut and attach to scrapbook paper with glue or tape. Place in frame and give to dad!

We would like to end off by letting our parents know to please email us at any time if you have any concerns or questions. Until next time, take care!

**Sam RECE, Gagan RECE, Chelsea RECE and Sr. Preschoolers**

# Word From The Manager

Many of you may not know but each year Alpha participates in an initiative called Raising the Bar in the Region of Peel. Raising the Bar in Peel (RTBP) is a Peel initiative that supports the enhancement of quality care that Alpha offers as it helps Alpha to remain a leader in its industry. Alpha has been a part of this initiative since its conception and is one of the founding childcares centres that implemented this program from the very beginning.

**Raising the Bar in Peel (RTBP) is a Peel initiative that supports the enhancement of quality care that Alpha offers as it helps Alpha to remain a leader in its industry**

Alpha has seen a lot of growth and changes to this program which indicates that the initiative is working in ensuring that all childcare centres continue to offer quality care. This program is built on the foundation of fostering reflective practice, collaborate inquiry, building leadership and mentorship capacity and promoting lifelong learning in our educators. Participating in the RTBP program provides Alpha with a platform to increase our program's capacity to enrich our practices and mobilize How

Does Learning Happen? Which is Ontario's Pedagogy for the Early Years.

In conjunction with our RTB mentor, each year the supervisors set goals for the centre, in order for Alpha to grow and develop to better meet the needs of the community. Each centre may set different goals depending on the needs of the surrounding community. These goals are focused on, throughout the year, in the hopes of achieving them by the end of the RTB year, which this year is August 2021. This year the Peter Robertson location set the following goals:

*(Continued on page 5)*

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# Word From The Manager cont'd

(Continued from page 4)

1. Incorporate Loose Parts and natural materials that can be used during increased disinfecting and cleaning due to COVID 19 protocols
2. Enhance Team Building strategies to strengthen collaboration among the educators. Create a more cohesive working environment and an appreciation for each member and their role in the centre. Resilient, robust and comfortable work environment.
3. Maintaining and building positive relationships with parents. Reinforce Alpha's Program Statement and How Does Learning Happen?
4. Utilizing the natural playground in order for the children to learn as much as possible from nature.

This year the Cathedral location set the following goals:

1. Provide additional Natural Materials and Loose Parts to the playground.
2. Continue to provide nature/natural items in the classrooms during the pandemic.

In order to meet these goals the RTB mentor provides resources in order to help us to achieve the set goals. She also does a couple of check ins to see what we have accomplished and how she can further support us in being successful.

Throughout the RTB year the educators are given several reflective questions to answer in order to increase and support their daily practise. This year I virtually met with each of the teams, Infant team, Toddler team and Preschool teams, at different days and times. We had great discussions on questions that reflected our practice around the goals that were

set for the centre. For example one of the selected questions that was discussed was "How do you provide children with experiences to connect and interact with the natural world both indoors and outdoors? What changes have you made to support these experiences in your program?" Educators from both locations would share their ideas and thoughts in order for everyone to collaborate and learn from each other. These great ideas are documented and will be submitted to our RTB mentor in August. These meetings are very beneficial in that educators are given an opportunity to network and learn from one another. The answers to this question support goal number 4 of the Peter Robertson location and both goals for the Cathedral location.

The Supervisors are also given a set of reflective questions that involve the day-to-day operation of the centre and the many changes that could happen within the centre. An example this year was "Reflect on some challenges that your program faced in your continued goal of relationship building within your community. Think about the impacts this has had on the educators, supervisors, and the program. How have you continued to build stronger relationships in the community in response to these challenges? Do you foresee further challenges? If so, what strategies have you considered implementing?" Again I met with supervisors from both locations to discuss the reflective questions. The answers to these questions are documented and shared at a Community of Practice meeting with other supervisors within the community. This collaboration enables all of us to share ideas and strategies that work for our sites therefore, increasing the number of tools that

we can try to increase the quality at our perspective sites.

RTBP also involves life-long learning for our great educators in order that they may be kept abreast of the latest happenings within the childcare field as well as increases their repertoire of ideas and experiences that they can present to the children. The expectation is that each educator participates in 10 workshops/webinars/research articles/new experiences over the course of the year. Along with each opportunity the educators must do a reflective form that states what they have learned from the opportunity and how they are going to implement what they have learned into the classroom environment. These are also submitted at the end of the

RTB year. This is a great way for the educators to keep growing and developing within their field of interest.

As you can see this is a very evolving process that transfers from year to year increasing the quality of care that is offered to the families and children of our community. Alpha hopes that you as a parent see the benefits of this program in order for Alpha to continue to offer quality care to each of our families.

Until next time my door is always open,

**Mary Soundy RECE, B.A.**  
**Manager of Operations and Development**  
marys@alphachildcare.ca

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