

September/October 2021 Newsletter

Word From The Office

Welcome back everyone and I hope you all had a fantastic summer, keeping your household busy during the pandemic!



bring a piece of ID to verify the child is being released to the correct parent at the end of the day.

Alpha continued to keep their doors opened since June 29th 2020, and enrollment has really picked up over the summer as parents are returning to work and with the phones ringing consistently with inquires, Alpha will continue to gradually fill up the vacant spots and work our way back up to full capacity.

Please continue reading for classroom educators for September 2021 during the pandemic:

We hope you had an opportunity to visit our Facebook page, where a short video is posted on how things operate in the centre. We hope this video has put you at ease with all the new policies and extreme disinfecting within the centre while providing ultimate care for your children.

Infant Room
Kim Meisner RECE
Areanna Jacob RECE
Trinh Pham RECE
Kelly Braga

Jr. Toddler Room
Ana Pavao RECE
Niketia Panchoo RECE
Sukhdeep Kaur RECE

Int. Toddler Room
Closed

Sr. Toddler/Jr. Pre Room
Ipsita Mukerjee RECE
Janice Nelson-Thompson
Chau Pham RECE
PJ Hehar RECE
(temporarily on leave)

Over the summer months Alpha has hired new supply educators as enrollment has been picking up. Please be patient with our new hires as there is a lot to take in, while meeting new families and releasing the children to their parents. At times parents will be asked to

Jr. Preschool Room
Danielle Aiken RECE
Simranjot Gill RECE
Candice Benson RECE

Sr. Preschool Room
Lynda Leroux RECE
Theresa Rampat

Preschool 3
Shivana Seedeyal RECE
Arshpreet Kang RECE

Pre/Kinder
Jacqueline Woods RECE
Jesse Godin OCT
Sweta Sapkota RECE

Ratio Support Educators
Parminder Bains
Jennifer Morrison
Felicia Da Cruz RECE
Ann Brennan

Chef
Sheila Jenkins
(temporarily on leave)

Office
Mary Soundy RECE, BA,
Supervisor and Manager
of Operations
marys@alphachildcare.ca

Patricia Andrade RECE,
Supervisor
patriciaa@alphachildcare.ca

Owner
Greg Humphreys
President

Carol Young
Office Manager

Welcome everyone,
stay safe and healthy.
**Patricia Andrade,
RECE**

Dates To Remember

Sept. 6th Labour day- ALPHA CLOSED

Sept. 7th- First Day of school

Sept. 30th- National Day for Truth and Reconciliation

Oct. 11th- Thanksgiving Day- ALPHA CLOSED

Upcoming Events:
Sept 20th- Fall/ Winter Menu begins

Sept. 21st Alpha's Annual Corn Roast

Oct. 7th Parent Advisory Committee

October 14th and 15th Picture Day

CHEEZE



Infants

Fall Activities for Infants

Autumn has arrived and ushered in some cooler temperatures. It is a great time to get outside and for outdoor activities for children. These are some of the outdoor activities for children that promote specific skills as well as fun:

1. Scavenger hunt: With younger children, a scavenger hunt is one of the best activities that can help their language development as well as emotional, social and physical development. Encourage your child to find and



pick up leaves and rocks by asking them: "Can you help me find the leaves/rocks/pine cones?", also giving them chances to respond by asking them questions such as "what colours are the leaves?", etc

2. Autumn leaves: Leaves are beautiful, colourful and lightweight... those three characteristics make them ideal to explore with young children.

3. Making fall-scented playdough: Playdough is such a fun sensory activity that can keep a little one busy for



hours. Even older children love to play with it, especially when it's soft and scented! There are a variety of fall scents such as cinnamon, maple, pumpkin spice, hazelnut, etc.

Playdough is also surprisingly easy to make and can store for a quite a while in a plastic container with a lid.

4. Simple leaf piles: Rake up a small pile of leaves and let the children walk and crawl through it, toss the leaves up into the air, and hide among the leaves. Let your babies

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Kim Meisner

Hi parents. My Name is Kim. Meisner and I am and educator in the Infant room here at Alpha.

I received my Early Childhood Education at Sheridan college in 1992. I started working at Alpha's Cathedral location January 2002. then transferred to Peter Robertson location and I have been at this location just over 9 years, mostly in the Infant room.

I am single and all my Alpha children bring me great joy. I grew up in Brampton and I love to line dance, going to dinner and the movies with friends.

I look forward to getting to know your child and watching them grow. I am always here to answer any questions about the Infant program and routines.

Let's have a great year.

Kim RECE

Areanna Jacob

Hey everyone! I hope everyone had a safe and healthy summer.

My name is Areanna Jacob and I'm an RECE in the Infant room for about 2 years now. I just celebrated my 4th year with Alpha.

In my free time I enjoy drawing/painting, doing puzzles, listening to music and spending time with my friends and family.

I'm really excited to meet each and everyone and I really look forward to getting to know your children and their families throughout the year!

Areanna RECE



Kelly Braga

Hello Parents, Guardians and all the new families. My name is Kelly Braga and I am one of four educators in the Infant room.

I have been with Alpha for about 9 years give or take. I started here many years ago as a supply educator assisting all the children in many different rooms. I have worked at both locations and have experience with all age groups. My passion is to make everyday fun and full of life for every child.

While during the day I am an educator, by night I am usually at the gym pumping that iron or being creative at my art desk painting or sketching. I am also a licensed Makeup Artist, where my creativity really shines.

I am so happy to meet all the new children and families starting with us, I hope to make everyday a safe, enjoyable and amazing learning experience for everyone, see you all soon!

Kelly Assistant



Patricia Andrade

My name is Patricia Andrade and I am one of the Supervisors at Alpha Child Care Ltd. I received my ECE diploma in 1999 from Sheridan College. I completed my last field placement at the Peter Robertson location in the Infant Room and was offered a supply position over the summer months. In September of 1999, my journey began at the Peter Robertson location working full time in the Infant classroom.

have had a lot of experience working with all age groups and was promoted to become Assistant Supervisor in July of 2008. I worked very closely with Mary Soundy (Manager of Operations and Development) who has mentored me to become the leader I am today. I have presented many workshops to Alpha's educators, to ensure they continue to grow and develop.

As time went on I have returned back to my home base at Peter Robertson as Supervisor and will be working along side my mentor Mary again. I'm excited to be back and looking forward to meeting you all.

During my spare time I love to sit under the sun and read novels and explore the outdoors with my husband Mitch. I also love to relax in the back yard with family and friends and enjoy a BBQ.

Alpha has provided me many opportunities to grow and develop as I have advanced from a student, supply educator, lead educator, Assistant Supervisor to Supervisor. Over the past 21 years I



In 2015 I transferred to the Cathedral location as Supervisor and ensured a smooth running centre licensed for 77 children.

If you have any questions, concerns or if you would just like to chat, my door is always open.

Until next time,
Patricia Andrade RECE
patriciaa@alphachildcare.ca

Infants cont'd

(Continued from page 2)

use small child-sized plastic rakes to help you rake the leaves.
5. Associating colors: This activity is great for introducing infants and toddlers to colors. Visit your local hardware store and collect several paint sample cards containing various



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shades of yellow, orange, red, green, and brown. Laminate the paint sample cards and take them with you when you go outside. When infants and toddlers find a leaf, name its colour, and show them the paint sample card that contains the

same colour.
Until next time,
Kim RECE, Areanna RECE, Trinh RECE, Kelly Assistant and the Infants

Trinh Pham

Hi everyone! My name is Trinh Pham. Time flies so fast that I just realized that I have been in Canada for four years. It was such a good experience for me to learn the new culture and meet new people.

down, and how the clouds blend in creating this perfect picture view. I also love surrounding myself with nature. I find it is one of the best ways that can bring positive energy, have a stronger focus, fresh ideas and a better functioning body for myself.

with Infants. Working with young children gives me joy and happiness. From my perspective, understanding and empathizing will shorten the distance between the educators and the children. As a result, young children can feel more confident to express themselves in all the aspects.

I really enjoy watching sunsets. It is just so amazing how so many beautiful colors glow in the sky as the sun sets



This is my third year of working

Hope everyone is staying safe during this time.
Trinh RECE

Junior Toddlers

Hello again everyone! Welcome to the Jr. Toddler room where you will find Ana, Niketta and Sukhdeep. We are all so excited for a fun filled new school year.



The children have been exploring all the different areas in the classroom, but they especially enjoy pretend play in the dramatic centre, where they care for babies by feeding and dressing them and they use different materials to cook lunch for their

classmates and the educators. These experiences build important social, language and problem-solving skills that they will continue to use throughout their development.

This year we will continue to work on the children's self-help skills, such as, dressing and undressing (shoes, hats, coats) on their own and feeding themselves. Working together, we know that we can help the children develop new skills as well as encourage their autonomy.

It was a busy summer where we welcomed new children and families to our room. We are so thrilled to meet and work with the children that will be starting in our room this fall as well.

Please feel free to come to us anytime with questions or concerns, we are always here to listen and help. Until next time,
Ana RECE, Niketta RECE,

Ana Pavao

Hello everyone, my name is Ana Pavao and I am an educator in the Jr. Toddler room. I have been in this room since February and it has been such a fun and interesting experience working with Toddlers, as I have a feisty Toddler at home myself.

September will mark 7 years that I have been here at Alpha, it has been a pleasure and a wonderful opportunity to be a part of the Alpha family. I have learned so much and every year I look forward to interacting with families and working with all the children because it truly is very rewarding. I cannot wait to see what this year brings us and I am looking forward to new adventures and fun with all of you.

Ana RECE



Niketta Panchoo

Hi my name is Niketta Panchoo and I'm a Registered Early Childhood Educator working in the Junior Toddler room. I've been in the ECE field for 8 years, and currently with Alpha for three wonderful years and many more to come.

I enjoy cooking, reading, dining-out and spending as much time as possible with my son.

I am beyond excited and I can't wait to meet your little ones and the wonderful parents behind their existence.

Niketta RECE



Sukhdeep Kaur

Hi, my name is Sukhi (short for Sukhdeep) and I am a Registered Early Childhood Educator. I graduated from Sheridan College in April 2019 and joined Alpha in September 2020 and I am currently working in Junior Toddler room.

I am so glad to be a part of Alpha team and soon going to complete my one year at Alpha Child Care.

I look forward to working with the families and children.

Sukhdeep RECE

During my free time I enjoy watching movies, listening to music, taking pictures of nature or my friends. Moreover, I love to play Soccer and I played in women's national Soccer team when I was back home.



We're on the web
www.alphachildcare.ca

Senior Toddler

Hello friends and families, We hope everyone had an amazing summer break, feeling rejuvenated, and also ready to start a new school year.

Over past two months, in the Sr. Toddler room many children have moved to Jr. Preschool and Sr. Preschool. Saying that, we also welcomed many new Toddlers from the Jr. Toddler room. Our main focus was on making the new Toddlers comfortable in the room and getting them adjusted to the routine in the Sr. Toddler room.

Soon we will be experiencing the fall season and



with the fall comes the celebration of Halloween in October. The Sr. Toddler educators would like to share some Halloween recipes with you. We hope you will enjoy reading and cooking these recipes.

Halloween Pumpkin Pasta

PREP TIME 5 Min
TOTAL TIME 15 Min
SERVES 1

Ingredients

- 250 g pasta
- salt and pepper
- 2 Tbsp olive oil
- 1 Tbsp fresh rosemary
- 1 can (400 mL) pumpkin purée

- 1 clove garlic, minced
- ½ cup half-and-half cream
- 1 Tbsp white wine vinegar
- 1 ½ tsp paprika
- 2 - 3 pinches nutmeg
- 1 shallot, minced

Directions

1. Start off by cooking your pasta in a large pot of boiling salted water until the pasta reaches its desired tenderness.
2. While the pasta is cooking, in a large sauce pan, fry the fresh rosemary in olive oil for 1-2 minutes on medium heat. Once it begins to brown remove the rosemary from your pan onto paper towel.
3. In the same pan, add in the

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Ipsita Mukerjee

Hi my name is Ipsita Mukerjee. I am a Registered Early Childhood Educator working with Alpha Childcare since March 2014. I've worked with Infants, Junior Toddler, Intermediate Toddler and now I'm with the Sr. Todd team.

I love working with children and believe in the philosophy "Every Child is a Different Kind of Flower, and All Together, Make This World a Beautiful Garden." I am creative, enthusiastic, and sensitive to children's individual

needs. I contribute to an effective functioning team by being organized, efficient, dependable, flexible and responsive in my work. I have always executed responsive inclusive practices in my work environment.

My background includes Masters of Arts degree in Geography from India and I did Early Childhood Education from Humber College in 2013.

I am married to a loving, caring

and sharing husband for the last 18 years and I am a mom to a 4 year old boy named Aditya. I enjoy the company of friends and family. Travelling is another area that brings passion in me.

I look forward to getting to know each and every one of you and your family.

Ipsita RECE



Chau Pham

Hello! My name is Chau Pham. I graduated from Sheridan College with Early Childhood Educator Diploma in 2018. Then, I had a wonderful opportunity to work at Alpha in July of 2018. Now, I am working in Senior Toddler Room with Ipsita and PJ.

Working at Alpha gives me lots of opportunity to learn and experience new things. I believe that every child is unique and should be given opportunities to thrive happy and healthy.

My goal as an educator is to provide the qualified and rich environment for children to stimulate children's exploration, creativity and confidence. Also, I will try my

best to fulfil my duty to ensure the children feel safe, happy and comfortable when they are with me.

I looking forward to the year ahead.
Chau RECE



Pawanjot Hehar

Greetings Alpha families! My name is PJ (short for Pawanjot) and I am a Registered Early Childhood Educator (RECE).

I began working at Alpha as a RECE just over 4 years ago; however, I had previously worked with Alpha as a supply staff and completed one of my placements here as a student in the Infant room! My love for the inclusive culture and positive, family-centered atmosphere at Alpha drew me back here to begin working as a full-time staff member.

I completed my diploma in Early Childhood Education (ECE) from Humber College in December 2016. Prior to pursuing a career in ECE, I finished a degree in Health Sciences and completed several years of a Nursing degree, which both helped me realize my interest in the early learning and care of young children.

Going back even further, I was born and raised in Canada by my

parents who emigrated from India! I have one brother who is older than me who now has two lovely daughters whom I adore!

On my free time I love to spend quality time with my loved ones. I am also a traveling enthusiast, with my last trip being to Mexico! I have been fortunate enough to have visited Italy, France, Switzerland, England, Pakistan, India, Jamaica, America and the west coast of Canada. Other places I hope to see are Egypt, Indonesia, Thailand, Iceland, Hawaii and Africa! I have always been drawn to spending time outdoors and love the sounds, smells, and sights of nature. With this said, I find myself

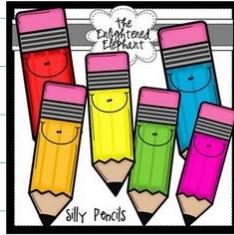
looking for new hiking adventures and places to explore. I enjoy being physically active and have tried out treetop trekking, zip lining, rappelling, snorkeling, and even sky diving. I love "shooting hoops" and going for early morning or late night runs with my music and headphones. I even recently began to learn how to swim, skateboard, and do yoga! Another passion of mine is dancing. I used

to perform Bhangra, which is a dance native to my cultural background. Some of my favourite types of music are techhouse, hip hop and R&B, and reggae to name a few.

At the same time, one of my ultimate favourite pass times is curling up with a good book on my porch with a hot cup of tea, which is usually how I start my weekend mornings. Something else that has become an all encompassing part of my life is my spirituality. I have been on a spiritual journey for quite some time and have gained a very holistic perspective and approach to life that has highlighted the importance of using meditative practices from a young age.

Another interesting fact about me is that I have been a vegetarian for the past 27 years! I may not eat meat but I sure do have a sweet tooth! Speaking of things that are sweet, I am so grateful to be part of the Alpha Child Care community and hope that you have gotten to know me a little bit better as I continue to get to know you and your loved ones!

PJ RECE



Lynda Leroux

Hello! my name is Lynda Leroux, and I am a Registered Early Childhood Educator. I graduated from Sheridan College with High Honours in May of 1997 and joined the Alpha Family in June of 1997 as the Second RECE educator in the Infant Room. Then I became the Lead educator of the Junior Toddler, Junior Kindergarten, Junior Preschool, and Junior/Senior Kindergarten. Later I became the Assistant Supervisor of the Peter Roberston Location in 2004 while I was still the lead educator in the Junior Toddler Room and then while I was in the Infant Room. In July of 2008 I became the

Supervisor of the Cathedral Rd. location, and it was a wonderful experience. I transferred back to the Peter Robertson location on June 29th, 2015, as the Supervisor of the Peter Robertson location until Sept. 9th, 2019. Due to a lot of our veteran educators moving on to other chapters in their lives. Alpha needed more veteran staff to help mentor and coach our younger educators to become lead educators in the classrooms. Therefore, I stepped back into the classroom, and I was in the Junior Preschool Room and in the Intermediate Toddler Room. At the present

time I am working in the Senior Preschool Room with my team member Theresa.

I look forward to continuing to meet and speak with all the children, staff and parents. I enjoy working with children and getting involved in their play. However, in my spare time I love going to my cottage, swimming, boating, dancing, reading, and spending time with my family and friends.

Please feel free to speak with me at any time if you would like to chat or if you have any questions, or concerns about your child.

Lynda RECE



Senior Toddler con'td

(Continued from page 5)

pumpkin purée, garlic, half-and-half, white-wine vinegar, paprika, nutmeg and shallot. Cook the sauce, stirring regularly for about 3-5 minutes until the ingredients have combined and the sauce has warmed through.

4. Season to taste with salt & pepper (feel free to add more half-and-half if the sauce is too thick).
5. Once the sauce has finished, add in the rosemary and pasta, stir and serve!

Green Chicken Finger Sandwiches

PREP TIME 15 Min
TOTAL TIME 30 Min
SERVES 12

Ingredients

- 1 ½ cups panko breadcrumbs
- 2 tsp matcha powder
- ½ cup flour
- 1 tsp salt
- 2 eggs
- 1 lb(s) chicken tenders (about 12 tenders)
- ¼ cup sliced almonds
- 12 split-top hot dog buns
- Ketchup

Directions

1. Preheat the oven to 400°F. Line a straight-sided baking sheet with parchment paper.
2. In a pie plate or shallow bowl, mix together the panko and matcha powder. In a separate bowl, mix the flour and 1/2 teaspoon of the salt. Beat the

eggs in a third shallow bowl.
3. One tender at a time, dredge the chicken in the seasoned flour, then in the egg, and then in the matcha panko. Place the breaded tenders on the prepared baking sheet. Brush an almond slice with a little beaten egg and place it on the tip of a tender "finger." Repeat with almond slices for the remaining tenders.

4. Bake the tenders until lightly golden and cooked through, 12 to 15 minutes. Sprinkle with the remaining 1/2 teaspoon salt. Place 1 tender in each hot dog bun and squirt ketchup "blood" over the fingers.

Vampire Bite Cupcakes and White Chocolate Icing

PREP TIME 30 Min
TOTAL TIME 65 Min
SERVES 18

Ingredients

- 1 cup unsalted butter
- 1 cup white sugar
- 4 eggs
- 2 tsp vanilla
- 1 ½ cups all-purpose flour
- 2 tsp baking powder
- ¾ cup milk
- ½ cup seedless strawberry jam
- 18 candy fangs
- red cake decorating gel to garnish

White Chocolate Icing

- 6 squares white baking chocolate (or 1 cup white chocolate baking wafers)
- ½ cup sour cream

- 3 drops vanilla
- 2 cups icing sugar

Directions

1. Preheat oven to 350 F. Line 18 muffin tins with paper cupcake liners. In a bowl, using electric mixer, gradually beat sugar into butter. Beat in eggs one at a time.
2. Alternately beat in by thirds the flour and milk (beat in baking powder also), finishing with a flour portion (tip for measuring flour: stir flour, spoon into measuring cup, then level). Spoon batter into cupcake liner to half full, add level teaspoon jam, add more batter to 3/4s full. Repeat for 18 cupcakes.
3. Bake on middle rack of oven 35 minutes, or until lightly golden and centre springs back when gently pressed. Cool completely before decorating.

White Chocolate Icing

1. Melt chocolate in bowl set over pot of simmering water. Remove bowl from heat. Stir in sour cream and vanilla.
2. Gradually mix in icing sugar until smooth, adjust thickness by adding spoons of icing sugar if too thin or drops of milk if too thick.

Decorate

1. Frost cupcakes with icing then place candy fang on each cupcake. Squeeze red cake decorating gel where fangs touch cupcake.

Hope You all will try and make these with your children and have fun.

Ipsita RECE, BA, Chau RECE, Janice Assistant and our Toddler Friends



Chef Sheila Jenkins

Hello and welcome to all. My name is Sheila Jenkins and I'm the Chef for the Peter Robertson location. This is my 8th year with Alpha and I enjoy every day with the children and staff.

I'm a graduate of George Brown College and I have been cooking for large groups of people for many years. My most favourite is cooking for the children they are, for the

most part, always open to try new foods and are most compliant when we hit a favorite of

theirs. The best is when they start making requests and just like home we are open to new things and are willing to try foods that maybe are unknown to them. There's a saying that people eat with their eyes first and then with their tummies. One of my goals

is to entice them to try something new just because it looks good on the plate then maybe they will be willing to touch it, maybe even pick it up and smell it or just lick it. It's all good when they are open to new flavors and enjoy a meal among friends.

If you have and questions or concerns, please stop in the kitchen anytime for a chat.

Sheila Jenkins, Chef



Junior Preschool

Welcome to Junior Preschool!

We welcome all our families and children to the Junior Preschool room. Hope you had a fun and safe summer.

In Junior Preschool we support children's learning by being their play partners and through our curriculum pieces. We use the Jolly Phonics program to help children learn the letters and letter sounds.

Our Second Step program helps us support children's social and emotional development. We do basic French where children learn about shapes, numbers, colors,

food, weather, etc in French.

Our Wings of Discovery program helps them learn through several interesting experiments.



We encourage children to be more independent by helping them develop their self help skills like, getting dressed by themselves, putting on their

own shoes, toilet training, tidying up etc. The educators also teach the children about health and safety practices during COVID like, hand washing, putting the

toys in the sink when they are done using it, etc.

Children are provided with a wide variety of materials, of their own interest, to help them in their holistic development. The educators encourage the children to engage with their peers and participate in turn taking. The children are encouraged to use their words throughout the routine and educators read them books, have verbal conversations with them to help them develop their communication skills.

We are all very excited to meet all the families and children.
Simran RECE, Danielle RECE, Candice RECE and Junior Preschoolers

Danielle Aiken

Greetings Families and Friends, My name is Danielle Aiken and I am one of the educators in the Junior Preschool Room.

I have worked at Alpha for over four years both as a supply and a full time educator. During my free time I enjoy spending time with family and friends, reading and listening to music.

This Fall I look forward to working with both you and your children. I can't wait to spend the next year learning and growing with you!
Danielle RECE



Candice Benson

Hi Alpha Families!

My name is Candice Benson, and I am very excited to be joining the Jr Preschool room! Some of you may already know who I am from drop offs and pick-ups. I was also a part of the Sr Toddler team over the winter.

I have been working with children for most of my life as a skating coach, line dance instructor, and babysitting. Some things I enjoy doing in my spare time are reading, hiking, skating, going out to eat with friends, line dancing, singing Disney songs and showtunes at karaoke or around the house, and spending lots of time walking and playing with my two amazing dogs.

I look forward to working with you and your children this year!
Candice RECE

Simranjot Gill

Hello families, my name is Simranjot Gill and I am an educator in the Junior Preschool room.

I have been working at Alpha for over 3 years now and I really enjoy my time here. Working with children does not

just give me an opportunity to teach a lot of fun things to these



little people but to also learn a lot from them. It is always amazing to get to

know their unique personalities and working along with the parents and families to support their holistic development.

I look forward to seeing all you amazing families and children, and create a lot of fun memories with all of you.
Simranjot Gill (RECE)

Senior Preschool

Hello again, everyone!
Wow – a new school year already? Where did the time go? Oh, that’s right – time sure does fly when you are *finally* a little free to explore the outdoor world.

Here in the Senior Preschool classroom, we are super pumped to begin this new school year. We are eager to welcome back our peers, parents and any new families that will be joining us. We are thrilled to be working alongside you all, and cannot wait to see what this new school year brings us!

In the Senior Preschool classroom, there are so many things to look forward to. You will all be pleased to know that aside from all the love and attention your children will be getting, there are many other aspects to our program that we are excited to share with you now, and every day as you will continue to see great progress in your children.

In the Senior Preschool classroom, we work on the children’s self help skills. We take great pride in allowing the children the opportunity to learn

how to dress/undress themselves, toilet training as well as allowing the children the opportunity to feed themselves during our breakfast, lunch and snack routines.

We also work attentively on our various academic programs, which you will see incorporated in our weekly program plans (that we share with you via e-mail, and/or with our HiMama app). During our academic portion of our program, we focus thoroughly on the Jolly Phonics program, where we assist the children in learning the letters of the alphabet (the sounds each letter makes, what each letter looks like, the correct pronunciations, words that start with that letter, and also how print such letters).

We also work on numbers (number recognition and counting), shapes and colours.



Next, we focus greatly on our Second Step program – where we work with the children on conflict resolutions and problem solving, and finally our amazing French program. This is where we teach the children basic French knowledge (counting, colours, days of the week, etc).

We hope this gives you a quick look into what your children will be up to, and learning while having a blast in the Senior Preschool classroom. If you ever have any questions, we are just a phone call away!

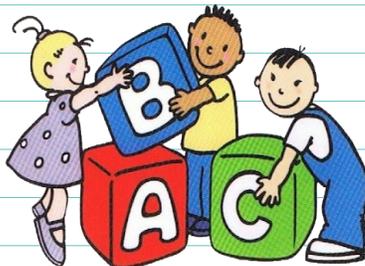
Once again, we are thrilled to be seeing you all; new and old faces around come this new school year. We cannot wait to share what we are up to as the weeks approach.

Until next time, stay safe and see you around!
Lynda RECE, Theresa and The Sr. Preschoolers

Theresa Rampat

Hi Everyone! For those who don’t know me, here’s all that you need to know!

My name is Theresa Rampat and I’d like to think of myself as an “Alpha original”, as I’ve been here for many years now! I started my Alpha journey as a supply educator, and have worked in every classroom, and with every age group from Infants to Preschoolers, and even School



Aged children.

I now work alongside the Senior Preschoolers with my teaching partner, Lynda! I very much enjoy my job, as I find great pleasure in working alongside each and every child; while helping them grow into the fully capable and intelligent children I know and adore!

On my free time, I enjoy spending as much time as I can with my loved ones. You will find us outdoors, enjoying music and playing games as we enjoy

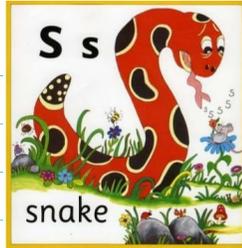
each other’s company. Family means everything to me, and I am so grateful to be as close as I am to mine.

I look forward to seeing you all, even if it’s for a second. Don’t be shy – say hello as you will get to know that I love chatting...maybe even a bit too much! See you around!!
Theresa, Assistant



Preschool 3

Welcome everyone to another school year! We hope all the new and returning parents and children continue to stay safe through Covid-19. We thank everyone for their co-operation, patience and understanding this past year as we tried our very best to keep the children protected by following our Covid-19 guidelines and protocols.



We would like to welcome everyone to a new year in the Preschool 3 classroom! In Preschool 3, we continue to provide all the necessary academics needed to prepare the children for kindergarten. This would include the Hand Writing without Tears program, Jolly Phonics, Math, Science, Second

Step program and French.

Hand Writing without Tears teaches children to hold a pencil with precision and control to create various lines and strokes.

Jolly phonics allows them to identify their letters and learn to print; the goal being to print their name by the end of the year.

We will practice basic math skills such as identifying numbers, rote counting, one-to-one correspondence and simple to complex shapes.

In science, we will facilitate various experiments that will continue to intrigue the children's learning through hands on experiences.

Children will be able to learn about, emotions, manners, problem solving and more through the Second Step program.

Finally with French, children will be given the opportunity to learn basic words (i.e. counting, letters, simple sentences) that will prepare them for learning a second language in school.

We are eager to work alongside all the parents and children entering Preschool 3. We can't wait to get to know you and work hard together to help shape your children's knowledge and future.

Don't hesitate to ask us any questions. We are here to help! **Shivana RECE, Arshpreet RECE, and the Preschool 3**

Padmini (Shivana) Seedeyal

Hello, my name is Padmini (Shivana) Seedeyal. I am an RECE in the Preschool 3 classroom. This is my fourth school year at Alpha and I am excited to work with all the children and parents coming into the room.

I have been an RECE for about 9 years now; however, I have been a practicing educator for about 12 years through



volunteering, babysitting and co-op placements. I have worked with children from infancy to school age and have experience working with children from kindergarten to grade 5 at an elementary school.

I enjoy implementing fun and creative ways to keep children engaged in everyday learning.

I do believe that young children are a lot like sponges; ready to learn and soak up information that we provide to them daily. Each child learns differently and at different paces, and I make it my mission to match their needs to help them grow to their full potential. I look forward to working alongside each parent and their child(ren) in the new school year!

Shivana, RECE

Arshpreet Kang

Hi, my name is Arshpreet Kang, RECE and I am currently working in the Preschool 3 classroom.

I received my diploma in September 2018 and have been working at Alpha since November 2018, starting in the Junior Preschool classroom. I enjoy working with children as it is rewarding being able to witness the development of children throughout the school year. It is an honour to be the part of their milestones.

I look forward to working with your children this year!
Arshpreet, RECE



Janice Nelson-Thompson

Hi, my name is Janice Nelson-Thompson and I am currently working in the Senior Toddler classroom.

I have been in the educational field for the past 17 years and have been with our Alpha family since July 2018. I enjoy interacting with children as they develop to their full potential.

I look forward to building lasting relationships with the wonderful families that I will meet this coming school year.

Janice, Assistant

Preschool/Kindergarten

Our last few months in Kindergarten were a great success! The children have done a great job of adjusting to Alpha's daily routine, as we continued to review our routines and procedures.

Our next focus is on table manners and helping children adapt to a new class environment for the September/October months. Children learn by watching, mimicking and practicing. As they are so good at learning this way, some aspects of growing up may never have to be taught with words or lectures (like learning to walk!). Manners can also be taught by watching and mimicking parents and peers.

Table manners and rules become an important part of learning and once learned, those habits will benefit them in future social situations. Children can learn how to be respectful and practice table manners. Here are some strategies to support for



children to develop their table manner process:

- **Come to the table with clean hands and face.**
- **Wait until everyone is served before eating.**
- **Chew with your mouth closed.**
- **Avoid stuffing your mouth.**
- **Use napkins and utensils.**
- **Refrain from criticizing the food.**
- **Avoid using electronics at table.**
- **Ask to be excused when finished.**

Transition can sometimes be difficult for children, having conversations early on at childcare and home helps the children to have enough time to prepare for upcoming changes. Using the

Second Step Social Program educators will talk to the children about transitions in a positive way. Educators will read different books to discuss the topic, as well

as use stuffed animals, puppets and dolls to model dealing with uncomfortable feelings that can come with transitions. Parents/educators can talk about the reason for moving to the new class with their children, as well as reach out to the educators through phone calls or emails to discuss a positive transition for their child.

Facilitate bonding with educators and other children so your child can feel comfortable and secure at new environment.

Some of the new curriculum and routines that your child may not be familiar with is our dedicated seat work time where the children will work on activities including math, the alphabet, Handwriting without Tears and Jolly Phonics.

The educators are looking forward to the new school year and working with you and your child to ensure a successful transition into the program.

Jacqueline RECE, Jesse OCT, Sweta RECE and the Preschool/Kindergarten class

Jacqueline Woods

Hello everyone, my name is Jacqueline Woods, and I am happy to be your child's educator for the upcoming school year. I started at Alpha when I graduated from the Early Childhood Education program at Sheridan College, and I have been here ever since. I have had the privilege of working with all age groups and many, many children over the years and I am looking forward to getting to know you and your child over the course of this year.

I am very familiar with the elements of the curriculum, and I love the outdoors. I truly believe that children benefit from spending as much time as they can outdoors and love to take advantage of everything our natural playground has to offer.

On a personal note I am married with a daughter, Darcy, who is 24. Some of your children will know her as she quite often works as a supply staff here at the centre. I

love animals, especially dogs and horses, I have a rescued hound dog named Charlie and horse named Betty. My daughter and I compete at AQHA shows with Betty as we share a passion for horses and riding.

Hopefully this helps you to get to know me a little and if you have any questions about the program or your child's progress, please let me know as I would be happy to help you.

Jacqueline RECE



Sheila's Kitchen

Hello, everyone, I'm writing from home as some of you may know. I hope to return in the fall as strong as ever.

So when you have a lot of time to think... I got to thinking about putting some of my recipes down on paper and I thought we

could ask you, our lovely parents, to ask your beautiful children what are some of their favorite Alpha meals. Let us know by dropping a note to our amazing team and I will try to convert them to

family size meals. (unless you like a lot of leftovers haha).



Hope to see you soon in person real soon,

Chef Sheila

Mary Soundy

My name is Mary Soundy and I am the Manager of Operations and Development for Alpha Child Care. My major responsibilities consist of strategic planning, educator training and quality control and the day to day operations of the Peter Robertson location.

I received my Early Childhood Education diploma in 1978 from Sheridan College. I also received my B. A. through continuing education in 2000 from York University. Since graduating from college, I have taught in two other child care centres before joining Alpha in 1988. Alpha Child Care has given me many opportunities to grow and develop as I have advanced from teacher to supervisor to manager in the thirty-three years that I have been employed with the company.

When first joining the Alpha team, I was the Educator/Supervisor at the Cathedral Road location until August 1996 at which time I transferred to the new Peter Robertson location, which I supervise. In 2005 I also took on the role as Manager of the company.

These positions have led me to several different avenues within the field as I am involved with many

of its organizations. I have served as chair of the annual Trade Show for the Region of Peel. This entails organizing a full day, in which vendors selling child care toys and equipment as well as other agencies associated with the child care field try to reach out to all child care centres to inform them of their purpose.

I also attend the monthly SPRING meetings which keep everyone in the child care field a breast of the happenings within the Region. I am also a member of the Brampton Supervisory Networking Group that meets once every three months to discuss the challenges that supervisors face in the day to day operation of a child care centre. I also serve as a member of the Raising the Bar Advisory Committee for the Region of Peel.

My philosophy is that each child is a unique individual and develops at their own pace. Next to health and safety, self esteem, social skills and having the confidence to handle any situation that may arise, are the most important aspects and the necessary components needed to build a solid foundation. It is with this foundation that the children contribute to society in a constructive

manner. With good self esteem and social skills children will seek learning, will love to try new activities and will feel confident handling any challenges that come with learning in a multi cultural world.

Since each child is unique and individual it is our responsibility as the Early Childhood Educators to provide and set up an interesting and exciting environment in which the children build on what they are already capable of doing and what interests the children. Therefore, the children are having fun but learning without even knowing it, all of which is done within a caring, loving family atmosphere.

I am married to a wonderful guy, Brian, who you will see quite often at the centre as he helps with various repairs and jobs throughout the centre. We live in the beautiful Heart lake area and we are both huge Toronto Maple Leaf fans. We have one daughter who is a 1990 Alpha graduate and she lives in Kitchener Ontario and holds the position of a resource consultant for the KW HAB organization in Kitchener Waterloo. So, Early Learning is a staple in conversations that happen in our household.

I look forward to working with all the Alpha families and if you have questions or concerns please feel free to approach me at anytime.
Mary Soundy, RECE, BA



Ann Brennan

My name is Ann Brennan but better known as Annie. I immigrated to Canada from Dublin Ireland in 1989, I joined the wonderful Alpha family in 1994 and have been here to the present day.

I enjoy music, the great outdoors and long walks. My current position in the childcare centre is a Floater, I look forward to meeting your children and new families every day to escort your child to their room.

Please don't hesitate to come to me with any questions or concerns you may have on any day.
Take Care
Ann, Assistant



Greg Humphreys

Hi, my name is Greg Humphreys, owner of Alpha Child Care Ltd.. When my mom Catherine, opened Alpha 40 years ago, I worked after school at Alpha as the cleaner, painter and repair man. My dad and I would build the outdoor climbers, benches and sandboxes. Wow have things changed.



manage Alpha administrative/regulatory requirements, so that our educators can focus their attention on providing the best care possible for your child(ren).

quality, preschool curriculum, mentoring, inclusiveness, educators training and leadership. Our Manager, Mary, regularly conducts training in house, and to large audiences in the child care field

If you have any questions, concerns or comments feel free to call/email me. My contact information is available through Alpha's website at www.alphachildcare.ca

Today, I am the Owner of Alpha Child Care Ltd and I oversee all aspects of Alpha's services working with the best Manager, Supervisors and Educators in the business. On a daily basis, I

I am a York University Graduate and sit as past-president and active Board Member of the Association of Day Care Operators of Ontario (ADCO). I am proud of Alpha's leadership in our community and the many committees that our staff volunteer for. Alpha is a community leader in program

Welcome to the Alpha Family!
Greg Humphreys, Owner

Jennifer Morrison

Hey Readers! Welcome back! My name is Jen M and I've worked in childcare since 2008 and I really enjoy it.



you'll see me at the end of the day bringing your child to you after a fun filled day.

Currently you may see me screening you and your child at the screening table. I love seeing all your eyes (you know because of masks...) and kids faces! Or

I enjoy doing puzzles, I find it relaxing, going on long drives with my husband, and binge watching shows.

Okay that's all for now, chat soon!
Jennifer, Assistant

Felicia Da Cruz

Hello! My name is Felicia Da Cruz and I am a Registered Early Childhood Educator, currently working as a Floater for Alpha Child Care!

on their interests in a safe and comfortable environment as they play. Due to the current climate with Covid-19, my top priority continues to be the same as I maintain the elevated standard for health and safety and the children's wellbeing.

enjoy movies, books, games and drawing. My favourite pastime is traveling, and my personal goal is to travel every two years to a new destination. (Hopefully the pandemic will pass soon, and I'll be able to continue traveling in the future!)

I have been working with children for seven years now and have been with Alpha Childcare for four of those years. During those years, I worked with both the toddler and preschool age groups. I engage in the children's interests and expand on learning opportunities based



At home, I live on a farm growing fresh fruits and vegetables with my family, and during my spare time I

I look forward to working with you the families and your child(ren) as we create many fun and exciting memories at Alpha! Please feel free to talk with me in regards to any questions, or concerns, as I am always here for you and your child!
Felicia RECE

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Jesse Godin

Hello Alpha Child Care Families,
My name is Jesse Godin and I am a member of the Preschool/ Kindergarten classroom along with Jacqueline and Sweta. I am an OCT certified educator from the Ontario Institute for Studies



Activities I enjoy outside of the classroom are listening to music, gardening, and reading; all passions I hope to share with my class as we spend more time together!

From my experience, I believe that effective learning takes place in a student-centred model, where educators work with their students to co-construct programs and activities to support their learning. As well, it has always been a priority for me to communicate with parents about their children's unique abilities and challenges,

in Education, and I am excited to utilize the knowledge and skills I have obtained through my studies and classroom teaching experience.

so I look forward to meeting all of you in the near future and discussing these learning goals!

Jesse OCT

Sweta Sapkota

Hi everyone my name is Sweta Sapkota. I am working in the Pre/ Kindergarten room. I started at Alpha last October 2020. I graduated from the Early Childhood Education program at Mothercraft College from Toronto. This year is my 8th year working with children. Before Alpha Child Care I worked at another childcare.

groups such as toddler, preschooler and kindergarten children over the years. I am excited to use my knowledge, skills and experiences with the children. I create a daily program plan that supports intellectual, social, emotional and physical development for children and the

I am married with 2 daughters. My oldest daughter's name is Raisha . She is 8yrs old and my youngest daughter's name is Shanvi, she is 3yrs old. I love birds and nature. I hope through this information you know me a bit better.

ability to create an environment focused on supporting safety and the well being of children.

I am happy to provide information about your child(ren) through phone calls, email and in- person hopefully, this upcoming year.

I love to work with children and spending time with them. I have worked with different age



In my personal life

If you have any questions about your children do not hesitate to contact me.

Sweta RECE

Parmindar Bains

Hi! My name is Parminder Bains, and I have worked at Alpha Child Care since October 2007. I started out as a member of the supply staff team, and as of December 2008 I have been working as a member of the full time float staff.

England where I lived for ten years. While there I learned to speak English and received my pre-school diploma. I worked in a playgroup for one year, and was a part-time Punjabi teacher. I then moved to Canada, and studied to become an Early Childhood Assistant. I worked at a home

of two girls. My second Granddaughter was just born at the end of July, and the first one will be 2 this October.

I am originally from India where I studied and received my B.E.D degree in teaching. Shortly after receiving this I got married and moved to



based daycare for two years, and then moved on to Alpha.

My hobbies include painting, gardening, knitting and of course spending as much time as I can with my Granddaughters. I used to take oil painting classes where I enhanced my abilities. Now I paint at home when I can find time. I am very passionate about gardening and love to keep plants both in my home and outside in the garden. However in the winter when I don't have my garden to tend to I spend my spare time knitting and have recently taken up knitting Baby Blankets.

I am the proud mother of two loving children, and Grandmother

Parminder Assistant