



ALPHA CHILD CARE LTD.

July/August 2022 Newsletter

Word from the Office

July and summer are here once again and with it is lots of sunshine, which means that it is vacation time, a time for fun and laughter. The holiday schedules are posted; please take a minute to indicate when or if your child will be away on vacation. This will really help in staff scheduling and in planning special events for the children. Also, just a reminder to those families who will be leaving us over the summer months, please remember that Alpha requires a minimum of two weeks notification of this withdrawal. We appreciate as much notice as possible in order to enroll new families to our Alpha Family. To all the children going off to Kindergarten in September we wish you well and we hope that you all will remember to visit us often.

In order for the children to receive the best out of their outdoor discovery time please ensure that your child has the following items here each and every day at the centre: shorts, t-shirt, underwear, socks, indoor shoes, outdoor shoes, or a shoe with a rubber sole with a grip to enable your child to use the climbing apparatus, sun hat, and sunscreen. Please remember that open toed shoes (sandals, flip flops) and **CROCS** are **NOT** safe footwear on the playground as your child may accidentally stub their toes and cause serious injury. Safety is always our number one concern.

As our enrolment increases, we have had some Educator changes to our great team of Educators. Unfortunately, we have had to say goodbye to Sweta who was in our Preschool 3 classroom as she has decided to pursue her career elsewhere, therefore, we welcome Lovleen to that team. Lovleen makes a great addition to this team with Shivana and we look forward to her sharing her ideas and knowledge with us. Kim Meisner, who was in our Infant program, has taken a transfer to our sister school as they needed an experienced Educator to operate their Toddler program. Joining the Infant team with Trinh, Fowsio and Areanna who is now the Lead Educator on this team, we welcome Smileddeep to the team. We look forward to her interacting with all of our Infant children. With our enrollment increasing, we have reopened our Intermediate Toddler classroom as of June 6, 2022. Leading this team is Ipsita who was in the Senior Toddler room and Janice who was on our float team joins Ipsita in this program. Joining the Senior Toddler program with Harneet and Chau who is now the Lead Educator in this group, we welcome Ankita who brings with her many years of experience. We also welcome Harnoorpreet who will be working our float shift, helping to relieve Educators for breaks and lunches, and maintaining ratios beginnings and ends of days. We welcome all of our new Educators to our team and we look forward to their additional skills to our Peter Robertson team. Over the summer months all are great Educators will be taking a much deserved vacation and replacing them while they are away will be Monica, Lorraine and Khushie, who you all are familiar with as they all have been working on our team as relief Educators throughout the year.

On June 30th, 2022, Alpha sent home your child's second term Child Observation Record, we hope you all have had an opportunity to read it. If you would like an appointment to meet with your child's Educator on a one-on-one basis please let us know and we will arrange for that to take place at a time that is convenient to all of us.

I will be on vacation from August 15th - 26th inclusive, if you have any questions or concerns Patricia will be happy to answer those for you. While I am away Shivana will be supporting Patricia in the office.

Until next time my door is always open.
Mary Soundy RECE, B.A.
 marys@alphachildcare.ca

Dates to Remember

Friday,
 July 1/22
CANADA DAY
 Alpha is
 CLOSED



Monday
 August
 1/22

Civic Holiday. Alpha is closed

Monday September 5/22
Labour Day. Alpha is closed



We're on the web;
alphachildcare.ca



Infants

Hey everyone. Hope everyone is staying safe and having fun in this amazing weather that we've been getting.

In the Infant room we've been having a lot of new faces and new peers added to our Alpha family.

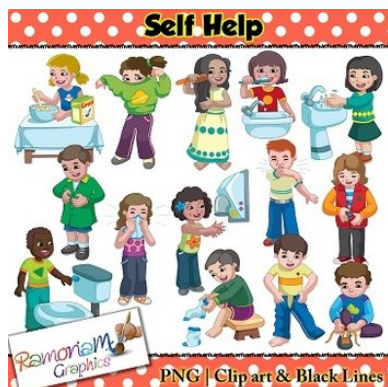
We've been really focused on transitioning the children to make them feel comfortable and at home. We've also been working on self care skills. That includes self-feeding and self-dressing and grooming.

Giving children a chance to practice self care skills is a very important part of growth and development. The time and effort you invest into encouraging self care is a great way to help your child feel capable. Learning to get dressed, brushing teeth and other simple self care tasks help children develop a

sense of autonomy and responsibility.

Self care is also an opportunity for children to feel in charge of their body and know that they are trusted by their parents. Taking time to let your child explore skills at an early age may take time but it's well worth it because this impacts your child's long-term well-being, happiness and capabilities.

Self-Care Skills for Babies (crawlers) to 12 months:



- Throw own bib in the laundry basket
- Clean face and hands with damp face cloth (finish up with help)
- Attempting to put on and take off shoes
- Feed self a snack
- Hold spoon or toothbrush
- Play alone for 5-10

minute

Self-Care Skills from 12-18 months

- Wash hands
- Brush teeth
- Start exploring how to undress self
- Start exploring how to take and off shoes
- Choose own outfit
- Explore how to drink out of an open face cup
- Begin eating with a spoon/fork

*The Infant Room,
Areanna RECE, Smiledeep RECE,
Fowsio RECE and Trinh RECE*



Preschool 3

Hello parents and hello summer! As the Preschool 3 classroom concludes the academic year, children will be engaged in more outdoor activities that include hands-on experiences, experiments and fun learning. Preschool 3 will continue to review academics learned throughout the year as to not lose the skill; however, it will be implemented in their outdoor discoveries.

Here is a list of some of the activities that the children will be engaged in, and that you can do at home as well:

- **Natural Spelling:** Use natural materials found outside (rocks, leaves, sticks, etc) to spell their identity (spell rocks by using rocks, spell sand by using sand, etc), you can also use natural materials to create pictures/art
- **Water Painting:** Use water and paintbrushes to draw/write on the sidewalks and wooden fences, then watch as the water disappears in the sunlight
- **Shape Scavenger Hunt:** Look for shapes around the neighbourhood/at the park, this can also work with letters

- **Counting Frenzy:** Count the number of certain objects seen outside (flowers, bugs, clouds, etc)
- **Measuring Rain:** Use a large container to place outside before a rainy day is expected. Watch from the window as the rain fills the container with water. After it rains, you can measure how much rain has fallen. You can also measure different items outside and compare their heights
- **Salt Dough Imprints:** Using a simple salt dough recipe, children can take imprints of different objects found outside. Parents can then bake the imprints to preserve what was found
- **Colour Match/Sorting:** Classifying nature is a great way to learn size, colour, height, weight, species, etc. This can then turn into



matching games or patterning (red flower, yellow flower, red flower, yellow flower...)

- **Shadow Portrait:** Using the sunlight to our advantage, children can practice tracing their shadows with chalk, either on pavement or wooden fences, to assist in self identification, you can also create fun shadow creatures as well
- **Animal/Insect Habitats:** Children can look for different animals/insects outdoors and try to find where they live. They can also identify what makes their home a home, and how we can help protect them
- **Listen and Learn:** Children can listen carefully to nature and list what they hear. To further this activity, children can be encouraged to mimic the sound or draw what they have heard

Until next time, enjoy the great outdoors.

Shivana RECE, Lovleen RECE and Preschoolers



Intermediate Toddlers

Hello Alpha parents. Hopefully this message finds all the lovely parents well and in good health. Before we begin we would like to welcome all the new families to Alpha.

The Toddlers are going to be very engaged learning how to be social and hopefully will settle into the routine of the classroom. They will be busy learning about perspective taking and social interest skills.

Can you believe it's July already? Where is this year going already? During the months of July and August the Toddler classroom will be talking about summer activities, and incorporating it with our daily schedule and program planning. We will be discussing about how rain makes flowers grow and grass grow,

rainbows and their pretty colors, and how the insects start coming out when the weather gets warmer.

In the classroom the Intermediate Toddler Educators would like to start a grass garden. We would like the children to plant their own grass and watch it grow day by day. It would be a great experiment and the children

will have their own part, meaning they will get to put the soil in a cup, put the grass seeds inside, and continue to water their grass. It should be interesting to see grass grow!

Summer Season is around the corner; here are some Summer activities to do at home:



- **Paper Plate Flowers** (get your children to paint the paper plate and help them cut it out into a flower shape)
- **Garden Sensory Bin** (fill up a bin with soil, rocks, soak it with water and more)
- **Coffee Filter Rainbows** (color on a coffee filter with markers, spray it with water and you'll get a beautiful coffee filter rainbow)
- **Very Hungry Caterpillar** (cut up some cucumbers and tomatoes! Helping eating in a fun way!)
- **Outdoor Art with Colored Sand** (fill up empty bottles with colored sand, poke a hole and be creative)

Take care,
Ipsita RECE, Janice Assistant and our Intermediate Toddler friends.

Junior Toddlers

Happy Summer Everyone!

We have been really enjoying and taking advantage of the sun and the warm weather by spending lots of time outside. The children are excited to use and explore with the new materials and equipment we have out on the playground. Our Toddlers have been planting vegetables and flowers in the garden beds and have a knack for using all of the garden tools. They especially like to use the rakes and shovels to dig deep holes in the dirt.

We would like to welcome all the new children and families in our classroom and throughout Alpha, we are thrilled to get to know and interact with everyone. Starting childcare is not only a major transition for a child, it is also a major transition for parents and caregivers as well. Some children take longer to settle in and others can take just one week. Since there are so many new faces and children transitioning to new classrooms throughout the centre we would like to share some tips for easier transitions and

smoother drop offs in the morning.

1. Talk about the new routine and what your child will be doing during the day. Talk about the Educators in their classrooms and mention their names at home throughout the day.
2. Adjust at home nap times to the one they will follow at childcare. We nap from 12pm to 2 pm.
3. Practice independence. Educators are working with multiple children at once, it is always great when your child knows how to do some things independently.
4. Make sure to provide lots of extra clothes, diapers, sunscreen, toothbrush, toothpaste, indoor shoes, outdoor shoes, hat and water bottle. Remember to label everything.
5. At drop off time make sure to

always say good bye with a hug or a kiss. Let them know you are going now but you will always be back to pick them up.

6. Resist the urge to linger. If a child is very emotional in the morning it is best

to say goodbye, reassure them that you will be back later for pick up time and step out of the classroom. An Educator will step in to make your child feel comforted and engage them in what is going on. It is important for your child to learn to trust and connect with the Educator.

7. Once you say good bye and leave the classroom, it is best not to come back in. If you keep leaving and re-entering the room, it will take even longer to soothe and calm your child.

Remember there will be good days and some more emotional days. Children are resilient and they will adjust to this new environment with time and patience. Once they connect with the Educators and recognize that they are safe and secure, they will blossom and strive.

We hope these tips can help with hard transitions and even emotional Mondays.
Ana, RECE Niketta, RECE PJ RECE and the Jr. Toddlers



Senior Toddlers

Hello Parents. We hope everyone is doing well and enjoying the summer time. Senior Toddlers are also enjoying summer by going outside twice a day for an hour each session. Senior Toddlers are encouraged to hold hands and using their walking feet that is a really great way to keep the Toddlers still for a moment when getting ready. Walking feet are always a reminder in the room because these Toddlers are always on the go but at Alpha, we know safety comes first.

Here are some fun activities that you can do with your children during summer outdoors:

1. Fly a kite (Choose an open field and run around with the children and try to get the kite up in the air)



2. Make a bird feeder together and place it outdoors together.
3. Feed the ducks (It's migrating season! All the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them!) Visit a Farmers market near you. (Pick out fruits or vegetables with your children to have for snack later!)
4. Get gardening! (Now is the time to start planting flowers in the yard. Your little ones will love getting messy in the fresh soil and being on garden hose duty.
5. Go for a hike! (What better way to explore the fresh outdoors than to go on a hike through a forest or trail?)
6. Wash your Car! (Choose the nicest



day to get the kids to help you out with cleaning up your family vehicle(s) on the driveway.)

Please feel free to speak with us if you have any questions or concerns about your child.

Until next time,
Chau RECE,
Harneet RECE
Ankita Assistant
and the Senior
Toddler Room



Senior Preschoolers

Hello again everyone! What a jam-packed couple of months it's been! We are so excited to be in a routine that is currently working for all of the children, and Educators. The Senior Preschool Educators would like to take a moment to welcome back Saanvi, and to welcome the new children and their families to our classroom! Welcome Jabir, Olivia, Kali, Warren and all of their families! We are so happy to have you join our Alpha Family!

At this time, we are happy to report that the children are all settling well, and are all starting to become more and more familiar daily. The Educators are finding it very helpful to use our picture pics to help the children become accustomed with our daily schedule, and any other assistance they may require.

The children have been busy enjoying the warmer weather and getting dressed quickly for outdoor discovery time. They love exploring the natural playground by sliding down the slide, digging in the sandbox, riding bikes and climbing up and down the wooden log steps. This is good because developing a love for nature and being outdoors is just as important



as being inside and exploring all the different learning areas in the classroom. When they are outside the learning areas are the same as indoors, as there is a creative area, sensory area (i.e the sandbox and waterpump), as well as little tables for cognitive and science. This is where they can enjoy building with small blocks or sorting small objects. Lastly, the areas on top of the hill, for the children to use their imagination skills to pretend to take on different roles on the natural playground and develop their small muscle, large muscle, balance, mobility, co-ordination, turn taking and sharing skills.

Since summer is finally here - and comes with that are lots of hot and sunny days that everyone looks forward to - we thought what better way to bring in these warmer months than with some easy, family friendly and fun activities for all families to enjoy. We hope you have a blast, and can't wait to hear all about it during circle time!

Some activities to enjoy this summer!

1. Have a picnic at the local park

2. If you have a pet make it fun by giving the pet a bath outside in the backyard with the water hose.
3. Have an outdoor game night. Set up a table outside with chairs and bring your game that you are going to play outside such as charades, Pictionary, Monopoly, uno, bingo etc.
4. Go to a local orchard and pick some fresh fruit. Yum!
5. Make a fairy house -Don't leave your local neighborhood fairies to fend on their own in this heat. Create magical tiny homes for your fairies out of stones, sticks and other found and recycled materials. For a little extra magic, add some sparkly gemstones, glitter or twinkle lights. These little paint-your-own fairy doors are adorable!

Resource: <https://runwildmychild.com/100-outdoor-summer-activities/>

Until next time -
Lynda RECE, Theresa Assistant & The Sr. Preschoolers



Special Events

Welcome to Summer Parents!

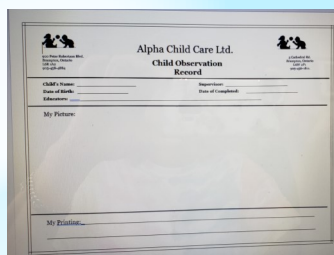
As we wrap up the school year, we hope that parents enjoyed our Preschool graduation. It was an amazing event filled with happiness and joy, yet sadness and awe as these once Infants grew up to become the wonderful Preschoolers they are, and now graduating to start a new chapter in kindergarten.

Congratulations to our 2022 graduates!

We also hope that parents enjoyed our Father's Day BBQ in the past month. It was a great turn-out, and it was so lovely to see our Alpha community get together for such a special occasion. The children seemed to have enjoyed spending time with both their Educators and parents.

There was a lot of great food, great people, and great conversations. Happy Father's Day Dads!

Last month, Educators were also working on your child's



COR document, which has already been sent out. We hope that parents have read and understood each section of your child's developmental progress in the classrooms. We have received great feedback so far, and will continue to accept any more feedback, concerns, questions, or suggestions as well.

As we now enter the summer months, here are a few dates to look out for:

- July 1st, 2022: Canada Day: Alpha is Closed
- August 1st, 2022: Civic Holiday: Alpha is Closed

Until next time,
Shivana RECE

Preschool/Kindergarten

Hello again everyone, it is hard to believe that another school year has come to a close and that we are beginning the summer months. The next few months will be very exciting for you and your children as they begin to transition to a new school.

Throughout the summer we will be reviewing our Jolly Phonics program as well as continuing with Handwriting Without Tears continue to practice and develop the skills they have been learning all year. We have been starting to introduce blending and sight word recognition to the children as part of the curriculum. Several of the children are already able to recognize a few words and they are all showing a interest in reading. A good way to promote this skill is to do lots of shared reading experiences with your child. We will continue to include a variety of books and stories into our daily curriculum, including beginning reader books for those children who are expressing interest in reading.

Another exciting curriculum in our classroom is that our Indigenous program with Wanda Curnew will be starting in person in July. We have been enjoying Wanda's virtual visits over the past year but the children are very excited to finally meet Wanda in person. Wanda will be visiting our classroom every other

Tuesday to share her culture with the children. This includes smudging, stories, songs and learning Ojibwa vocabulary. The program takes place from 9:00 to 9:30 which is our regular group time so it will be very important that the children arrive on time for this on these days. When children arrive after our group time has begun they are missing out on important learning opportunities and this will be good practice for those children who will be attending school in the fall as well.

With the summer months we like to enjoy a more relaxed schedule and spent as much time as we can outdoors. We believe that having fun and being outdoors is very important for our children's development and well being. We still need to remember that they need to keep their skills going for when they return from vacation or go off to school.

Here are some fun ways to encourage your child even while away from school:

1. Physical play, learn a new skill such as riding a bike, catching and throwing a ball, playing soccer or swimming

2. Fine Motor/printing, writing postcards while on vacations, drawing in the sand at the beach or in the yard with a stick, doing crafts such as beading or lacing

3. Literacy/Mathematics, trips to the library for books to read together, looking at the letters on licence plates while on a road trip, going on a scavenger hunt, playing board or card games together, collecting items of interest, shells, stones, sticks pictures etc., sorting and counting our collections.

4. Science, going on nature walks around the neighbourhood, looking up at the night sky to count the stars and look for constellations, going on a bug hunt, learning about an area of interest such as an animal your child might like.

These are just a few ideas for keeping learning going over the summer. We hope that everyone is able to enjoy some well deserved time off and has a fun and relaxing summer.

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



Junior Preschool

The weather is getting hotter by the day! (not that we're complaining ☺) We have made a list of fun things to do inside when it's too hot to go outside. We hope you enjoy them!

Easy Activities to do indoors:

1. Finger painting: Pull out some paint and construction paper and prompt your child to draw their favourite summer activity
2. Cardboard box: Let your child's imagination run wild!
3. Have a scavenger hunt around the house and come up with a list of objects to find
4. Play hide and seek

On the days it's not too hot, there are so many fun things to do outside:

1. Have a water balloon fight
2. Go for a hike
3. Go for a bike ride
4. Swimming!

Summer is a wonderful season to get active outdoors! Have fun playing in the sun and make sure to keep hydrated!
Cassie RECE, Kelly Assistant, Sandeep RECE and the Junior Preschoolers



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From Sheila's Kitchen

Hi, from Sheila in the kitchen! I do hope all is well with our wonderful Alpha families.

Currently, we are now on the summer menu and I will be serving your children lots of fresh fruits and veggies with dip, as well as healthy salads. On Fridays, the children will be having a picnic lunch. Educators will be taking the children outside to the playground some of the days to enjoy the fresh air and take-in the beautiful summer weather while having a genuine, nutritional picnic experience.

Here are a few quick and easy recipes that you call follow to help keep cool this summer:



Watermelon Pizza Pops: Carefully slice a watermelon into triangular pieces. Place a popsicle stick through the base of the watermelon slice. Place in a freeze safe container, freeze and enjoy!

Grape Ice: Wash a handful of grapes and place them into a freezer safe bowl. Freeze, and once frozen, enjoy them in a summer drink of your choice. The grapes will keep your drink cool and you'll also have a healthy treat to enjoy!

If you would like to share any summer recipes with us, please feel free to e-mail the educators. Hope you have a fantastic summer!

A Moment with the Manager

Now that the summer months are here I felt it was fitting to discuss with you the importance of taking your children on a vacation.

Just like you and me, everyone needs a break from their daily routine, even the children, as life in itself is stressful and exhausting. Sometimes we forget that being at child care all day, everyday is a child's work which can be full of frustration, challenges as well as many successes. Then in the midst of all that we rush them off each night to participate in some extra-curricular activity, whether it be soccer, swimming, hockey or dance. The children burn a lot of energy trying to meet all these expectations, therefore, children need time to relax, rejuvenate and enjoy life's little things, just as much if not more than we as adults do. So, this summer I encourage you to take your children on a mini vacation. Take advantage of the times when you can be with your children for extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child. It is important that your child see you letting your hair down and putting your feet up and relaxing in order for them to learn from your role modeling.

When planning your vacation involve the children in the planning process. Pick up brochures and schedules of the



places that you would like to visit or take a trip to the library to gather information on the places you might see while vacationing. Remember try not to plan too much as this can cause undue stress and fatigue.

Remember to always take your child's lead whenever possible. If they really want to just swim in the pool versus going to the museum, let them, both of you will have a much better time doing something that you want to do as opposed to something that you have to do.

Vacation time gives you ample time to build on the special relationship that you have with your child.

Remember relationships get strengthened tickling toes in bed just as often as they do from the many places that we may visit together. Have a great time with your child this summer and create some lasting memories that both of you will cherish for many years to come.

Until next time, my door is always open
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