



ALPHA CHILD CARE LTD.

July/August 2022 Newsletter

Word From The Office

Finally, summer has arrived, and we are so excited to have some summer fun with the children. June is always one of our busiest months, so we love to take some down time in the months of July and August before the new school year starts. With the hot summer days upon us, the Educators ensure to keep the children well hydrated while outside and take frequent water breaks while on the playground and encourage the children to play in shaded areas. To protect the children from the harmful UV rays, the Educators apply sunscreen to each child prior to going outside. It is important that your child has sunscreen with SPF 30 or higher. If your child does not have sunscreen, as per Alpha's policies, they will be required to wear a long sleeve cotton shirt while outside. The children must always wear a hat while outside again to protect them from the UV rays. If a heat alert has been issued, then the children will go outside before 10 am and will remain indoors the remainder of the day but this is at the Supervisor's discretion and Alpha will follow Peel Public Health's warm weather recommendations.

Starting on July. 8th, every Friday will be water play Friday (weather permitting) in which we set up all kinds of different fun, water activities on the front lawn. All of the children in the centre are outside together and get to play together! Please ensure your child has a bathing suit/water clothes, a hat, a towel, and water shoes (**no crocs or sandals allowed.**) If possible, it would help the Educators if you could bring your child in their water clothes and have a change of clothes in their cubby for after.

Now that COVID19 restriction have been lifted, we want to remind parents of our open-door policy. We love when parents come into the centre to engage with the children in the classroom. If you'd like to come in to read a story to the children or perhaps you would like to come in and talk about your career to the children, please reach out to Alicia to arrange a time to do so. Alpha promotes a family atmosphere and are always looking to engage with the families and community as much as we can, and this is a great way to do that!

Alpha has been partnered with The Indigenous Network and has been implementing their Journey Together with the Indigenous Child and Family Outreach Program for quite some time now. Throughout the pandemic, the session with our preschool children was a virtual session and we are thrilled that Wanda Curnew, an Indigenous Child and Family Outreach worker will now be coming into the centre to do the sessions in person. The Indigenous Network has designed a program whereby a team of Indigenous Child & Family Outreach Workers deliver culturally specific experiences geared towards children and families attending EarlyON and select childcare programs in Peel Region. The program is offered free of charge and will allow all children to experience and participate in Indigenous activities while building a general awareness about the Indigenous community.

The Educators will be taking some much-needed vacation time over the summer months so you will see some new faces covering their time off. We would like to welcome Harsimran, who will be joining our Sr. Preschool team and Terrance, who will be a Camp leader for the summer months and will be our new School Age Educator in September. We are asking that parents notify their child's educator and mark an "X" on the days/weeks that they will be away over the summer months. You will find the forms to do so posted outside your child's classroom.

If you are withdrawing from Alpha, we require 2 weeks notice in writing. If your child is joining the school board in September, we still require 2 weeks notice of their last day at Alpha or we will assume your child will be attending our Kindergarten program and you will be charged accordingly, this also includes subsidized families. Please be sure to inform Alicia in the office.

Alpha will be closed on Friday. July. 1st for Canada Day, Monday. August. 1st for the Civic Holiday and Monday, September. 5th for Labour Day.

Enjoy your summer,
Alicia Emond
aliciae@alphachildcare.ca
905-456-1811

Dates to Remember

Friday,
July
1/22
**CANADA
DAY**
Alpha is
CLOSED



Monday August 1/22
CIVIC HOLIDAY.
Alpha is closed

Looking Ahead
Monday September
5/22
LABOUR DAY. Alpha
is closed



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



Junior Toddlers

Hello families, welcoming you all to the months of July and August. Summer is singing with joy, and the beaches are inviting you with dancing waves.

To recap, last month we focused on goals to help our little ones on enhancing their self-help skills. The previous month we saw a lot of changes in our classroom. The Toddlers have been working hard to follow classroom routines and expectations such as putting on and taking off their own shoes independently.

The Educators will continue to implement more group activities to teach Toddlers the concept of sharing. Our other goal for the month is to introduce potty training by sitting the children on the toilet during diaper routines.

A friendly reminder to please remember to label your child's belongings as it is easy for things to get misplaced. We also ask if you can please ensure your child always has three sets of spare clothes in their bags as they like to get messy in the sensory bins and the sand box! Thank you!

Summer is a great time for picnics, here is an easy and quick recipe to make for a picnic snack. It can be more fun when toddlers help to prepare!

Broccoli & cheese frittata fingers:

INGREDIENTS

- 1/2 tbsp oil
- 75g / 1 cup grated courgette / zucchini
- 50g / 1 cup chopped broccoli
- 3 medium eggs
- 25g / 1/2 cup grated cheddar cheese
- 1 tbsp plain flour (can use gluten free or normal)
- 1/2 tsp dried mixed herbs or oregano



INSTRUCTIONS

1. Preheat to oven 180c / 350f. Grease and line a baking dish with parchment paper. 8in / 20cm square dish.
2. Heat the oil in a frying pan. Add the courgette and broccoli and fry lightly for 3-4 minutes
3. In a bowl mix the eggs, cheese, flour, and herbs together. Add the cooked vegetables and mix until well combined.
4. Pour this mixture into the lined dish and bake in the oven for 15 minutes.
5. Remove from the oven and allow the frittata to cool before cutting into fingers or squares.

Until next time,
Kim RECE and Piyush RECE

Senior Toddlers

Hello Alpha Families! Welcome to the months of July and August. I hope you are enjoying this warm weather. The sun is bright, and plants and trees are full of green leaves and beautiful flowers. We would like to welcome Isaac and his family to the Sr Toddler classroom.

We were very busy in the month of May and June as the Senior Toddlers worked on self help skills, toilet training, recognizing shapes, colours and letters. We will continue to work on these skills and refine their fine motor skills as well. The Educators will continue to provide activities in the classroom that will enhance fine motor skills such as lacing beads and using scissors to cut paper. At home, parents can provide cheerios and a shoelace and encourage your child to string the cheerios. The Senior Toddlers can also put their shoes on independently and we are asking that parents encourage this at home as well.

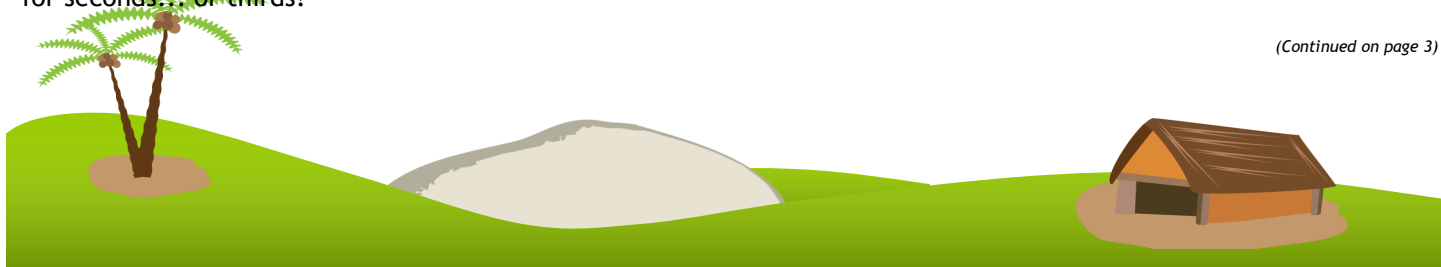
We wanted to share with you various celebrations happening on July 1st for you and your family to enjoy;



Canada's Wonderland Included with Park Admission

Canada's birthday celebration, showcasing live music, authentic Canadian food, street performers, and more! Canada's Wonderland has the biggest Canada Day celebration in the Greater Toronto Area, don't miss it! the celebration with a bang on July 1 and their spectacular Canada day fireworks display. Grab a drink and join the festivities in Frontier Canada, enjoying some toe-tapping live music and bands. Live entertainment takes to the stage every day and street performers regularly roam the festival. Be sure to watch the West Coast Lumberjacks put their skills to the test, including axe throwing, wood carving and more! Indulge in delicious Canadian foods, including Beef Sliders, Mac n' Cheese, and Peameal Bacon Sliders as well as Canadian drinks like the classic Caesar. Plus, it would not be a true Celebration Canada without one of our most iconic dishes... Poutine! Delicious fries topped with soft cheese curds and mouth-watering gravy. You'll want to come back for seconds... or thirds!

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Senior Toddlers cont'd

Canada day celebration at Chinguacousy Park Brampton



Superior Events Inflatable Zone



Retail Zone



Chinguacousy Swing Orchestra



Food Zone

Mississauga Canada Day Celebration at Square One

Start Date: July 1, 2022

End Date: July 1, 2022

Price: Free

Address: Celebration Square, 300 City Centre Dr, Mississauga

Celebrate Canada Day from in the heart of Mississauga with live entertainment, food trucks, and a spectacular fireworks finale!

Featuring Canada's most inspiring breakout artist, JESSIA along with multi-platinum performer, Elijah Woods, Mississauga sensation, Junia T, Hip Hop star, Zach Zoya, and Juno-winning artist TÔME. Join the rest of the city for an unforgettable evening.

Who is it for?

All ages - Family

Free Event

Canada Day: Friday, July 1, 2022 | 4:00 p.m. to 10:30 p.m.

Fireworks at close

Venue:

Celebration Square, 300 City Centre Dr, Mississauga, ON L5B 3C1

Wishing you all the very best and lots of fun!

Manpreet Bahra (RECE) and the Senior Toddlers



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

Mary Soundy RECE, B.A.

Manager

905-458-4884

marys@alphachildcare.ca



Ida's Kitchen

Greetings from Alpha's kitchen

Hope you and your family are keeping safe and enjoying this beautiful Spring weather we've had. As summer is soon approaching I would like to share a fresh salad recipe that I'm sure everyone will enjoy.



****Watermelon, Ingredients** Black olive and feta cheese.**

- 1 small red onion diced
 - 1 lime juiced 2 if small
 - 6oz of feta cheese crumbled
 - 1 medium size watermelon
 - Cut Into cubes -keeping the outer shell to serve the salad in
 - 1 teaspoon fresh chopped parsley
 - 1 few fresh mint leaves
 - 2 tablespoons of olive oil
 - 1/2 cup pitted Kalamata olives
1. In a large bowl toss onion with lime juice and oil
 2. Let sit for 5 minutes
 3. Then add all other ingredients and hand toss gently be careful not to break watermelon pcs.
 4. You can add some fresh ground black pepper to your taste.
 5. Present it In the watermelon shell looks so Inviting.
 6. Taste best when made fresh and served. Enjoy

On May 24th we introduced our summer menu, and all the children are enjoying the new recipes.



The garden has been planted on the playground and we hope to get some wonderful fresh produce that we can share with the children.

Best wishes to all the families and all the graduating students.



Enjoy this wonderful season

From Chef Ida

Junior Preschoolers

Welcome the months of July and August, we have been very busy and enjoying the outdoor discovery time. The Jr. Preschoolers have been developing their gross motor skills as they push the wheelbarrow, pull the train wagon, peddle the tricycles and especially the taxi bike. Also, they have been observing different types of bugs and how they crawl.

Here we have some ideas to visit places in Brampton to spend summer break.

Chinguacousy Park

This park is filled with great facilities like tennis courts and tropical gardens, and a greenhouse. They also have a Carousel and Train Rides, Paddle Boats, Petting Zoo, Pony Rides, Mini Golf, Splash Pads, and many more great activities for the whole family.

Open. Amenities available vary depending on COVID-19 restrictions.

8520 Creditview Road, Brampton

Free activities vary.

Enjoy a Hot Summer Day at Professor's Lake

Professor's Lake offers a beach, slide, water activities like paddle boating and canoeing and lots of other fun stuff! Pack a picnic to spend the day with the family.

Camp in your backyard

Enjoy the weekend camping at Indian Line Campground. Spend some time at the swimming pool, children's area, go cycling, hiking, canoeing or play your favourite sports for a fun-filled weekend.

Across Brampton

Free.

Go Horseback Riding



(Continued from page 4)

Junior Preschoolers

Visit [Claireville Ranch](#) and go on a relaxing and peaceful journey on horseback. They offer one hour trail rides that take you through woods, streams, fields and hills.

Weekends.

Claireville Ranch

8742 Claireville Conservation Rd, Brampton

\$50.00 per person

Wet 'n' Wild

Try out Canada's longest bowl water slide, blast through adventure slides, try out mini slides, spray toys, a tipping bucket, and gallons of kid-sized fun await you [in this ultimate family oasis](#).

7855 Finch Ave W, Brampton

\$32.95 to \$45.95/person +HST

Go Fishing

Do you know that you can fish for free without a license during National fishing week?

Loafers Lake, Etobicoke Creek, Heart Lake, Professor's Lake, West Humber River,

Levi's Creek are all great places where [you can cast a line in Brampton](#).

Waterbodies in Brampton

Free

Historic Bovaird House

Experience yesteryears at Brampton's only heritage residences open to the public.

Travel back in time and experience the charm of a bygone era at [Historic Bovaird House](#).

563 Bovaird Drive E, Brampton

Brampton

Free

Test your monkey skills

Test your monkey skills, maneuver across swaying logs, scramble along with cables above the forest floor and maybe even bring out your inner Tarzan at [Treetop Trekking](#).

Open Throughout Summer.

10818 Heart Lake Road, Brampton

\$30 to \$64

Immerse in nature at Heart Lake Conservation

Enjoy outdoor fun with the beauty of nature as your backdrop at [Heart Lake Conservation Park](#). From learning to fish in the lake or frolicking at a pool and splash pad to Watershed Tree Caching, and boating, there is plenty to do at this TRCA managed park.

Open Throughout Summer.

10818 Heart Lake Road Brampton

\$4.05 to \$6.75; Activities vary.

Pick Your Own Strawberries

Pick your own strawberries, apples and other produce at [Big's Apple Farm](#).

Open daily during Summer

8674 Heritage Road

Brampton

Free

Explore Brampton's Trails

From Esker Lake Recreational Trail that takes you through Brampton's parks, green spaces and conservation areas to Chinguacousy Trail, there are plenty of [natural spaces in Brampton](#)

Spray Pads / Outdoor Pools

Enjoy the various free spray pads and pools around the city like Peel Village spray pad and Batsman Park. Also, check out all [the spray pads and pools around Brampton](#).

Gage Park serves as a multi-functional park that provides recreational opportunities all year long. It is located in downtown Brampton, at the southwest corner of Main Street South and Wellington Street West. For more information you can go online.

Hope everyone has a fun filled summer!

Until Next time,

Kulvinder RECE and Jr. Preschoolers



Senior Preschoolers

Hello, Sr. Preschool families, welcome to the months of July and August. We hope you all enjoyed our Spring concert and Graduation.

In the Sr. Preschool classroom we are working with our children to give their peers personal space and keep their hands on their own bodies. We are encouraging them to use their words and not their hands. We are also working with the Preschoolers to recognize letters and print their own names. Most of the Preschoolers will be graduating and moving on to their next journey. We will miss them and wish them the best of luck.

Summer is finally here! The Preschoolers are excited to have a fun summer doing some fun activities such as picnics, nature walks and most of all every Friday we will be having water play. Please ensure your child has a swimsuit, water shoes (no open toe sandals, crocs, or flipflops), towel, and an extra hat.

We hope everyone is looking forward to the beautiful days and nights and quality time with your families and friends.

Here are some summer safety rules:

Summer water safety

- Children should always swim under the supervision of a grownup.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
- Make sure children swim only in areas designated for swimming.
- Encourage children to:
- Check with the lifeguard to find out how deep the water is.
- Never go near or in water without an adult present.
- Have a swimming buddy.
- Never jump or dive unless the lifeguard or a grown-up says it is okay to do so.
- Get out of the water right away if you hear thunder or see lightning.



Preventing Heat Strokes

- Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.
- Always lock your doors and trunks - even in your driveway.

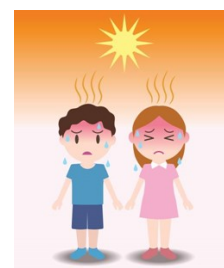


Hotel safety

- Choose a hotel/motel that is protected by both smoke alarms and a fire sprinkler system.
- When traveling pack a flashlight with you.
- When you check in, ask the front desk what the fire alarms sound like.
- Locate the fire alarms on your floor.
- When you enter your room, review the escape plan posted in your room. If it is not available contact the front desk immediately.

Just a reminder to please ensure your child has a hat, outdoor shoes, and a light sweater when it is cold outside and please label your child's belongings.

If you have any questions or concerns, please feel free to ask Sarmini, Raman or Simran in the Sr. Preschool classroom or Alicia and Sam in the office. We are always here to help!



Until next time,

Sarmini RECE, Ramandeep CYCW, Harsimran RECE and the Sr. Preschoolers



Summer Campers

School's out for summer! We would like to start off by thanking all our children and their parents for a **great** school year! We sadly had to say bye to Thomas last month as he moved to Prince Edward Island with his family. Thomas will be missed by everyone, and we wish him all the best!

Our Summer Camp leaders this year will be Sam, Jen, and Terrance. We would like to remind parents to please ensure your child has these items **every day** - sun hat, water bottle, sunscreen, water play clothes (**CROCS, FLIP FLOPS & OPEN TOED SHOES are not permitted**), and a healthy lunch. Please also remember to label your child's belongings as it is easy for things to get misplaced. We are looking forward to a fun-filled, busy summer with lots of activities and trips planned.

Here are some fun local activities you can do with your families this summer!

Summer Movies Under the Stars:

Bring your blanket or lawn chair to **FREE** family-friendly outdoor movie screenings at [Chinguacousy Park](#), [Mount Pleasant Square](#), and [Garden Square](#). Movie season runs from **June 16 to September 1**. All show times begin at 7 PM. Here are the showtimes for the **Garden Square** location (Downtown Brampton, 12 Main St N)

Date	MovieTitle
June 16	Stars Wars: Episode IX - The Rise of the Skywalker
June 23	Frozen II
June 30	Shang-Chi and the Legend of the Ten Rings
July 7	Luca
July 14	The Lion King
July 21	Sing 2
July 28	Trolls 2: World Tour
August 4	Sonic the Hedgehog
August 11	Dolittle
August 18	Avengers: Endgame
August 25	Encanto
September 1	Spider Man: No Way Home



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jennifern@alphachildcare.ca

Summer Campers

Splash Pads:

Open 9 am - 9 pm daily, weather permitting. Please refer to the City of Brampton website for more information and updates.

Location	Address
Andrew McCandless Pak	450 Elbern Markell Dr
Batsman Park	389 Father Tobin Drive
Brampton Soccer Centre	1495 Sandalwood Parkway East
Cassie Campbell Community Centre	1050 Sandalwood Parkway West
Century Gardens Recreation Centre	340 Vodden Street East
Chinguacousy Park	9050 Bramalea Road
Chris Gibson Recreation Centre	3125 McLaughlin Road
Creditview Sandalwood Park	Southwest corner of Creditview Road &
Dixie Sandalwood Park	10600 Dixie Road
Gage Park	45 Main St South
Jim Irons Park	On Terrick Road, south of Truro Circle
Komagata Maru Park	Northeast corner of Bramalea Road & Black-
Michael Murphy Park	Southwest corner of Squire Ellis Drive & Martin Byrne Drive
Peel Village	29 A Hartford Trail
Teramoto Park	Northwest corner of Chinguacousy Road & Queen Street

We would like to end of by letting our families know that our door is always open! Wishing you all a great summer!

Your Camp leaders,
Sam, RECE Jen Assistant, and Terrance RECE

