



September/October 2022 Newsletter

Word from the Office

Welcome to all our new families who are joining us or have joined us over the summer months. I know working as a team we will be able to provide the best possible program. If you have any questions at any time or just want to stop by my office and say hi please feel free to do so.



Alpha believes in taking learning outdoors and views the outdoors as a great learning opportunity for the children. All the children will be spending one hour in the morning and one hour in the afternoon outdoors on our natural playground. It is important that the children have appropriate clothing in order to enjoy and participate in the activities set up for them. In the fall the children will need a pair of puddle/rain boots, splash pants, a jacket preferably with a hood attached or have a warm hat to cover their ears and a pair of gloves as the weather becomes cooler towards October time. Please be sure to label each piece of clothing with your child's name and or initials to ensure that all clothing are placed in the proper cubbies.

As per the Ministry of Health's announcement last week there is no more isolation if your child is demonstrating COVID symptoms. We still encourage parents to do the online screening test each morning before coming to the centre. If your child has a fever or is vomiting or has diarrhea your child will be excluded from Alpha for 48 hours or longer. If your child is not feeling well with other symptoms we do ask that your child does not attend Alpha for at least 24hrs. Alpha's new policies will be emailed to your shortly. Please watch your email for the updates.

We have had to say goodbye to one of our Educators over the summer months. Loveleen has decided to take her career in another direction. We wish her all the best in her future endeavours.

MEET OUR EDUCATORS

Greg Humphreys B.A. Carol Young	Owner/Operator Office Manager
Mary Soundy RECE, B.A. Patricia Andrade RECE	Manager of Operations and Development Supervisor
Areanna Jacobs RECE Smiledeep Kaur RECE Fowsio Hussein RECE P.J. Hehar RECE	Infants Lead Educator Infants Infants Infants
Ana Pavao RECE Niketia Panchoo RECE Trinh Pham RECE	Junior Toddlers Lead Educator Junior Toddlers Junior Toddlers
Ipsita Mukerjee RECE, B.A. Janice Thompson-Nelson Harjeet Kur RECE	Intermediate Toddlers Lead Educator Intermediate Toddlers Intermediate Toddlers
Chau Pham RECE Harneet Mahey RECE Ankita Saini	Senior Toddlers Lead Educator Senior Toddlers Senior Toddlers

September/ October Dates to Remember:

Mon Sept 5th –
Labour Day
Alpha closed

Tues Sept 13th
– Alpha's
Annual Corn
Roast 4:30pm –
6:30pm

Mon Sept 19th
– Fall/Winter
Menu starts

Sun Oct 2nd –
CIBC Run for
the Cure

Friday Oct 7th –
Thanksgiving
Luncheon

Mon Oct 10th –
Happy
Thanksgiving
Alpha Closed

Thurs Oct 13th –
PAC Meeting

**Thurs Oct 27th
& Fri Oct 28th** –
Picture Day
(Classrooms
TBA)

Mon Oct 31st –
Happy
Hallowe'en

Word from the Office cont'd

MEET OUR EDUCATORS

Lynda Leroux RECE
Kelly Braga
Sandeep Kaur RECE

Junior Preschool Lead Educator
Junior Preschool
Junior Preschool

Theresa Rampat
Harnoorpreet Singh RECE

Senior Preschool Lead Educator
Senior Preschool

Shivana Seedeyal RECE
Komalpreet Jhawar RECE

Preschool 3 Lead Educator
Preschool 3

Jacqueline Woods RECE
Jesse Godin OCT

Pre/Kinder Lead Educator
Pre/Kinder

Parminder Bains
Ann Brennan
Darpan Hans RECE
Jennifer Morrison

Ratio Support Educator
Ratio Support Educator
Ratio Support Educator
Ratio Support Educator

Sheila Jenkins

Chef

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

Like us on Facebook



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.



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

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 sit on an advisory panel for our local child care system and often counsel other child care owners and managers with their challenges. 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 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

Welcome to the Alpha Family!
Greg Humphreys, Owner

Smiledeep Kaur Brar

Hi, my name is Smiledeep Kaur Brar. I am a RECE and I completed my Early Childhood Education diploma of 2 years at Northern College of Applied Arts and Technology from Toronto in 2021. I have been working with children for 6 months.

Because I feel that a child's education is the most valuable thing in the world, I have decided to make early learning my life's work. Knowledge is power, and I believe that the earlier a child

acquires it, the better. To me the most amazing thing is to see or hear one of your students apply the skills that you have taught them and see the excitement on their face.



In my free time I love to read books and listen to music. I like to devote my time to observe the things around me and try to learn something new from them.

Smiledeep Kaur RECE

Patricia Andrade

Welcome everyone, my name is Patricia Andrade and I the Supervisor at the Peter Robertson location.

My journey began in September of 1999, and I have been with the company since then as a Registered Early Childhood Educator. I have worked with all age groups including School Age children during the summer camp program. In 2008 I became the assistant Supervisor and then transferred to

the Cathedral location as Supervisor in July 2015. I have returned to my home base at Peter Robertson in July 2021 as Supervisor and I am back working along side my greatest mentor,

Mary Soundy who has taught me everything I know.

During my spare time I like to spend time outdoors and try to explore new adventures

especially during the summer months. I love to try new food experiences and try new restaurants to stimulate my taste buds. I also enjoy reading a good book on a comfy coach or in the shade when outdoors!

I look forward to meeting you all if I haven't met you yet and my goal is to ensure that all children are exposed to a nurturing, inclusive and rich environment during their time at Alpha!

Patricia Andrade RECE,
Supervisor
patriciaa@alphachildcare.ca



Mary Soundy

Hi, 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, staff 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 childcare centres before joining Alpha in 1988. Alpha Child Care has given me many opportunities to grow and develop as I have advanced from Educator to Supervisor to Manager in the thirty-four years that I have been employed with the company. When first joining the Alpha, 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 of 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 childcare toys and equipment as well as other agencies associated with the childcare field try to reach out to all childcare centres to inform them of their purpose.

I also attend the monthly SPRING meetings which keeps everyone in the childcare field abreast 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 childcare 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 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 KW HAB organization in Kitchener Waterloo.

I look forward to working with all the Alpha families and if you have questions or concerns, please feel free to approach me at any time.

Mary Soundy RECE, B.A.
marys@alphachildcare.ca



Infants

Welcome to all the new children and parents/guardians to Alpha. Time flies by so fast and we can't believe that another school year is about to start. Hope everyone had a good summer.



room. This year, we would like to welcome our two new Educators Fowsio and Smiledeep to the Infant team.

The Infant room is usually busy since each child will have their own schedule depending on their age. To help with the smooth transition, please communicate with your Educators about your child's routine and any

changes that the Educators need to know about your child. We do encourage parents to label all items that belong to your child so that it will be easier for the Educators to differentiate since many children tend to have the same shoes, bottles, blankets, and clothes.

If you have any concerns, feel free to ask our team. We are so happy to answer all of your questions that you may have.

Areanna RECE, Smiledeep RECE, Fowsio RECE, PJ RECE and the Infants

Pawanjot (P.J.) 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 over 5 years ago; however, I had previously worked with Alpha as a supply Educator 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 Educator. 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, repelling, 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.

Fowsio Hussein

Hi, my name is Fowsio Hussein, I recently joined the Alpha Team and it has been great! I'm an Educator in the Infant room.

I graduated from Mother Craft College and I have four years of experience working with children and parents.

In my spare time I enjoy reading, baking and spending time with my family.

I am excited about working with all of you and being a part of your children's' learning. I am looking forward to making your experience comfortable and easy for you and your child in the center.

Thanks,
Fowsio Hussein, RECE



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 for me the importance of using meditative practices from a young age. Another interesting fact about me is that I have been a vegetarian for over 28 years!

I am so grateful to be part of the Alpha Child Care community and

Special Events

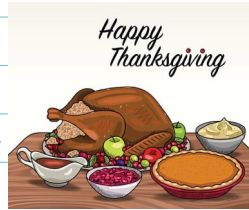
On Monday September 5th, Alpha will be closed for Labour Day and resume to it's regular hours of operation on Tuesday September 6th, 2022.

On Tuesday September 13th Alpha will be hosting our Annual Corn Roast, which will take place in the atrium from 4:30pm – 6:30pm. This will be a time for families to spend some quality time with your children and meet your child's Educators in the classroom. Alpha will be providing hotdogs/veggie dogs, corn on the cob, popcorn etc. Alpha will be accepting donations to help us raise money for Breast Cancer Foundation. Alpha will be participating in the Run for the Cure on Sunday October 2nd, please join "Alpha's Caring Hearts" at the Powerade Centre in Brampton. Please see Kelly in the Jr. Preschool classroom as she is Alpha's Team Captain. We

are excited to share that this year's Canadian Cancer Society CIBC Run for the Cure will return as an in-person event. When you join or support the CIBC Run for the Cure, you help provide hope to all Canadians impacted by breast cancer. Your support helps thousands of people get to their breast cancer treatments, provides more than 3,100 wigs, headwear, and breast prostheses, provides

community and support through their peer support programs and it funds Canada's best breast cancer research. With your support, we can show Canadians affected by breast cancer that they're not alone.

Friday October 7th, is our Annual Thanksgiving Luncheon starting at 11:30am in the atrium. Sheila our amazing Chef will be hosting our feast this year, preparing turkey, potatoes, gravy, buns, salad, stuffing, tarts etc. The children will be excited to sit together in the atrium as a large family to celebrate all the things we are thankful for! Alpha is thankful already for the bounty foods we eat daily!



Monday October 10th Alpha will be closed for Thanksgiving Day and we hope you enjoy your time with family and friends!

Thursday October 13th is Alpha's first Parent Advisory Committee (PAC) virtual meeting starting at 7pm – 8pm. These meetings consist of parent representatives from each classroom to voice any areas of interest, concerns and new ideas for improvement in quality at the centre. The PAC team will sit in on monthly virtual meetings and get information on what is happening within the centre. Greg Humphreys

sits in as owner, Mary Soundy as Manager and Patricia Andrade as Supervisor. If you are interested, please let Patricia know in the office to ensure you are added to the team.

On Thursday October 27th and Friday October 28th, Picture this Image will be returning for Alpha's annual photo shoot. Your child's Educators will notify you what day your child's photo will be taken. Please have your child wear bright colours to get the best quality in the photos.



On Monday October 31st, 2022, Alpha will be trick or treating within the centre and having a Halloween party in the classroom. Please speak to your child's Educators if you have any questions or feel free to speak to your Supervisors in the office. Just a reminder if you are bringing in treats, please ensure they are **NUT FREE** this includes any items that read; May contain traces of.....these items will also not be served at Alpha, due to life threatening allergies/

Until next time my door is always open

Patricia Andrade RECE
Supervisor

Areanna Jacobs

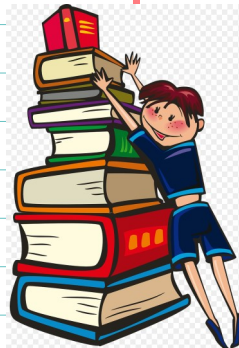
Hey everyone, I hope everyone had a safe and healthy summer.

My name is Areanna Jacob, I've been working at Alpha for about 5 years. I started in the Intermediate Toddler room, to Jr Preschool and now Lead Educator in the Infant Room.

In my spare time I really enjoy painting/drawing, doing puzzles, listening to music and spending time with my loved ones.

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

Areanna Jacobs, RECE



Trinh Pham

Hi everyone! My name is Trinh. I graduated from Sheridan College 3 years ago. It has been a good journey since joining the Alpha family. I have learned lots of new things from my energetic and supportive coworkers.

Going hiking is one of my favourite activities to do in the summer time. I find it's so relaxing and calming when I surround myself in nature and enjoy the fresh air.

I've been working with the Infants for three years and I must admit that seeing them smile makes me feel joyful and happy.

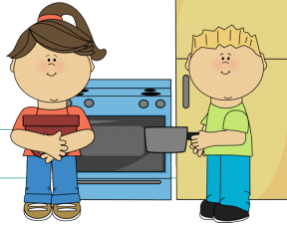
My first priority when it comes to working with the children is how to make them feel comfortable with the new environment as well as transitions. I believe that the children can develop and grow faster and better in all aspects when they receive the best support.

I now look forward to working with the Junior Toddler children.

Trinh Pham, RECE

Junior Toddlers

Hello again everyone, welcome to the Jr. Toddler room, where you will find Ana, Niketta and Trinh. It was a busy summer filled with fun as we explored nature indoors and outdoors. We welcomed new children and families to our classroom and are so happy to see how the children have adapted and transitioned so well into their new routine. We are so thrilled to meet and work with the children that will start in our room and at Alpha this fall.



The children are always busy looking at different types of books in the book centre, building tall towers with blocks in the block centre and dressing up or cooking lunch for their peers in the dramatic area.

These experiences build important social, language and problem-solving skills.

Along with these, the Educators are always working on the children's self-help skills, such as dressing and undressing on their own (putting on shoes, hats, sweaters)

and feeding themselves. Practicing these tasks at home by doing hand over hand to help your child take off their shoes or put on their hat will further develop their self-help skills as well. Working together we know that we can help the children develop new skills and keep building on their autonomy.

Please feel free to come to us anytime with questions or concerns, we are always here to listen and help.

Ana RECE, Niketta RECE, Trinh RECE and the Jr. Toddlers

Ana Pavao

Hello everyone, my name is Ana and I work in the Jr. Toddler room with Niketta. September will mark 8 years that I have been with 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 so rewarding.

I live here in Brampton with my husband, our 3-year-old daughter and our dog Gunner. During our free time we enjoy taking walks together especially to the park!

I am excited for the year ahead which I know will be filled with lots of adventures and fun!
Ana Pavao, RECE



Niketta Panchoo



Hi everyone! My name is Niketta and I'm a Registered Early Childhood Educator working in the Junior Toddler room.

I graduated from Humber College and I've been in the ECE field for nine years, and currently with Alpha for four of those

wonderful years and many more to come.

I enjoy cooking, reading, dining-out and spending as much time as possible with my little guy. I am beyond excited and I can't wait to meet your little ones and the wonderful parents behind their existence.

Niketta RECE

Harneet Kaur Mahney

Hello everyone, my name is Harneet Kaur Mahey, and I am a Registered Early Childhood Educator in the Senior Toddler room.

I graduated from Sheridan College with High Honours in May 2022 and joined Alpha in August 2022. I enjoy working with children by engaging with them, as it is really gratifying to witness their development, while learning from them throughout the journey.

In my free time, I enjoy listening to music, dancing, and going for long walks.

I look forward to seeing all the wonderful families and children this year ahead.

Harneet Kaur Mahney, RECE



Senior Toddlers

Hello and Welcome to all the new children and families to Alpha. The Senior Toddler room is looking forward to having a great time with all of you.



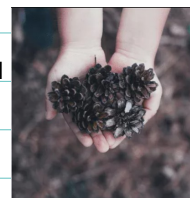
forest floor, going for a walk in the forest is one of our favorite autumn activities. It's pretty, perfect for photos (try tossing some leaves in the air and taking a pic just at the right time) and your kids will love jumping in the leaf piles.

probably raining. The plan? Grab your blankets, snuggle on the sofa and watch a film together as a family. Share the snacks round, or order a takeaway, and you've got the perfect night in together

In Senior Toddler room our Educators encourage the children to be more independent by dressing themselves, such as putting shoes/jackets/hats on and off. Also, we encourage the children to help their peers, in order to help them develop social and emotional skills.

2. Go to a harvest festival. Celebrate the best of homegrown fruit and vegetables at a harvest festival. With food, farming demonstrations and loads more family fun, it's great for the whole family

5. Collect pinecones. Pinecones fall in autumn, and just like acorns, are a great thing to collect on your next outdoor adventure. Pinecones make great decorations and can be used for printing too



This is the beginning of autumn. It's the time of year when the leaves begin turning a rainbow of colors. Hence, there are some fall activities that you can do with your children during this season:



3. Jump in a pile of leaves. Sometimes it's the simple things that bring the most fun, like jumping in a crisp pile of autumn leaves! Head to your local park, or even your back garden, to create your own leaf piles.

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

1. Go for a walk in the forest. With a carpet of red, yellow and orange leaves spread across the

4. Host a family movie night. It's cold, dark and



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

Chau Pham

Hello! My name is Chau Pham. I graduated from Sheridan College with my Early Childhood Education Diploma in 2018. Then, I had a wonderful opportunity to work at Alpha in July of 2018 and this is my 4th year at Alpha.



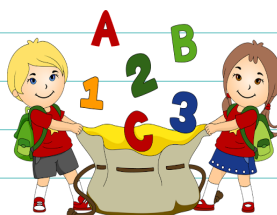
My interests are cooking, baking and hiking.

I am an Educator in the Senior Toddler Room with Harneet and Ankita. Working at Alpha has given me lots of opportunity to learn and experience new things. I believe that every child is unique and should

be given opportunities to thrive in a happy and healthy environment. My goal as an Educator is to provide a quality and rich environment for children to stimulate the children's exploration, creativity and confidence. Also, I will try my best to fulfil my duty in helping the children feel happy and comfortable when they are with me.
Chau Pham, RECE

Ankita Saini

Hello everyone! I am Ankita Saini. I graduated as an ECE from Brisbane, Australia in 2016 and have been working in the Early Childhood Education field for more than six years in Australia and presently I am working with Alpha Childcare, in the Senior Toddler room.



I was born and grew up in India and married a Punjabi Boy. I have two kids, a beautiful girl and a handsome boy. I recently moved to Canada three months ago and I am still settling into the new environment.

I enjoy working with children as they teach us to stay happy and smile in all the situations. I aim

to provide a loving and nurturing environment to ensure that the first step away from family into childcare is a smooth transition.

I believe in providing care full of love, cuddles and laughter. My hobbies are listening to music and cooking.

Ankita Saini RECE

Intermediate Toddlers

Hello everyone. Welcome to another school year. We hope you had a wonderful summer filled with many adventures, fun and relaxation.

The Intermediate Toddlers have been very busy exploring their interest areas from dinosaurs to magnets. As they transition from the Junior Toddler class, they continue to develop more self-help skills and have been doing well with transitions and routines. It is often difficult establishing and maintaining routines for toddlers but here are some pointers as we venture into September:

Why is a



morning routine important?

A morning routine is important because it sets the tone for how your day will progress. It is important to establish a morning routine as early as possible because it teaches toddlers responsibility and instills a sense of self-reliance, competence, and personal control over their morning activities. The morning routine in itself makes them feel more in control of a situation. A morning routine can help toddlers socialize better with other children in

childcare, kindergarten, or preschool. Since a routine will give them some idea of how their morning is going to be... they will have more confidence when walking into their

school knowing what to do next. A confident child will perform better academically. When toddlers start their morning routines early on, they are better prepared for the day. They know what to expect, which can help ease morning stressors. Routines set children up for success and can help make transitions smoother (transitions to kindergarten, adolescence, etc). Their behavior is more positive when they are in control of their morning.

One of the benefits of having a morning routine is that it allows toddlers to begin doing things on their own. This helps them develop a sense of independence. Independence provides them with a sense of accomplishment and

(Continued on page 9)

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, Senior Toddler and now I'm in the Intermediate Toddler. 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 team functioning 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 19 years and I am a mom to a 5 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 Mukerjee, RECE

Harjeet Kaur

Hi, My Name is Harjeet Kaur. I have recently completed my Early Childhood Education Diploma (2 Years) from the Northern College of Applied Arts and Technology. I am So Excited to be the third Educator in the Intermediate Toddler's classroom.



are traveling, painting, dancing and singing.

I LOVE working with young children because they represent hope and the future to me and I feel that I'm making a difference in their lives while working

with them. To me, children are like a fountain of joy and I can never get enough of their lovely and truthful personalities. I find children refreshing, and stimulating, and

they keep me grounded. I want to help them grow, develop and protect them from any harm as best I can and give them a chance to prosper. I believe in teamwork and communication is the most important quality in a team environment. Without communication with both Educators and parents, it would be very difficult to run a successful child care center.

Thanks for reading a little bit about me.

Harjeet Kaur, RECE

I immigrated to Canada last year and back home I have my parents and my elder sister. My hobbies

Intermediate Toddlers cont'd

(Continued from page 8)

boosts their confidence. As they gain independence, this also gives parents more morning time to do what they need to do.

The Educators look forward to many explorations, fun and laughter. We also look forward to



building great relationships with our wonderful families.

We are always here for you.

Ipsita RECE, Harjeet RECE, Janice
Support Educator and Intermediate
Toddlers

Janice Thompson-Nelson

Hi I am Janice and I am from the beautiful island of Jamaica and have been in the education field for the past Twenty years, with a Bachelor's degree in Primary Education and Guidance and Counseling.

My family and I migrated to Canada five years ago and I



have been at Alpha for approximately four years as I have a passion for Early Childhood learning. I enjoy reading, cooking and listening to music. I am married and the mother of two beautiful children.

I look forward to making great memories and experiences with our Toddler family.

Janice Thompson-Nelson, Support Educator

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.



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

Ann Brenna, Support Educator

We're on the web
www.alphachildcare.ca

Parminder 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 Educator team, and as of December 2008 I have been working as a member of the full time Float Educator.

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

I am the proud grandmother of two sweet granddaughters the eldest who is turning 3 this fall, and youngest who just turned one this summer.

My hobbies include

painting, gardening, knitting and of course spending as much time as I can with my Grand daughters. 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.

Parminder Bains, Support Educator



Junior Preschoolers

Welcome everyone to another school year. Hope all the new and returning children and beautiful families continue to stay safe during this whole year.

We would like to introduce our classroom; we are known as the Junior Preschool group and the age of the group will range from 2.5 to 3 years old. In Junior Preschool we will continue to provide all the necessary academics needed to prepare the children to develop their skills, this would include the Hand Writing Without Tears program, Jolly Phonics program, math, science experiments, Second Step Social program and many more activities which will help them to learn more to increasing their knowledge.

Hand Writing Without Tears program help the children to hold a pencil correctly and with control to create various lines and strokes.

Jolly Phonics allows them to identify their letters as well as they learn about the sound of all letters so it will help them to print the first letter of their names.

We will also help them to learn about basic math skills such as identify numbers, rote counting, simple to complex puzzles. In science we will facilitate various experiments that will help the children to continue to learn through hands on

In our curriculum the children will learn about manners, emotions, social interactions, problem solving and many more steps from the Second Step Social program. In the classroom the Educators always help the children through their transitions like toilet training, self help skills to dress and undress themselves and feed themselves in order to develop independence.

The Educators are eager to work alongside with parents and children who are already in this class and we welcome all the children moving into our classroom as well as new children to the centre. We can't wait to see you and working with you and your child to grow with in our classroom.

Sandeep, RECE, Kelly Assistant Teacher, Lynda RECE, and the Junior Preschoolers



experiences.

Kelly Braga

Hello Families of the Jr Preschool classroom and Alpha. My name is Kelly and I am an Support Educator. To some I am a familiar face, you have seen me here for many years. To others I am a new face, don't be shy to say hello and have a conversation, I would love to hear

your story.

I am an energetic, fun person, who loves to try new things. On my free time I enjoy catching up on Marvel shows and movies, drawing, painting and keeping my health in check with nature walks and hitting the gym.

Alpha has been my career for many years, I have met so many

families and made many friendships along the way. Alpha and the children have taught me many life and personal lessons, and have made so many memories. It is great to work with such amazing people and Educators for so long.

I cannot wait to meet all the new children and their families, see you all soon!

Kelly Braga Support Educator



Sandeep Kaur

Hello everyone, my name is Sandeep Kaur. I am a mom of one child and I am a one of the Educators in the Junior Preschool.

I came abroad in 2017 as a student and I pursued my diploma in Early Childhood Education from Pures college of Technology in June 2019. I started working as an Educator in August 2019. I have almost 3 years experience in this field and I started my work with Alpha Childcare in the beginning of this year, February 14, 2022. My experiences with Alpha is amazing and I have the opportunity to work with all the experienced and well-known Educators. I specially feel so lucky to be working here in this positive and energetic atmosphere. I love working with children and their families.

I love to watch web series and comedy shows which helps me to relax my mind.

I hope my relationship with Alpha grows more day by day.
Sandeep Kaur, RECE

Jennifer Morrison

Hi I'm Jen, welcome to all the new and returning families! I hope you've enjoyed your summer and I look forward to seeing all the new faces and chatting with you all.

You will find me in the halls of the child care or in your child's classroom. As a float Educator I fill in whenever any of my coworkers are away.

A bit about me: I have worked in childcare since 2008. I love binge watching shows and I love thunderstorms (inside watching from the windows lol) Okay, see ya!

Jennifer Morrison, Support Educator



Harnoorpreet Singh

Hi everyone, my name is Harnoorpreet Singh and you can address me as Harnoor or Noor; Harnoor means God's Glow. My native country is India- the land of diverse and beautiful cultures where I spent 19 years of my life and I had completed my senior secondary back in Punjab (a state of India) in the Medical stream with flying colors. I came to Canada back in September 2020 to pursue my further studies in the field of Early Childhood Education from Seneca College, Toronto and I completed my graduation this year in April with a great GPA. I belong to a nuclear

family comprising of my mother, father and grandmother and I love my parents the most in my life. I might seem shy and reserved at first but I'll be the one to talk the most once our interactions become frequent.

I love to watch reality shows, thriller series and listen to music in my leisure time. All the creations of nature fascinate me which is why I love being outdoors; sitting in the midst of lush greenery amongst vibrant and scenic beauties of nature render me inner serenity which is the reason of my incline towards artists activities as well. My uniqueness lies in my

unpredictable, determined and caring nature.

I am a huge wrestling fan too and I hope to go to a live wrestling event soon to cheer for my favorite WWE superstars.

I have always enjoyed the company of children, be it back in my hometown or here as a part of my profession. I believe their response towards interacting, playing and learning with me will be positive. I hope to continue growing and learning together with the children and answer any questions that parents might have about their children; also if I didn't mention it yet, I love conversations.

Harnoorpreet Singh, 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 Room. Later I became the Assistant Supervisor of the Springdale 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 Springdale 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, Intermediate Toddler Room and the Senior Preschool

Room. At the present time I am working in the Junior Preschool Room with my team members Sandeep and Kelly.

I look forward to continuing to meet and speak with all the children, Educators 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 Leroux, RECE



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 9th year with Alpha and I enjoy every day with the children and Educators.

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 any questions or concerns, please stop in the kitchen anytime for a chat.

Sheila Jenkins, Chef



Senior Preschool

The Senior Preschool Educators would like to welcome the Senior Preschool children and their families to the Senior Preschool Room as we look forward to getting to know all of you. We hope that you all had a wonderful, safe, and happy summer and got to spend some quality time with your families and friends during the beautiful hot summer days.

It's that time again as the new school year is set to begin and the Senior Preschool Educators cannot wait to get back into the swing of things for September. We look forward to getting to know all the children better and discover what they like to play with and help foster and scaffolding their learning during their play by asking them open-ended questions. For example, "I wonder what would happen if" or "what do you think would happen if you added/removed a block to the tower?", etc.

The Educators will

be implementing academic circles each day to help foster the children's learning. The Educators will be focusing on different academics for the children to learn such as mathematics group time. Here we will do a variety of activities to help the children learn to identify, recognize numbers, shapes and patterns using number/shape books, puzzles, blocks, and counters.

The Educators will be implementing the Handwriting Without Tears Program with the children. This program is a pre-printing program which will help the children learn how to hold a printing tool properly and develop the pincer grasp as the children colour and work on the different pages each week in the program. The Jolly Phonics Program will be implemented once a week. This will help the children learn to recognize the letters of the alphabet, learn the letter sounds and the Jolly Phonics Jingles that accompanies each letter.

French will be taught once a week to help the children learn how to pronounce different words in French such as colours, shapes, animals, numbers, calendar, etc.

Also, the Educators will be helping the children handle peer conflicts using the Second Step Social Program. This program will help the children learn to recognize the 7 different universal emotions in themselves and their classmates, learn strategies to calm their body down when they are upset/angry and how to work through their feelings and peer conflicts using their words with the help and support of the Second Step picture cards and their Educators.

Outdoor playtime is also important for the children as they will learn more about nature, animals, plants, and the natural environment.

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

Theresa Support Educator, Harnoorpreet RECE and the



Theresa Rampat

Hello again, everyone! Welcome to all of the new families that are joining, or have joined our Alpha Family, as well as all of the returning families! My name is Theresa and I am sure most of you have seen me around! I have been at Alpha for quite some time now, and have worked in almost (if not all) of the amazing classrooms! Currently I am in the Senior Preschool class with Noor, and all of the amazing children.

In my free time, what I love the most is

spending time with my loved ones. My family means the world to me, and I am grateful to be as close as I am to mine. As of September 3rd, I got married to my 8th grade crush, and I am extremely excited to start this new journey!

Ask me how it's going in a few months, Haha!

I cannot wait to see you all around! Please don't hesitate to say hello! My classroom doors are always open! See you around!

Theresa Rampat, Support Educator



Jesse Godin

Hello Alpha Child Care Families. My name is Jesse Godin and I am an Educator in the Preschool/ Kindergarten Classroom! I am an OCT certified teacher from the Ontario Institute for Studies in Education, and I am excited to utilize the knowledge and skills I have obtained through my studies and classroom teaching experience.

Activities I enjoy outside of the classroom are listening to music, playing guitar, 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, so I look forward to meeting all of you in the near future and discussing these learning goals!

Jesse Godin, OCT



Preschool 3

Welcome everyone to another school year! Hope all the new and returning parents and children continue to stay safe and healthy.

In Preschool 3, we will continue to provide all the necessary academics needed to prepare for kindergarten. This would include the Handwriting without Tears program, Jolly Phonics, Math, Science, Second Step program and French.

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

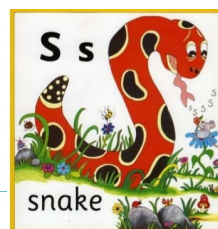
Jolly Phonics allows them to identify

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 Social 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, Komal RECE

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 classroom.

I have been an RECE for 9 years now; however, I have been a practicing Educator for about 12 years through volunteering at public schools, co-op placements, tutoring and babysitting. I have worked with children from infancy to school age (kindergarten to grade 5).

In the classroom, 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 the 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 Seedeyal, RECE



Komalpreet Kaur Jhawar

Welcome! My name is Komalpreet Kaur Jhawar. I graduated with honours from Northern College with a Diploma in Early Childhood Education this year. I started my journey at Alpha as a Supply Educator couple of months ago, and now I am working as an Educator in the Preschool 3 room.

Expressively, I came from India, and now it has been two years of me in Canada. I lived in India for eighteen years of my life with my parents and one younger sibling. Interestingly, I was a medical student and graduated with my grade twelve with a high percentage.

As a naturalistic person, I love to spend time in the outdoor environment and sketch sceneries or landscapes of nature in my recreation time. My parents upheld me with remarkable learning and development, which empowered me to gain exceptional instrumental skills.

As per my opinion, children are 'Future Nation Builders,' and they are the authors of their own development. They are the most innocent souls and gifts from God to humankind for building an incredible

nation. I believe they are born with natural potential and curiosity to learn; the fortune of true love, care, and guidance will take them to developmental milestones. If ample opportunities are provided to them during such an early age, they will lighten up the future world with their potential, hard work, intelligence, and enthusiasm.

Well, I am a woman who loves exploring distinct places and people. So, thank you very much for conferring your patience in reading about me.

Please feel free to speak with me at any time.
Komalpreet Kaur Jhawar, RECE



Preschool/Kindergarten

Hello everyone! Welcome to the Preschool/Kindergarten class, this year we have some new faces as well as some friends returning to us after the summer. We hope everyone had a fantastic summer and is ready to start a new school year full of exciting learning opportunities.

Jesse and Jacqueline are excited to meet their new class and are eager to get started on the years activities. For those of you who may not be familiar with the class here is a quick review of the classroom schedule. As you may know our class is a mix of Kindergarten and Preschool aged children. We follow the emergent curriculum and incorporate How Does Learning Happen?, into our curriculum planning. We also progress through the Handwriting Without Tears and the Jolly Phonics curriculum throughout the year as well as including the five strands of math, number sense and numeration, measurement, data management, geometry and spatial sense and patterning and algebra into our classroom activities. These curriculum pieces are introduced through group activities and will be practiced during play activities as well as through some formal seat work.

Just so you are aware, our scheduled group time where we will be covering these



academic concepts takes place at 9:00 am each morning. We would encourage you to make sure that your child is here before then so they are able to participate in this learning. We also review our work throughout the day as well as during our afternoon group time.

The class will then separate into two groups one group goes outside to engage in Outdoor Discoveries and the other group will remain inside for Interactive Learning. The groups will switch throughout the morning. As the children are still in care for a full day they are still required to have a rest time of at least one hour per day. This allows the children's bodies and brains to rest in order to help retain the information they will be learning and to help them to cope and continue to learn for the rest of the day. The afternoon involves more Interactive Learning Time, Group Learning, snack and Outdoor Time. While learning opportunities are available throughout the day, the more formal programming will be completed by 4:00 pm.

Many parents often ask how they can help their child be successful in academics and we encourage your participation in your child's learning. First of all we want to encourage independence with all of the children both with self help skills and with their academics. The children are encouraged to sign their names in their individual

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sign in books each morning. This helps them to develop both their name recognition and their printing skills. We will start the children with tracing their names with a highlighter, progressing to printing when they are ready. We foster confidence and competence in the children by allowing them to pour their milk and serve themselves at the lunch table. Parents can help children in this area by allowing them to practice independence as much as possible, such as dressing themselves. You can also encourage your child to start practicing to trace/print their name at home as well. Developing confidence and having good self help skills serve as a good foundation for your child's academic success.

Hopefully this gives everyone an idea of what to expect this fall in the Preschool/Kindergarten room and we are looking forward to a fun filled and successful year.

Jacqueline RECE, Jesse OCT and the Preschool/Kindergarten class

Jacqueline Woods

Hello everyone I would like to introduce myself as one of the Educators in the Preschool/Kindergarten room. My name is Jacqueline Woods and I have been with Alpha since I graduated with my ECE from Sheridan College in 1989. Yes, you read that correctly I have been in the field for over 30 years! Fun fact, our Manager Mary Soundy was my Supervising Educator for my very first placement as an ECE student. I have since mentored many students including some that came back and worked for Alpha. Through the years I have seen many changes in the field. but one

thing that never changes is the importance of developing good relationships with the children and families in your care. I am looking forward to getting to know some new faces and welcome back some familiar faces as well.

One of my great interests is animals as I have a dog and a horse which your children will hear about and I love to spend time outside. It is a privilege to work here at Alpha which has such a beautiful outdoor space for the children to explore.



On the curriculum side I have lots of experience with the Kindergarten curriculum, including Jolly Phonics, Handwriting Without Tears, Second

Step Social program and French. I like to make sure that I provide lots of opportunities and experiences for the children to learn from.

If you ever have any questions or concerns about your child's progress or the curriculum please feel free to approach me. I am looking forward to a great year.

Jacqueline Woods RECE