



# September/October 2022 Newsletter

## Word from the Office

Welcome back September and the start of another school year. I hope everyone had a wonderful summer and enjoyed lots of family time and activities that we weren't able to do for the past 2 summers during the pandemic.



We want to give a warm welcome to all our new families joining us this September and thank our existing clients for their continuous support. Alpha's enrollment is continuing to build, and we do have spaces available in all of our programs, if you or anyone you know is in need of childcare or before and after school care, please send them our way.

September is a very busy month at Alpha as many children are moving classrooms. This can sometimes be an emotional time for the children which is entirely normal for them to experience as they transition to a new classroom environment with new Educators and children. Over the summer months, we try to allow the children to visit their new classroom when ratio allows and help ease this transition. If you have any concerns or questions regarding your child's transition, please do not hesitate to reach out.

September is also a time when we typically move educators around, please see below for a list of educators and their classrooms.

### MEET OUR EDUCATORS

Greg Humphreys B.A. Carol Young	Owner/Operator Office Manager
Mary Soundy RECE, B.A. Alicia Emond RECE	Manager of Operations and Development Supervisor
Kim Meisner, RECE TBA	Junior Toddlers Junior Toddlers
Kulvinder Singh, RECE Manpreet Bahra, RECE	Intermediate Toddler Intermediate Toddler
Sarmini Gunaratnarajah, RECE Harsimran Kaur, RECE Ramandeep Kaur, CYSW	Senior Preschool Senior Preschool Senior Preschool
Samantha Smolsky, RECE, Supervisor Delegate Terence Baez, RECE	School Age School Age
Jennifer Arruda Sheila Prasad	Ratio Support Educator Ratio Support Educator
Ida Cavalieri	Chef

Until next time my door is always open

**Alicia Emond, RECE,**  
aliciae@alphachildcare.ca

## September/ October Dates to Remember:

**September. 5<sup>th</sup>**-  
Labour Day,  
ALPHA CLOSED

**September. 6<sup>th</sup>**-  
First Day of School

**September 15<sup>th</sup>**-  
Alpha's Annual  
Corn Roast @ 4-6  
pm

**September. 19<sup>th</sup>**-  
Fall/Winter Menu  
begins

**September. 19<sup>th</sup>**-  
PA Day- Catholic  
Board ONLY

**September. 23<sup>rd</sup>**-  
PA Day- Public  
Board ONLY

**October. 6<sup>th</sup>**-  
Thanksgiving  
luncheon

**October. 10<sup>th</sup>**-  
Thanksgiving Day,  
ALPHA CLOSED

**Oct. 11<sup>th</sup>**- Picture  
Day

**October. 24<sup>th</sup>**- PA  
Day- Public and  
Catholic Boards

## 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.



a daily basis, I manage Alpha 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](http://www.alphachildcare.ca)

Welcome to the Alpha Family!  
**Greg Humphreys, Owner**

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

## Sheila Prasad

Hi my name is Sheila and I'm a program Support Educator/Float at Alpha Child Care. I have had the privilege of working with children of all ages over the past year, and I am passionate about the program and the environment that Alpha provides.



In a short time, I have seen the incredible progress these little minds have made in their development and I am so honored to be a part of the Alpha team and part of the growth of these beautiful children.

My interests outside of Alpha include caring for my family, my dogs, and enjoying live music events. I also

enjoy furthering my knowledge of childcare via online readings and videos. I look forward to many more years with Alpha Child Care and being part of the integral years of the little ones that come through the school.

**Sheila Prasad Support Educator**

We're on the web  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

## Jennifer Arruda

Hi everyone, my name is Jen, I am a Float Educator here at Alpha. I began working in childcare in 1990 and since then have worked with all age groups from Toddlers up to School Age.

I joined the Alpha team in January 2019. My position is unique because it gives me the opportunity to fulfill many roles from walking School Age children to



Elementary school to supporting the children in their classrooms and at times even preparing lunches. There aren't many things I haven't done while here at Alpha. I

love being able to get to know each child and their family and am always here to help or answer any questions you may have.

When not at

work I enjoy reading and spending time with my family. My husband and I have two teenage sons, and a grown up daughter.

I am looking forward to getting to know you and your children better this fall!

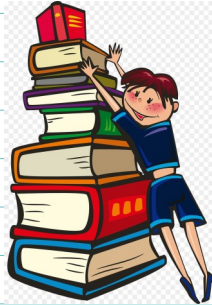
**Jennifer Arruda Support Educator**

## Alicia Emond

Hi Everyone, my name is Alicia Emond, and I am the Supervisor of Alpha's Cathedral location. I have been with Alpha for 11 years as I was first hired in 2011 as a Supply Educator. After I had my daughter, I was hired full time in 2012.

It was my experience at Alpha that motivated me to further my education and obtain my Early Childhood Education Diploma. In 2013 I began taking online courses and after 4 years, I graduated and am proud to call myself a Registered Early Childhood Educator.

I first moved to Ontario



from Nova Scotia in 2010 to experience life outside my small town of Lunenburg and haven't looked back since. I am a very proud mother to my two beautiful children Brooklynn, 11 and Brayden, 9, who are also Alpha alumni. I can't forget to mention my two dogs (my other children) who I love so much, Cali and Cane!

In my spare time, you can find our family at the baseball field cheering on our little slugger or at the stables, supporting our daughter in her newfound love for horseback riding. Life is busy to say the least and we love it!

I truly love working with the families and children at Alpha

and I have made some pretty incredible bonds in the last 11 years. One thing I miss is being in the classroom with the children, but I often visit and manage to find lots of time to interact with them. My favourite part of being the Supervisor is getting the opportunity to engage with families at Alpha and getting to know them on a more personal level. We are all part of the Alpha Family!

Please do not hesitate to come see me in the office to catch up or express any thoughts, ideas or concerns you may have or simply just strike up conversation. It's going to be another great year ahead!

**Alicia Emond, RECE**

## 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. Before joining the Peter Robertson team, I was the Educator/Supervisor at the Cathedral Road location until August 1996 at which time I transferred to the new Peter Robertson location, which I supervise. In 2005 I also took on the role 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

## Junior Toddlers

Hi, Welcome to September Junior Toddler Parents. We hope that you had a great summer. We look forward to starting a new year with your family.



The next few months we will be getting settled into routines. We will be working on taking off our outdoor shoes when we arrive at Alpha and putting on our indoor shoes.

The Educators will be using the hand over hand method to help the children to pull their shoes off and attempt to slide their foot into their shoes when we go outside.

At lunch time we all know how much our children love to use their hands to scoop up food. We will be role modeling and encouraging the children to use a fork to scoop up the food on our plate. Most of our

children know how to use a small open-faced cup. We will be working with the younger children who have not mastered this yet.

Once we are finished with a meal the children will be encouraged to help wipe their mouths and hands and then sit down to brush their teeth. At diaper times the children will be prompted to pull their pants down and up to encourage independence at washroom routines. The

older children will be encouraged to start sitting on the toilet at diaper times. All of these routines take time to master so we would love for all of our families to encourage the children to attempt these routines at home as well.

Our classroom is filled with many different activities to explore throughout the day. The classroom can easily become a tornado of

toys very quickly. The baskets with each toy are labeled with a picture that matches with the toy. We encourage the children to put the toys back in the basket when they are finished. The Educators try and make it a game, while singing a song so the children think it is fun to put the toys in the basket.

The Educators are looking forward to getting to know the new children to our room and building stronger relationships with the children we had over the last few months. The Educators are always willing to take a phone call, answer questions and listen to the many experiences you have with your family. We can't wait to get to know your child and your family.

Lets have a great year.  
**Kim RECE and the Junior Toddlers.**

## Kim Meisner

Hi Alpha Parents, My Name is Kim Meisner. I am the Junior Toddler Teacher upstairs. I received my Early Childhood Education in 1992 from Sheridan College in Brampton. I started working for Alpha on January 31<sup>st</sup> 2002 during the biggest snow storm that winter and I even made it early because I lived 5 minutes down the road. I worked in every room at this centre until February 22<sup>nd</sup> 2012 when I was transferred to our Peter Robertson location. I worked most of my time in the Infant room except 8 months in the Junior Toddler room. I transferred back to this location May 16<sup>th</sup> 2022 to the Junior Toddler room upstairs. The closer

commute has been great with the price of gas these last few months.



I am single with no children. I have lots of nieces, nephews, and godchildren to fulfill my life. I also love the hundreds of children's lives I have been apart of over my 30 year career. I enjoy line dancing, going to the movie theatre and having dinner with

friends.

I look forward to getting to know all the families here at Alpha. Keep smiling.  
**Kim Meisner, RECE**

## Ida's Kitchen

Hope you all had a wonderful summer filled with much fun and laughter.

Our Fall menu will be starting on September 19 2022.

Mother Nature has been very good to us this year and I'm sure there will be plenty of fresh fruits and vegetables included in our menu.

The children enjoy the fresh baked banana muffins, so I would like to share the

recipe:

- 3/4 cup mashed banana
- 1 cup finely shredded carrots
- 1/2 cup apple sauce
- 2 eggs
- 1 1/4 cup flour
- 1/2 cup oil



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## Intermediate Toddlers

Welcome to the months of September and October! We hope our Alpha families enjoyed the summer holidays! To our new families that have joined us over the summer, welcome to our classroom!

Over these past few months, the children were helping and learning about gardening. Helping to water the plants, picking vegetables from our garden, and cooling off in the sprinklers on our water play days. We also have been learning to identify different colours and shapes using different materials and toys within the classroom as well as the letters of the alphabets.

We have also been working on our French program with them once a week, for example, learning colours and animals in French. We also worked hard to learn words in our Indigenous Program once a week. They have also been working on their turn taking and problem-solving skills with their peers. They are encouraged everyday to work on these skills within the classroom.

Our Jr Preschool room will be flipping to a Intermediate Toddler room in September.

We will continue to focus on their self-help skills such as putting their shoes, sweaters and pants on and off by themselves. We also will

be focusing on toilet training and problem-solving skills with their peers and asking for what they need.

Since we are stepping into the cooler weather, we ask our parents that if you could please send a light jacket/sweater, hat, rain boots and running shoes. Labelling belongings with your child's name will be a great help for Educators as they are busy with the children and also encouraging the children to be independent by putting their own personal items away and this sometimes results in things being put in the wrong cubby.

To our new families that have joined us, we ask if you could please bring or email us your family picture for our family board in our classroom. With the fall weather settling in, here is something you can make at home with the family to get into the spirit of the fall season!

**These oatmeal cookies are perfectly flavored and lightly spiced with just a touch of cinnamon. They're soft, chewy, and easily customizable — just add 1 cup raisins, nuts, or chocolate chips when you mix in the oats. Keep them on hand for after-school snacking or make a batch for a holiday cookie exchange.**



### Ingredients

Original recipe yields 24 servings

#### Ingredient Checklist

- 2 cups all-purpose flour
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup unsalted butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 cups quick cooking oats
- nonstick cooking spray with flour
- 2 tablespoons water
- 2 tablespoons white sugar, or as needed

### Directions

#### Instructions Checklist

1. Whisk flour, cinnamon, baking soda, and salt together in a medium bowl until well combined.
2. Beat butter, 1 cup white sugar, and brown sugar in a large bowl with an electric mixer until creamy, at least 2 to 3 minutes. Beat in eggs, one at a time, then mix in vanilla. Gradually mix in dry ingredients until well combined. Add oats and mix until thoroughly incorporated. Cover the bowl and chill dough in the refrigerator for at least 1 hour.
3. When ready to bake, preheat

(Continued on page 6)

## Manpreet Bahra

Hi Alpha families, my name is Manpreet Bahra and I have been a Registered Early Childhood Educator since 2011. I began working with Alpha in July 2018 at the Peter Robertson location. I then transferred to the Cathedral Rd location Nov 2018. I just finished my fourth year with Alpha this past July. I have worked with the children in all the different age groups and different environments.

I am a mother of two children and you will find me in the Intermediate

Toddler room. I love to encourage their learning by following their interests and being their play partner. I always search for different activities and loose parts to bring to my classroom to foster their learning in a fun way.

During my free time, I enjoy spending time with my family, watching family shows and shopping.

I love working with children and to be a part of their milestones. I look

forward to meeting all the new families and children and hope to have an amazing time while creating fun experiences in our Intermediate Toddler room. If you have any questions please don't hesitate to ask me.

**Manpreet Bahra, RECE**



## Intermediate Toddlers cont'd

(Continued from page 5)

the oven to 375 degrees F (190 degrees C). Spray two cookie sheets with floured cooking spray. Place water in a small bowl and 2 tablespoons sugar in another small bowl.

4. Roll chilled dough into walnut-sized balls, and place 2 inches apart on the prepared cookie sheets. Dip a large fork in water, then in sugar, and use to flatten each cookie, rewetting and re-sugaring as necessary.
5. Bake in the preheated oven until light golden brown

around the edges and centers are nearly set, 8 to 10 minutes, switching racks halfway through. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

**Nutrition Facts: Per Serving:** 218 calories; protein 3g; carbohydrates 32.3g; fat 8.8g; cholesterol 35.8mg; sodium 213.1mg.  
Have a great time!

**Intermediate Toddlers , Kulvinder RECE and Manpreet Bahra RECE**

## Kulvinder Singh

Welcome to the month of September! My name is Kulvinder K Singh. I am a R.E.C.E. I graduated from the E.C.E. program at Sheridan College in 2004 and joined Alpha in October 2002, initially as a Supply Educator. I have worked with all age groups during my time with Alpha. This year I have the privilege to be working with the Intermediate Toddlers!

My time at Alpha so far has been an exciting and adventurous one, getting to know the children, teaching them important skills and having fun along the way!

Please feel free to speak with me anytime.  
**Kulvinder Singh, RECE**



## Ida Cavalieri

My name is Ida and I am the nutritionist and Chef here at Alpha. I just celebrated my first anniversary of working here and look forward to many more ahead.

Over the past year it has been my pleasure to get to know many of the



children along with their parents and other family members.

Feel free to contact me at anytime.  
**Ida Cavalieri, Chef**

## Sarmini Gunaratnarajah

Hi, Alpha families! My name is Sarmini and I am one of the Educators in the Senior Preschool classroom. I am a registered ECE, I graduated from Sheridan College in 2013. I been at Alpha since February 2018 and have been enjoying my time here with the children, the Alpha families, and my coworkers.

I enjoy decorating the classroom and creating new bulletin boards to make it an inviting environment. I am always searching for fun and exciting ways to change the classroom. In my spare time I customize and create fun and useful personalized items using my CRICUT for family, friends and co-workers. I also love my Ice caps and enjoy shopping.

I look forward to spending my time with your child and getting to know them and your family. Please feel free to come to me with any questions or concerns that you may have regarding your child or our program.

**Sarmini Gunaratnarajah RECE**



## Senior Preschool

Hello Sr. Preschool parents!  
Welcome to the months of September and October! We are excited for a brand new school year in the Sr. Preschool classroom. We would like to welcome all our new friends to the Sr. Preschool classroom and our younger Sr. Preschoolers who will continue with us for another year.

For the upcoming year the Educators in the Sr. Preschool classroom will be Sarmini, Raman and Harsimran.

As we welcome our Preschoolers, we ask that they bring or email us at

[srprea2@gmail.com](mailto:srprea2@gmail.com)

a photo of their families for Alpha Family tree in our classroom. As this will be a great way to learn about each other. We will be introducing these photos at our Show N Share circle the



second week of September.

We will be starting on our core programming which will include Hand Writing Without Tears, Second Step program, Show N Share and Jolly Phonics. Also, we will be counting down till the 100<sup>th</sup> day of school and we will have a 100<sup>th</sup> day school party! We will also be learning all of our classroom rules and routine since it's a new school year.

We will be posting on our bulletin board outside the classroom regarding Show N Share and the item of the week. This is an

opportunity for your child to learn to be patient and to be heard in a group setting. Just a reminder to parent this doesn't have to be a toy, simply an item that brings with letter, shape, colour or theme of the week. Just a

reminder please label the item with your child's name, so it does not get lost.

As this year begins, please make sure to bring a few items which will help your child feel comfortable and included. We ask you to bring a water bottle which will be kept at Alpha. A blanket to be used at rest time and toothbrush and toothpaste. As well as a backpack to be kept in your child's cubby with extra clothes, diapers if your child is not toilet trained, full support indoor and outdoor shoes, a bottle of sunscreen, light jacket and a sun hat. As the weather changes and beings to cool we will ask for new items to be brought.

If you have any other questions or concerns, please don't hesitate to ask any of the Alpha family members.

Let's have a great year!

**Sarmini RECE, Raman Assistant, Harsimran RECE and the Sr. Preschoolers**

## Harsimran Kaur

Hi! My name is Harsimran Kaur and I am very excited to be working with the Sr. Preschoolers for the upcoming year. This will be my first year as an Educator at Alpha Child Care. I am thrilled to be your child's Educator, and I'm looking forward to a year of learning, fun and adventures! I am excited by the anticipation of the countless milestones we will reach as a class and those your child will reach as an individual.

I can't wait to learn all about you, but first I'll tell you a little bit about me. I was born in Punjab, India and then I moved to Canada in December 2019. I have completed my High School in India. Then, I completed my diploma in Early Childhood Education from Northern College at Pures, in Toronto.



I believe that communication is the key to a child's success and to a great parent/teacher relationship. I encourage you to contact me if you have any questions or concerns at any time.

**Harsimran Kaur, RECE**

## Ramandeep Kaur

Hello everyone, my name is Ramandeep Kaur and I am one of the Educators in the Sr. Preschool room. I graduated from Sault College in April 2021 with Child and Youth Care Diploma. I joined Alpha in July 2021 as a Supply Educator at Peter Robertson location. I transferred to Cathedral location in October 2021 and have been working here full time. I really enjoy my time here; working with children as it allows me to be part of their growth and development and also to learn from them as well. It is amazing to get to know their unique personalities everyday and working along with their parents and families to support their overall development.

I am originally from India

where I studied nursing and I worked in a hospital for 1 year. During my free time, I enjoy spending time with my family, listening to music and shopping.

I love working with children and spending time with them. I look forward to seeing all you amazing families and children and hope to have an amazing time while creating fun experiences.

**Ramandeep Kaur CYCW**



## School Agers

Hello everyone, welcome to the months of September and October! We hope that all children who were in our Summer Camp had a great time and made lots of memories.

Sam and Terence are excited to welcome back our returning children as well as our new children and their families to the School Age program. We would like to ask our new children if they can please bring in or email a family picture so we can add it to our family board.

We as Educators feel that it is very



important that we set rules and expectations as soon as possible and that we work as a team to enforce them consistently. Once we brainstorm as a group and set the rules, we will be posting them so that everyone is aware and reviewing them when needed.

We kindly ask if you could please ensure your child has a pair of indoor shoes in their cubbies as well

as spare clothes in case we get caught in the rain on the walk back to Alpha.

### Alpha Child Care Ltd.

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Phone: 905-456-1811  
Email:  
aliciae@alphachildcare.ca

We would like to end off by letting our parents know that our door is always open if you have any issues or concerns. We are looking forward to the year ahead and we hope the children are too!  
**Sam, RECE, Terence, RECE and the School Agers**

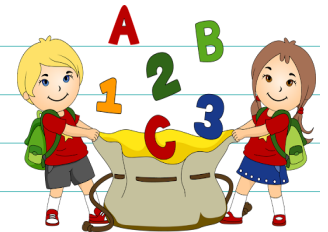
## Samantha Smolsky

Hello Alpha families, my name is Sam and I am a Registered Early Childhood Educator.

I graduated from Sheridan Collage in 2012 and began working in the field shortly after. I started my Alpha journey in January 2018 and have loved being able to work with all age groups. This year I will be upstairs again working in the School Age classroom. You will also see me sometimes working in the office covering Alicia when she is away.

I am looking forward to another exciting year ahead and can't wait to meet our new families!

**Samantha Smolsky  
RECE**



## Terence Peixoto-Baez

Hello Alpha families, my name is Terence Peixoto-Baez and I am one of the School Age Educators.

I previously worked at Alpha pre-COVID and now I am very happy to be back! I graduated from Sheridan in 2020 and I have had the privilege to have experience working with all

age groups.

In my spare time I enjoy tending to my fish tank, going on walks outside, listening to music (because who doesn't like music),



browsing the internet, cooking, playing video games, painting, and drawing, watching sports, and spending time with family and friends.

**Terence Peixoto-Baez,  
RECE**

## Ida's Kitchen cont'd

(Continued from page 4)

- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cinnamon
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder

1. Mix well in mixer all wet ingredients along with sugar and then add all dry ingredients.

- Mix for 2 minutes
2. Line muffin tins with baking cups liners
3. And 1 full scoop of batter to each cup.
4. Bake at 350 for 22 minutes

Enjoy

Hope everyone will adventure outdoors to take in

the beautiful Fall colors.  
**Chef Ida**

**Like us on Facebook**

