



# November/December 2022 Newsletter

## Word From The Office

Alpha Child Care Ltd.

### Dates To Remember

**Nov. 11<sup>th</sup>**-

Remembrance Day

**Dec. 8<sup>th</sup>** - Christmas Luncheon

**Dec. 10<sup>th</sup>**- Alpha's Staff Christmas Party

**Dec. 15<sup>th</sup>**- Alpha's Christmas Concert

**Dec. 25<sup>th</sup>**- Christmas Day

**Dec. 26<sup>th</sup>**- Boxing Day  
Alpha Closed

**Dec. 27<sup>th</sup>**- Alpha  
CLOSED in lieu of Christmas Day

**Dec. 31<sup>st</sup>**- New Years Eve

**Jan. 2<sup>nd</sup>** - Closed in lieu of New Years Day

Hello Alpha Families, and welcome to the winter months. Is it just me or did winter come way too soon? Since the beginning of the new school year, we have welcomed many new families and enrollment is continuing to build at Alpha. I want to send a warm welcome to Helena, who is our new Jr. Toddler Educator.

With the snowy weather here, here's a reminder to be sure to send in all the appropriate clothing; winter jacket, snow pants, snow boots, gloves (2 pairs is recommended, 1 being waterproof), winter hat and neck warmer (scarves are not recommended due to health and safety.) Please be sure to label your child's belongings with their name so that nothing goes missing. The Educators are always encouraging the children to be independent and that sometimes leads to items being placed in the wrong cubby. If you're looking for labels, Mabel's Labels is always great

and is also a fundraising partner of Alpha so don't forget to use code "ALPHA2" when purchasing labels.

Alpha strongly believes in the benefits that going outdoors has for children and the children go outside 2 hours a day. When the cold weather comes,

please note the children will not go outside in the following conditions: -10 degrees or colder for Toddlers, -15 degrees or colder for the Preschoolers or if it is too icy on the playground and/or pathway. If the sidewalks are deemed unsafe to walk on, Alpha will not walk the School Age children to or from school and also if the weather is -20 or colder, Alpha will implement an in-house PA Day and parents have the choice of dropping their children off at Alpha for the day or be responsible for getting their children to and from school. Parents will be notified via phone call by the opening School Age Educator after 7 am.

Christmas is coming and

it is a very exciting time at Alpha. We will be having our annual Christmas Concert on **Thurs. Dec. 15<sup>th</sup> at 4 pm**. The man in red AKA Santa will also be here on the night of our concert and your child will have an opportunity to sit on his lap and take a photo with Santa.



### Pajama Day

Every Friday in the month of

December will be Pajama Day! We will also be having our camp program run for the 2 weeks that the schools are closed for Christmas break. Dec. 28-30 and Jan. 3-6.

Please note Alpha is closed on Dec. 26<sup>th</sup> for Boxing Day, Dec. 27<sup>th</sup> in lieu of Christmas Day and Jan. 2 in lieu of New Years Day. The holidays are a magical time for the children but also a time for family. I hope everyone gets to spend Christmas with their loved ones.

Tis also the season for sickness and parents are reminded that if your child is sick, they will

*(Continued on page 2)*



## Junior Toddler

Hi Junior Toddler Parents. This month we wanted to talk about the importance of a component of our Alpha Curriculum called "LOOSE PARTS PLAY."

Loose parts play is a versatile and exciting way to get children to become motivated and independent when exploring their own learning. The children become fully involved in what they are doing, develop their own ideas, see how items may fit together. Loose parts are various items that children use in creative ways that adults might not think to put together. Loose parts help to link the different areas of curriculum together such as story telling, math, physical development, literacy, fine motor, art and design. Loose parts incorporates all of the senses and emotions as the children create.

Loose parts consist of Wood, Glass, Ceramics, Metal, Fabrics, Plastics, Packaging, Nature and Natural products.

Here is a list of different items that are considered loose parts. Alpha is always looking for various items to



add to the classroom that encourages imaginative exploration. We would love it if you have any items to donate.

### WOOD

Wooden beads, popsicle sticks, wooden rings, napkin rings, candle sticks, boxes, spools, wooden pegs, bowls, kitchen utensils, wooden dowels, wooden craft pieces, picture frames, tree stumps, small wooden pieces, chopsticks and blocks.

### GLASS AND CERAMICS

Coloured glass stones, mosaic tiles, glass marbles, bottles, vase, ceramic household items, decorative bowls, sea glass, prisms, glass tiles, napkin rings, mirrors, floor samples and decorative trays.

### METAL

Metal lids, mason jar lids, screws, bolts, washers, napkin rings, kitchen utensils, keys, license plates, bottle tops, metal baskets, jewelry, serving trays.

### PACKAGING

Food with different languages (no nuts) Corks, bubble wrap,

paper, ribbon wheels, yarn spools, envelopes, gift boxes, puzzle boxes, gift bags, paper bags, paper towel rolls. (No egg cartons or toilet paper rolls)

### PLASTIC

Bread ties, tubes, lids, containers, buttons, plastic flowers, plants.

### FABRIC

Fabric scraps, scarves, ribbon, lace.

### NATURAL

Rocks, shells, dried flowers, bark, drift wood, tree stumps, wood pieces. All of these items can also be introduced slowly at home one or two items at a time. Sit back and watch what your child does with the items and how they incorporate them with their other toys. Observe how their play changes and watch their imagination grow.

We would love to hear about what your child does with the loose parts at home if you choose to introduce them.

Have a great Holiday Season from **Kim RECE, Helena RECE and the Jr. Toddlers**



## Word From The Office cont'd

(Continued from page 1)

need to be excluded for 24-48 hours and/or until their symptoms are improving. Please give Alicia or your child's Educator a call if you are unsure of how long your child needs to be excluded for. Parents will continue to be reimbursed for up to 5



absences a month for any COVID19 related symptoms until the end of December. We are uncertain at this time if this will continue into the New Year and will continue to communicate to parents any changes or updates.

Until next time, my door is always open.

**Alicia RECE**

[aliciae@alphachildcare.ca](mailto:aliciae@alphachildcare.ca)

Visit us at  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

## Ida's Kitchen

Hello everyone, greetings from Alpha's kitchen. I hope everyone is doing well.

What a beautiful fall it has been, its hard to believe it just arrived and now it's almost over. This Thanksgiving season has been wonderful with cool mornings and warm and bright afternoons. Hope everyone has had a chance to enjoy the beautiful changing of the colours as we drive through town.

Thanksgiving luncheon was a great success as the children were so excited. We have been truly blessed. All the children along with staff members made it feel like a special family event with lots of food enjoyed by everyone.

Our afternoon treat was homemade pumpkin waffles with ice cream and sprinkles.



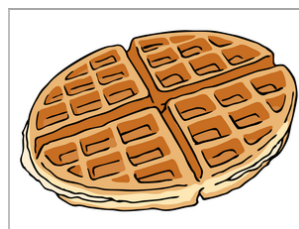
"Wow" did the children enjoy that with the biggest smiles on the smallest faces. So adorable!

I would like to share the recipe:

### Pumpkin Waffles

- 4 cups Bisquick pancake mix
- 2 cups milk
- 2 eggs
- 4 teaspoon oil
- 1 cup pumpkin puree
- 1/2 teaspoon cinnamon

1. Stir or mix all Ingredients until blended well.
2. Pre heat waffle iron
3. Spray with non stick cooking spray
4. Pour 3/4 cup of mixture onto hot iron let cook at medium heat for
5. 2~3 minutes or to your liking
6. Let cool on cookie rack.
7. Can be served with different toppings such as ice cream,



Wow Butter, cream cheese or applesauce.

Enjoy  
Wishing all our families

A Happy Holiday Season  
Filled with much  
Love Health & Happiness



*Chef Ida*

**Like us on Facebook**

## Senior Preschool

Hello Sr. Preschool families, welcome to the month of November and December. We would like to welcome the new children and families who have joined our Sr. Preschool Classroom.

In the Sr. Preschool classroom we are working on keeping our hands on our own body and giving each other personal space. The Educators are reminding the children to use their words and express their feelings through the use of our Second Step Social Program.

We would also like to remind parents regarding Show N' Share each child

has a day for Show N' Share to bring in an item from home according to the theme of the week which is posted on the bulletin board outside the classroom. If you require any other information please feel free to ask the Educators in the classroom.

Here are some Christmas Crafts/ activities to do:  
**Decorate a Gingerbread Man Art activity:**

- Children would love this gingerbread man art activity. It is a



fun Christmas collage craft. Supplies needed for activity are Brown construction paper, Ric Rac trim in various colors, googly eyes, buttons, gem stone sticker, ribbon and bottle of glue.



**Snowman craft:**

- This simple paper plate snowman craft is great for Christmas and winter. Hang them on the door,

*(Continued on page 4)*



## Senior Preschool cont'd

(Continued from page 3)

window or wall for some winter craft fun.

Supplies to make paper plate snowmen are: White paper

plates, cotton wool balls, buttons, cardstock scraps (Brown, green, pink, orange), Ribbon, glue,



scissors, sticky tape.

Just a reminder please ensure your child has appropriate clothing for the weather, such as spare clothes, warm hat, jacket, neck warmer, splash pants or snow pants, mittens and boots. **Please label all belongings with your child's name.**

If you have any other concerns or questions don't hesitate to ask Sarmini, Raman and Harsimran in the Sr. Preschool classroom or Alicia and Sam in the office. You can

always email us at [srprea2@gmail.com](mailto:srprea2@gmail.com) if you have any questions regarding the classroom.

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

## Intermediate Toddlers

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

Our Int. Toddlers are adjusting well and getting into the routine of the classroom and improving each day. They are busy exploring classroom activities and improving their self-help skills. Self help skills are also opportunities for children to feel in charge of their body and know that they are trusted by their parents and Educators. Taking time to let your child explore skills at an early age may take time but its well worth it because this impacts you child's long-term well-being, happiness, and capabilities.

Here at Alpha, we encourage our Int. Todd to put their play materials away before they start playing with other toys, to wipe their own face at first, put



their shoes on and take them off, pull up and down their pants during diaper routines etc.

Also, keeping them busy promotes positive relationships - when children are out participating in activities that they love, they are bound to meet other children that also enjoy the same activities. Being busy can help children gain confidence, develop teamwork skills, and never stop learning.

Here's a mix of fun outdoor and indoor winter activities so that kids can keep having fun – no matter the weather.

### 1. Go on a nature scavenger hunt:

Make a list of things in nature that you're likely to encounter on your route, like pinecones, animal's tracks, or a frozen puddle.

### 2. Create a snow maze:

Children can head outdoors to make a snow maze. This is a great backyard activity, but it can also be done in a park.

### 3. Go tobogganing:

nothing more exciting than speeding down a hill through the snow. It's a simple activity that children can enjoy for hours.

**4. Try a snow-melting science experiment:** Snowy weather can provide a great excuse for a fun science experiment and a little learning.

**5. Create a DIY sun catcher:** One of the easiest methods only requires tissue paper, wax paper, a paintbrush, and glue.

**6. Go to the zoo:** Many zoos have special ticket prices during the winter, so your visit to the zoo may be less expensive than normal.

**7. Host a Family Olympics:** A Family Olympics can channel some of that energy into a friendly competition.

**8. Visit the library and check out some new books:** A good book can provide hours of entertainment. Reading is educational, but it's also

(Continued on page 5)

## School Age

Hello families, welcome to the months of November and December! Over the last two months the School Ageds have been busy adjusting to new routines, meeting new friends and getting settled into the new school year. Our new Kindergarteners have adapted well to their long morning and afternoon walks to and from school. Also, our returning children have been excelling at guiding the new ones during the walks and helping them find materials in our room. We have made it a priority to meet with all children in the afternoon to have rap sessions, where we talk about their day and any specific feelings they are experiencing. This has given all children a safe space to express themselves and the opportunity to share whatever is on their mind. We believe this is extremely important because it gives the children a sense of belonging.

During the next few weeks, we will be busy preparing for our Christmas concert and making gifts for parents. Please stay tuned for more details about concert attire. We will also begin to talk about winter safety and dressing appropriately for the cold weather. It is important to ensure your children are dressed appropriately for the weather; snow pants, neck warmer, hat, 2 pairs of



gloves (one waterproof), warm boots, and a winter jacket. Also, if you can please make sure your child has a pair of indoor shoes as well as a spare outfit in case we get caught in the rain on the walk back to Alpha.

As we are now in November, Remembrance Day is soon approaching, we will be discussing its importance during our afternoon rap sessions and why we celebrate Remembrance Day in the first place. Your children may be curious about Remembrance Day and come to you with additional questions about it. It is important to address their questions in an age appropriate way. The age of your children will ultimately dictate how you discuss Remembrance Day. While a 3-year-old may wonder what the day is about and why people are wearing poppies, older children can learn more about the history behind the world wars and other present day conflicts. How much detail you go into will depend on your child's maturity level.

### Focus on Honoring People

A great approach and one that is appropriate for all age levels is to focus on the importance of honoring those who served in the war. Talk about the dedication and sacrifice that

people made to ensure our freedom and safety today.

### Talk About Your Family History

Another great way to teach the children about Remembrance Day is to talk about family members who

were in the war. Tell them what you know, where they travelled, and show the children photos of family members in uniform if you have them. You may even have a neighbor who served

and, if they are willing, they could answer questions and share stories about when and where they served and why it's important to honor the veterans.

A fun activity you could do with the children is researching the history of a family member who served in the war. See what you can find out about them and the contribution they made to the war effort.

We would like to end off by letting our parents know to feel free to address us at any time with questions or concerns they may have.

Until next time,  
**Terence RECE, Sam RECE, Jen**  
**Support Educator and the School Age Gang**



## Intermediate Toddlers cont'd

(Continued from page 4)

fun.

**9. Go skating:** Skating is a great activity to get the entire family moving. Ice skating helps improve balance and builds muscles, and unlike adults, most children are fearless when



learning to skate.

### 10. Have a picnic (outdoors or indoors)

Picnics shouldn't be reserved simply for the summer. Having a picnic during the winter is a fun way to change up your family's routine. Children can handle age-appropriate tasks including

planning and preparing food for the picnic. Even young children can help with packing napkins or carrying a blanket.

Until next time, enjoy the great activities

**Manpreet Bahra RECE, Kulvinder Singh RECE and Int. Toddlers**

## A Moment With The Manager

Do you have a Christmas tradition? What do you do at Christmas that your children will remember when they are 30? If you do not do anything, perhaps reading the following list will inspire you to begin your own family Christmas tradition.

1. Read a favourite Christmas story on Christmas Eve. Some great selections are "Twas the Night Before Christmas", "The Polar Express", "Rudolph the Red Nose Reindeer"



2. Spend a Sunday afternoon making Christmas decorations for the tree or have your child give them as gifts to teachers, grandparents and friends.

3. Seek out a Christmas tree farm and cut down your own Christmas Tree. Go for a horse drawn sleigh ride and enjoy some hot chocolate afterwards.

4. On Christmas Eve drive around the neighbourhood looking at all the lights and decorations.

5. String cranberries and popcorn for the tree.

6. Make a room in the house a Santa Room. Put up a tree that has all the home made decorations on it that were made earlier in the month.

7. Christmas Eve have a cookie decorating contest and leave them for Santa.

8. Take your child to the local shopping mall to see all the decorations. (Choose a day early in the week to avoid the crowds)

9. Bring pillows, blankets or sleeping bags into the living room and watch a favourite Christmas movie. Have a sleep over under the Christmas Tree.

10. Invite a group of your child's friends and their parents and go Caroling around the neighbourhood or to a local Long Term Care facility.

11. Have your child purchase a toy that they have asked Santa for and have them donate it to a local charity, explaining that they will be helping some less fortunate child have a nice Christmas to.

12. Buy some white sparkles from the dollar store and on Christmas Eve give the sparkles to your child telling them that it is magic reindeer dust and have them sprinkle it on the lawn to attract Santa's reindeers to stop at their house.

13. Together with your child make a favourite family meal to be eaten on Christmas Eve.

14. Take a picture of your child when they first wake up Christmas morning before they open their presents.

15. Decorate a new unused construction worker sock and leave this at the end of your child's bed for Santa to fill

16. Have your child choose ten old toys that are still usable and look fairly new and put them in a Santa Sack. On Christmas Eve put the bags under the Christmas Tree for Santa to take back to the North Pole to be fixed. (These items you will donate to charitable organization) In place Santa will leave your child new toys in the Santa Sack that was left under the tree.

17. After your child has gone to bed string crepe paper across their bedroom door so that in the morning they will have to break through the crepe paper to get the Christmas tree.

18. Grow Candy Canes. Plant small peppermint in a flower pot. After the

children have gone to sleep remove the mint and replace it with a small candy cane. The next day the children will think the peppermint grew into a candy cane. Encourage the children to water it each day and replace it with a bigger candy cane every night. The children will be so excited to watch their candy cane growing.

19. Santa's Footprints. Cut out a foot patterns. Place it on the floor starting with the fireplace and shake icing sugar or flour around the edges of the foot print. Continue to do this leading up to the Christmas tree. This will indicate to the children that Santa has been.

20. Prepare a Hot Chocolate bar. In an area that is reachable to the children. Place a container of marsh mellowes, mints, candy canes etc., and let the children add what they would like to their cup of Hot Chocolate.

21. For Christmas breakfast prepare snowman pancakes by placing a small pancake on top of a larger pancake add a piece of bacon for the snowman's scarf and marsh mellowes for snow balls at the bottom for snow balls. Chocolate chips can be for the facial features and the buttons.

22. Photograph your child while they are sleeping on Christmas Eve and begin a photo album by placing a picture each Christmas.

23 Wrap up Christmas stories and have the children choose one to be read as their bedtime story for the weeks prior to Christmas

24. Have a picnic under the Christmas tree after it has been decorated.

25. Reindeer Food. In order for the reindeer to find your house on Christmas Eve, make reindeer food by

*(Continued on page 7)*

## A Moment With The Manager cont'd

(Continued from page 6)

mixing oatmeal and sparkles and sprinkle it on the front lawn so the sparkles shine and show where you live and the reindeer will eat the oatmeal while Santa delivers presents to your house.

26. Christmas Eve Surprise Box. In a box place a new set of pajamas, a pair of slippers, ingredients to make hot chocolate, a new Christmas story, and some popcorn. Wrap the box and put a tag on it that reads Christmas Eve Surprise Box.(to be opened after sunset).



27. Have an Ugly Christmas sweater day. Begin by allowing the children to

decorate a sweater and then allow them to wear it for the rest of the day.

28. Buy a new Christmas ornament for your child each year. This will give them a great collection to start their own home with.

29. Make a scavenger hunt and have the children look for some of their presents with a flash light. This will work quite well with the Christmas Eve surprise box.

30. Get a large cardboard box (refrigerator size) and make it into a house. Give your child Christmas lights and decorations to decorate their cardboard house with.

31. Save your child's Christmas wish list in a glass ornament. They will have fun looking at all the things that they asked for in years to come.

**Alpha Child Care Ltd.**

3 Cathedral Rd.  
Brampton, ON  
L6W 2P1  
Phone: 905-456-1811  
Email:  
aliciae@alphachildcare.ca

No matter what tradition you start with your child the ones that involve spending time with them will be the ones they remember the best.



Have a great holiday season. Until next time, my door is always open  
**Mary RECE, BA**  
(905) 458-4884  
marys@alphachildcare.ca

