



November/December 2022 Newsletter

Word From The Office

Alpha Child Care Ltd.

Dates To Remember

Dates to Remember:

November

November 6th – Daylight Saving Time Ends

November 10th - Virtual PAC Meeting at 7pm

November 11th – Remembrance Day

December

December 8th – Virtual PAC meeting at 7pm

December 13th– Alpha's Annual Christmas Concert

December 15th – Alpha's Annual Christmas Luncheon

December 21st Winter Begins

Christmas Hours and Closures

Sunday December 25th – Merry Christmas

Monday December 26th – Boxing Day Alpha Closed

Tuesday December 27th – Alpha Closed in Lieu of Christmas Day

Sunday January 1st – Happy New Year

Monday January 2nd - Alpha closed in lieu of New Year's Day)

I hope everyone had a great Thanksgiving and lots of fun on Hallowe'en scaring their friends with their spooky costumes.

Thank you to everyone who came to our September Corn Roast. It was great to see all our new friends having fun. Donations were donated to the Run for the Cure. Thank you to our team Patricia, Mary and Kelly, and from the Cathedral location Alicia for participating.

Lately, I have noticed that a lot of families are having to ring the doorbell and sometimes have to wait for a Educator to come and let them in. This can be frustrating for you as a parent, as most of you are either on your way to work or home and are in a bit of a hurry. Key fobs can be picked up from the office. There is a \$10.00 deposit on each key fob ordered but this deposit will be fully returned to you when you return the key fob at the end of your stay with us. Your own key fob will eliminate your wait time both in the morning and /or in the evening. We do ask if you have forgotten your key fob or choose not to purchase one **PLEASE**

only ring the doorbell **once** and then give an Educator some time to come and open the door for you as all of us are busy with the children, as this is our main priority or an Educator may be alone in the classroom with the children and cannot come to the door to let you in. Patricia or I would be more than happy to set a fob up for you, just let us know that you would like a fob.

Now that the weather is turning really cold we ask that you please send in the following articles of clothing each and every day in order to help your child stay warm while participating in our outdoor activities; a warm winter coat, snow pants, a warm winter hat, two pair of mittens (one for morning playground and one for afternoon playground) a neck warmer (no scarves as they present a safety issue as they could get caught on the climbing equipment) and winter boots. Please no gloves or

mittens without thumbs as they are not conducive to playing in the snow. Also, ensure that your child also has a complete change of clothing in their cubbie in case they get wet from playing in the snow or have a bathroom accident or a spillage of some sort. Please label each piece of clothing with your child's name in order to ensure that each piece of clothing is easily identified and returned to your child.

With the upcoming holiday season Alpha will be closed on December 26 for Boxing Day and December 27 in lieu of Christmas Day and January 2, 2023, in lieu of New Years Day. Very shortly the holiday schedule will be posted, if you could please take a moment to fill in the days that your child will be away, this will be very helpful in scheduling extra time off for our Educators.

So often parents ask what items the childcare looks for in the way of donations and with the upcoming season a lot of you will be doing some house cleaning and will be

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Infants

The Infant team would like to welcome all the new families to our classroom. Over the past couple of weeks, we have been having some challenges with settling and transitioning the children into our routine. We want to work with the families and children to make sure we have a smooth transition as we welcome your child into the Alpha family.

Child care is a new environment for your child, with new people and new routines. Prior to your child's starting date we suggest you leave your child for short periods of time and then gradually build up to leaving your child for longer periods. An adult needs

to remain on premise during all pre-visits. We really appreciate families having open communication with us to help support your child through this challenging time of transition and learning a new routine smoothly.

Every child is different, they all settle when they are ready and comfortable with the Educators. We know it is difficult for parents to say bye, to have one last cuddle, or to pop back in and sneak a peek to see how their child is settling. We really encourage parents to let your child know you're going and when you'll be back. Give your child hugs and kisses, say goodbye to your child's

Educators and exit the room. This makes it easier for your child to settle down with their Educators. We want to work as a team to help your child feel comfortable and safe. We encourage you to ask lots of questions or make suggestions to develop a smooth transition for you and your child. We are here as a team to provide the children with a well-rounded support system and program that stimulates their intellectual, physical and emotional growth.



The Infant Team
Areanna, RECE PJ, RECE Fowsio RECE, Smiledeep RECE and the Infants

Junior Toddlers

Hello again everyone! We have been very busy welcoming our new Educator Rubaldeep to the classroom. She is a recent graduate from Northern College, feel free to come say hello and welcome her to the Alpha family anytime. We have also welcomed new children and families to the classroom and are so excited for the children to settle into their new routine and begin to explore our fun filled program each day.

The Educators are really working on trying to build a connection with the children with lots of comforting hugs and one on one time whenever possible, so that making the transition becomes easier and easier each day.

Winter and the cold weather are fast approaching and we would like everyone to keep a few things in mind when purchasing new shoes and snow boots for their child. Most importantly, they should be warm and water proof, but another important factor to consider when finding footwear for your child is size. They should always be the child's correct size, if you would like to purchase them a little bigger, they should not be bigger then one size. Purchasing footwear that is too big is a safety hazard, as children will trip and fall. They may also lose their balance from moving back and forth in the shoes. It will affect your child's ability to run, walk and climb as they are not able to grip surfaces. It may also be



difficult to keep them on while walking or running which is a tripping hazard. Movement inside the shoe causes friction, the

constant rubbing of the skin on the back or inside of the shoe causes callouses and blisters. To prevent any of these issues or any foot problems in the future, please consider this when going out this season to purchase footwear for your child. Hope this helps!

See you next time,
Ana, RECE, Niketta RECE, Rubal RECE and the Junior Toddlers

Word From The Office cont'd

(Continued from page 1)

recycling some of your children's toys and activities as they have outgrown them. The following is a list of items to save toys, puzzles, games, books; yogurt containers, paper towel rolls, bits of ribbon, yarn or string, boxes, paper of any kind, costumes, clothing for prop boxes, any cultural items, as we are a multicultural centre, plastic



bags, cardboard boxes, buttons, sponges, any type of recyclable materials. If you are uncertain if we can use it please ask or just bring it in and we will dispose of it if we are unable to use the item. All donations really help in controlling our budget costs.

Until next time, my door is always open
Mary RECE, BA
marys@alphachildcare.ca
905-458-4884

Senior Toddlers

Hello Sr. Toddler parents. Welcome to the months of November and December. These past few months we have been working on getting settled into routines with the new children and families.

The next couple of months we will be working with children to promote their self-help skills, as these skills can be broken down into different areas of the classroom.

Self-feeding: As most of our Senior Toddlers are good at self-feeding. The Educators will be role modeling and encouraging them to use fork/spoon to scoop up the food from their plate, as we all know that they love to use their hands at the lunch table. Furthermore, scraping the leftover food in a scrape bowl and putting the utensils away, would be another goal that we will continue to work on.

Hygiene and Toileting: The Educators will

continue to encourage the Toddlers to wash their hands independently when they come inside after outdoor discoveries/ changing diapers/ before lunch or snack. By washing our hands side by side with Toddlers and reminding them to rub their hands using soap and water and drying using a paper towel, can be helpful for them. We will also be focusing on potty training, as some of our children are already potty trained. We will be working with other children who are a little hesitant to potty train.

Dressing and Grooming: During cloakroom, the Toddlers will be encouraged to be independent by assisting them to find their cubby and to put their belongings away. For example, the Educators will continue to assist and encourage them to pull up/down their pants, putting their jackets on, pulling up/down the zipper,

putting their hats on, and guiding them to put their shoes on. Parents can help their children to be independent by encouraging them to put their shoes on or picking out their outfit when getting ready for school or asking them to bring their shoes from their cubby during drop off/pick up, as it will develop a sense of self-identity and boost their confidence to try new things.

Please feel free to come to us if have any other questions or concerns, we are always here to help.

Harneet (RECE), Chau (RECE), Ankita and the Sr. Toddlers



Visit us at
www.alphachildcare.ca

Intermediate Toddlers

Hello Alpha parents! Before we begin we would like to welcome our new families. The Inter. Toddlers are very busy and engaged in learning how to be social. Learning Social Skills need to develop over time. Each child is unique, and therefore the Toddlers will continue to learn about sharing and taking turns with each other.



The fall is coming to an end and the winter will be starting soon. It is also that time of the year which we are waiting for so eagerly, not for the snow but yes for the Christmas time. A time which we spend with our family, friends, a time for lots of treats and gifts. We are going to share some recipe ideas for Christmas treats. Hopefully it will help you in preparing Christmas Day.

Here it is!
Elegant Green Beans

Total Time: Prep: 20 min.
Bake: 50 min.
Makes 8 servings

Ingredients

- 1 can (8 ounces) sliced water chestnuts, drained
- 1 small onion, chopped
- 1 jar (4-1/2 ounces) sliced

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Intermediate Toddlers cont'd

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- mushrooms, drained
- 6 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 cup 2% milk
- 1/2 cup chicken broth
- 1 teaspoon reduced-sodium soy sauce
- 1/8 teaspoon hot pepper sauce
- Dash salt
- 1 package (16 ounces) frozen french-style green beans, thawed
- 1/2 cup shredded cheddar cheese
- 1 cup crushed french-fried onions

Directions

- Preheat oven to 350°. In a small skillet, sauté water chestnuts, onion and mushrooms in 2 tablespoons butter until onion is crisp-tender, 4-5 minutes; set aside.
- In large skillet, melt remaining 4 tablespoons butter; stir in flour until smooth. Stir in milk, broth, soy sauce, pepper sauce and salt. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from heat; stir in green beans and cheese.
- Spoon half of the bean mixture into a greased 1-1/2-qt. baking dish. Layer with water chestnut mixture and remaining bean mixture.
- Bake, uncovered, 45 minutes. Top with french-fried onions. Bake until heated through, about 5 minutes longer.

Christmas Day Chicken

Total Time: Prep: 15

min. + marinating

Bake: 30 min.

Makes 16 servings

Ingredients

- 16 boneless skinless chicken breast halves (4 ounces each)
- 2 cups sour cream
- 1/4 cup lemon juice
- 4 teaspoons



- Worcestershire sauce
- 2 teaspoons celery salt
- 2 teaspoons pepper
- 2 teaspoons paprika
- 1 teaspoon seasoned salt
- 1 teaspoon garlic salt
- 1-1/2 to 2 cups crushed butter-flavored crackers
- 1/2 cup canola oil
- 1/2 cup butter, melted

Directions

- Place the chicken in 2 large shallow bowls. In another bowl, combine the sour cream, lemon juice, Worcestershire sauce and seasonings. Pour over chicken; turn to coat. Cover and refrigerate overnight.
- Preheat oven to 350°. Drain and discard marinade. Coat chicken with cracker crumbs; place in 2 greased 13x9-in. baking dishes.
- Combine oil and butter; drizzle over chicken. Bake, uncovered, until a thermometer reads 165°, 30-35 minutes.

Buttermilk Pie with Pecans

Total Time: Prep: 40 min. Bake:

50 min. + cooling

Makes 8 servings

Ingredients

- Pastry for single-crust pie (9 inches)
- 1/2 cup butter, softened
- 1-3/4 cups sugar
- 3 large eggs
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 cup buttermilk
- 2 teaspoons vanilla extract
- 1 cup chopped pecans
- Sweetened whipped cream,

optional

Directions

- Preheat oven to 425°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to 1/2 in. beyond rim of plate; flute edge. Line unpricked pastry with a double thickness of foil. Fill with pie weights, dried beans or uncooked rice.
- Place on a [baking sheet](#); bake until edges are light golden brown, 15 minutes. Remove foil and weights; bake until bottom is golden brown, 5 minutes longer. Cool on a wire rack. Reduce oven setting to 325°.
- In a large bowl, beat butter and sugar until blended. Add eggs, one at a time, beating well after each addition. Beat in flour and salt. Gradually stir in buttermilk and vanilla.
- Sprinkle pecans into crust; add filling. Bake until center is set, 50-60 minutes. Cover top loosely with foil during the last 15 minutes to prevent overbrowning if necessary.
- Cool completely on a wire rack. If desired, serve with whipped cream. Serve or refrigerate within 2 hours.



We hope it will help you to decide the recipes for the holiday season. HAVE FUN!

Until next time,

Ipsita RECE, Janice Support Educator, Harjeet RECE and our Toddler Friends

Like us on Facebook

Junior Preschool

Hello again from the Junior Preschool Room. We would like to take a moment to welcome Brooklyn, Anaya, and Levon and their families to the Junior Preschool room. The children have been busy getting back into following our classroom routines and transitions.

The Educators have begun implementing the "Handwriting without Tears" pre-printing program to the children every Wednesday. This program will help the children learn to hold a



crayon properly using the pincer grasp. The first few pages of the program focus on target colouring as they colour the different stars, bugs and fireworks. Once the children are further along in the program the children will begin to colour objects and shapes using specific colours. As the children come near the end of this program they will learn to trace/draw lines, curves and eventually letters and numbers.

We also have been helping the children work on their self-help skills when they are getting ready to go outside. We are encouraging the children to take

off their indoor shoes and put on their outdoor shoes. We have the children sit on the floor with their shoes and open their Velcro straps, pull the tongue of the shoe out and have them slide their foot into the shoe, once it is on, we encourage them to fix the straps with hand over hand assistance.

We are teaching the children to use the "flip flop over the top" method to help them put on their own coat. This is where we will put the child's coat on the floor and have the child stand by the hood of their coat, then the

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Special Events

On **Sunday November 6th** Don't forget to set your clock back one hour as we go back to standard time.

On **Friday November**

11th, we will be celebrating Remembrance Day. The first "poppy day" in Canada occurred on 11 November 1921. By 1922, lapel-worn poppies were manufactured and distributed by [veterans](#) in Canada. The [Royal Canadian Legion](#), formed in 1925, has run the poppy fundraising campaign in Canada ever since. So don't forget to wear your poppies or wear something red to honour all veterans and soldiers



On **November 10th and December 8th** Alpha will be having their virtual Parent Advisory Committee Meeting. There is still room for more parents to join, if you are interested. If you would like some more information please contact Patricia Andrade, Supervisor or Mary Soundy, Manager. A list was emailed to families of who your classroom reps are in case you need to seek information; however

Patricia and Mary have an open door policy and are here to answer any questions you may have!

On **Tuesday December 13th**

Alpha will be hosting their Annual Christmas Concert in person! Alpha is excited to have this live, starting at **4pm – 6:30pm**. Classroom performances will be posted through out the centre as to when your child will be performing. On this day the parking lot will be filled with cars as parents will be parking and staying for their child's performance. Once your child's concert is over, we ask that you visit Santa in the Int. Toddler Room and then take a small treat in the Jr. Toddler room and exit the building to make space for other families who will be joining us for their child's concert, later in the evening. Your child's Educators will email you when to bring in clothing for the concert performance so stay tuned for more details!

On **Thursday December 15th**, Sheila will be hosting Alpha's Annual Christmas luncheon. She will be preparing a special festive lunch for the children and Educators, and it will be served in the atrium where we will be sitting together as a large family for lunch!

The end of the year is slowly approaching, and Alpha will be posting **Christmas closures and hours of operation during the Christmas break**. If you are deciding to keep your children at home during the Christmas holidays, please inform management or your child's Educators in order to provide proper ratios within the classrooms and have Educators enjoy some well-deserved time off.



Merry Christmas, Happy New Year and always stay safe!
See you next year!

Patricia Andrade RECE

Supervisor
patriciaaa@alphachildcare.ca

Junior Preschool cont'd

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child bends down and puts their hands into the sleeves of their coat, then have the child stand up and put their hands up over their head. This will cause the coat to slide down their arms and their coat will be on. The child will feel a great sense of pride and build their self confidence as they learn to put on their own coat once they have mastered this skill.

Now that the holiday season is upon us, you and your family may be busy visiting family and friends and may want some ideas on how to keep your child and cousins creative.

Handprint Christmas Trees:

What you need:

- green paper (cardstock)
- yellow paper or gold paper star
- jumbo craft stick
- buttons, gemstones or paper
- scissors
- pencil
- glue
- brown paint
- yarn for hanging and clear tape or washi tape

Trace your hand on green paper then cut the hand out along the traced lines. If the paint is already dry, apply glue on the top part of the craft stick. If it's not jet dry skip this step for not and go straight to decorating the mini



Christmas tree. Stick on the hand outline on the craft stick. Decorate the tree! Glue a shiny star on the top of the tree. Make little

baubles out of buttons or gemstones (or any handy mini bauble like material). If you want to turn

this Handprint Christmas Tree craft into an ornament, flip it around and attach yarn for hanging on the back (top) of the craft stick.

For more information on this activity visit the website listed below: <https://www.easypeasyandfun.com/handprint-christmas-tree/>

[utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=10782438](https://www.easypeasyandfun.com/handprint-christmas-tree/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=10782438)

An Outdoor Craft idea to do with the children is having the children paint the snow outside.

How to make 3-Ingredient Snow Paint

What you need:

- sticks collected outside
- jars or cups
- cornstarch
- warm water
- food coloring
- paint brushes

The Snowy Day (optional book to read)

What to do:

To make the snow paint, mix warm water and cornstarch in a jar so that the consistency is still runny and the water is a muted white color (I didn't measure but you don't need a lot of cornstarch for a cup or two of water – as long as you don't end up with a thick paste you are good!)

To the cornstarch and water mixture, add food coloring, making as many different colors of paint as you like.

Take the snow paint outside, and make canvasses using sticks



found on the ground! This isn't a mandatory step, but a great way to build art vocabulary with words like canvas. And, the finished product looks really cute.

Children can paint over and over again in new areas of the snow! My children enjoyed making a picture, then moving the sticks to a new area to make a new blank canvas to paint in. They also experimented with painting in the fluffy snow, and then stomping the snow flat to make an icier surface to paint on. Have fun!

For more information visit the website listed below:

<https://viewsfromastepstool.com/3-ingredient-snow-paint/>

You could make Pine Cone Christmas trees:

- Have the children collect pine cones and then paint them green. Once the pine cone is dry glue glitter, confetti, pompoms, buttons etc. onto the pine cone and them glue a gold star on top of the pine cone.

Pine Cone Garland:

- Have the children collect pine cones then using yarn/ribbon string them together to make a garland and then decorate the trees outside or in the house.
- For more information about these pine cone crafts visit the website listed below: <https://theantijuncleaver.com/christmas-pinecone-crafts-ornaments/>

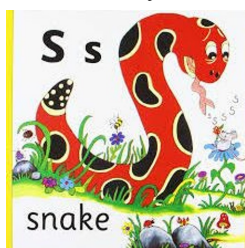
Until next time,
Lynda RECE, Kelly Support Educator, Sandeep RECE and the Junior Preschoolers

Senior Preschool

Hello again everyone! Boy-oh-boy! It sure is getting chilly out there! Please ensure our amazing students are coming in with all weather appropriate clothing to ensure they are able to participate, and have the best time outdoors while being warm and cozy!

Here in the Senior Preschool classroom, the children and Educators are all busy getting accustomed to our schedule, curriculum and routines. Currently, we are happy to report that our children are all doing a fabulous job at working hard welcoming their new peers, and their families, and making everyone feel right at home by offering a helping hand to peers who may be upset on their first days, or by engaging in play and sharing their playing materials. The Educators are so happy to see such amazing empathy being shown everyday!

While walking through, you may get the chance to see how learning happens, here in the Senior Preschool classroom, as we participate in new learning objectives daily. Monday to Friday, our students are hard at work during our "group time", as they can be heard/seen learning their letters by engaging in our Jolly Phonics program, learning numbers, gross and fine motor skills as well as participating in our Second Step Program, where we learn all about emotion regulation (problem solving, conflict resolution, etc).



As the colder weather is here... that can only mean one thing! Christmas and the Holiday Season is here! We thought what better way to get us all in the spirit, than with some Holiday Treat Ideas! Below you will find some

easy, fun, festive and delicious ideas. Feel free to try them out, and share your success with us! We would love to chat about it during our group time! Enjoy!

Recepies:

1) Homemade Christmas Bark

Ingredients

- 3 cups semi-sweet chocolate chips
- 2 tbsp shortening
- pretzels
- peanuts
- green & red chocolate candies
- Christmas sprinkles

Instructions

1. Heat chocolate chips in a microwave safe bowl for 1 minute intervals stirring in between until smooth.
2. When chips are melted, stir in shortening or coconut oil and heat in 10 sec. intervals until smooth.
3. Pour chocolate onto a foil lined baking tray.
4. Sprinkle with toppings pressing firmly into chocolate as you go.
5. Refrigerate 1-2 hours or until firm.
6. Remove foil, break into pieces and enjoy!



2) Reindeer Rice Krispie Treats

Ingredients:

- 4 tablespoons (½ stick) butter, plus extra for greasing the pan
- 10 ounces mini marshmallows
- 6 cups crispy rice cereal
- 2 ounces white chocolate baking chocolate, candy coating, or melts, DIVIDED
- 16 candy eyes
- 6 chocolate covered pretzels
- 7 brown M&Ms
- 1 red M&M
- Christmas sprinkles

Instructions:

1. Generously grease an 8-inch cake pan; set aside.
In a large pot set over medium heat, melt the butter. Add the marshmallows, stir to coat with the butter, and allow to completely melt, stirring frequently. Remove the pot from the heat and gently mix in the cereal until fully combined.

Transfer the mixture to the prepared pan and press into an even layer. Allow to cool completely. Run a thin knife or spatula around the edge of the pan, lay a platter or cutting board on top, and invert. Carefully lift off the pan.

Melt half of the white chocolate according to package directions. Spread a small amount of melted white chocolate on the back of the candy eyes and stick them to the top of one of the triangular Rice Krispie Treats. Do the same with the M&M nose and the pretzel antlers. Repeat for each reindeer. Melt the rest of the white chocolate. Finish each reindeer by spreading some melted white chocolate between the antlers, covering with sprinkles, and gently pressing them to adhere. Allow the white chocolate to harden before serving the treats or storing them in an airtight container.

Enjoy!

• 3) Strawberry Santa

Ingredients:

- Fresh strawberries
- Vanilla frosting (in a can or homemade)
- Black icing gel
- Supplies – Knife - Paper Towel - Frosting piping with small round tip or a bag or ziplock bag with the bottom corner cut off

1. Instructions:

1. Rinse the strawberries and cut off the leaves (discard)
2. Cut the pointed end off of each

Preschool 3

Greetings Parents, We are incredibly excited to share with you that the new school year is going exceptionally well. Everything is running quite smoothly in the classroom. It is well said, "Every new day brings new hopes." So, day after day, the Preschoolers discover new potentials by putting their steps forward, whether it's about printing independently, following their daily routines, or realizing new concepts. Mainly, they are further facilitating their learning by materializing their valuable concentration every week towards academic learning concepts such as Jolly Phonics, Handwriting without tears (HWT), Second Step, and French. We are delighted to observe them growing and developing each day. Essentially, we will continue to follow their lead and nurture their optimistic growth.



Interestingly, National Child's Day is upcoming on November 20th, 2022. This day symbolizes the children's need for nurturing care, love, and devotion to foster their growth and development. We will celebrate this crucial day to shape a better world for the children by glorifying their distinctive privileges. The children will be engrossed in these following activities to

celebrate this honorable day, or they can be accomplished at home as well.

- **Poster Making:**

Children can express their unique ideas through art and craft. Using multiple art materials, such as construction papers, child-safe glue, pom poms, pipe cleaners, stickers, crayons, markers, glitter and other creative materials, they can create child day posters using their imagination and creativity. Then, hang their posters where everyone can see them, such as on creative boards, home windows, walls, or the neighborhood playground.



- **Tracing Letters:**

On this day, stimulate the children to facilitate their printing skills further. Mainly, write the words related to the day, such as child, right, love, care, or empathy, and encourage them to trace the letters.

- **Reading or Sharing Stories:**

Preschoolers are inquisitive to learn and

explore several new things. Meanwhile, on this special day, spend more time with them and read story books with them, including eye-catching pictures emphasizing their distinctive rights as well as teaching them to spread love, care, kindness, and harmony to everyone. Also, share childhood stories with them.

- **Memory mystery game:**

Use the myriad child's day printed pictures to accomplish this activity. Mainly, set the level and display two to three pictures. After that, hide one picture from that and ask them what is missing.

- **Drawing with Chalk:**

On this forthcoming National Child's Day, wear blue to symbolize the day. Preschool children love to articulate their feelings by drawing or painting. Mainly, engage with the child to draw and write messages on the sidewalk and easel board at home utilizing the blue chalk.

Until next time,
Shivana RECE, Komal RECE and the Preschool 3 Group

Senior Preschool cont'd

strawberry. Place the newly cut edge down on a clean napkin. The napkin will absorb the fresh strawberry juice, which is what you want.

3. The "body" of Santa needs to be quickly dabbed on a fresh paper towel as well. The extra juice will cause the frosting to slide. By letting the paper towel absorb the fresh strawberry juice, the frosting will stay in place better.



4. Put vanilla frosting in a piping bag (or in a zip lock bag and cut the corner off).

5. Gently swirl some vanilla frosting on the top of the body.
6. Place the "Santa hat" (or the strawberry tip) on top of the frosting.
7. Add a dab of frosting on top of his hat.
8. Next carefully add two eyes with black icing.
9. Enjoy!

Until next time – Happy Holidays!
Have a fun and safe Holiday Season with your loved ones!
Harnoorpreet, RECE., Theresa, Assistant, & The Sr. Preschoolers

Sheila's Kitchen

Healthy And Easy Breakfasts Your Children Will Love

Yes, is the resounding answer to the question, "Do I really need to eat breakfast?" from medical

professionals and nutritionists around the world. It is after all, the most important meal of the day. But have you ever wondered why?

Well, here are five very convincing reasons why you shouldn't skip breakfast tomorrow morning or ever again...

1. Break the Fast

The word "breakfast" literally means breaking the fast. In other words, it literally kick starts your metabolism, muscles, and mind after an 8 or more hour period of food deprivation.

2. Don't Be a Gloomy Gus

Skipping breakfast will put a black cloud over any day. Instead of being a grouch, eat breakfast to encourage a positive mood for the day



ahead.

3. Improve Mental Performance

Medical research shows that children who skip breakfast are more apathetic, disinterested, and irritable compared to breakfast noshers.

4. Fuel for Energy

Eating a breakfast rich in fiber and carbohydrates will keep you fueled and alert throughout the day.

5. Be a Role Model

If you're a parent, eating breakfast sets a healthy example for your children.

Caramel Apple Overnight Oats

Ingredients

- 1 cup – oats, dry
- 1 teaspoon – cinnamon
- 3 tbsp – maple syrup, pure
- 8 ounce – Ripple Milk
- 1 medium – apple

SYRUP:

- 2 tablespoon – coconut oil
- 2 tablespoon – maple syrup, pure
- 1 tablespoon – almond

butter

Directions



Combine oats, cinnamon, maple syrup and Ripple Milk (I used the vanilla flavor) in a small bowl or tupperware.

Cover and let refrigerate over night. In morning, give the oats a good stir. Chop up your apple into small pieces and layer in oats and apples to your glass!

Caramel Syrup: Melt the coconut oil and maple syrup together in the microwave, then whisk in almond butter until smooth. Add a tiny splash of vanilla or pinch of salt if you want! Drizzle on top!

Blueberry Coconut Milk Smoothie

Ingredients

- 2 cup – blueberries, frozen
- 2 medium – banana
- 1 cup – yogurt, plain, low-fat
- 1 cup – coconut milk
- 1 tablespoon – honey
- 2 cup – spinach

Directions

In a blender, combine all ingredients and blend until smooth. Pour into serving bowls. Top with additional sliced bananas and blueberries, if desired

Sheila, Chef

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

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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 marshmallows, 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 marshmallows 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

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.

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



Preschool/Kindergarten

Dear Alpha Families, it has been a great start to our fall year! The children have been fascinated with the changing colours outside, which has provided a lot of outdoor fun for the Preschool/Kindergarten classroom. The class is always excited about going outside on the playground, as this meant they got to enjoy a wide variety of fun fall leaf activities like raking leaves, catching and sorting falling leaves from the trees, and building places to “hibernate” for the upcoming winter with sticks and branches. Many of these outdoor activities have inspired other indoor activities during creative art table time, academic circle discussion, and pretend play with indoor materials.

Currently, the class has been focusing on developing their understanding of colours, shapes, as well as the letters of the alphabet. Each week, the class discusses a letter of the alphabet in chronological order, and are engaged in various activities involving that letter. For instance, the Educators will play a guessing game with the class during academic circle where the children are asked to figure

out a particular word using clues and pictures (i.e. “This is an “A” word, it’s a green animal with sharp teeth and scales...it’s an alligator!”). Through building familiarity with letters and common sight words beginning with particular letters, the children will begin to develop greater literacy skills toward recognizing simple, familiar words in books and other texts.

The class is also developing their mathematical skills related to patterning, geometry, and numeracy through both guided academic circles and interactive play activities. Materials such as ten frames, coloured counters, patterning blocks, and Lego are great opportunities for children to practice these mathematical skills, and are continuously provided for the children to explore these concepts. Moving forward, the class will be encouraged to demonstrate these skills during creative activities (i.e. patterned artwork), counting materials, and interactive group-play.

As the weather continues to change, the children will be provided with seasonally appropriate activities to spark their creativity with the natural

ALPHA CHILD CARE LTD.

900 Peter Robertson Blvd.

Brampton, ON

L6R 1A2

Phone: 905-458-4884

Email:

marys@alphachildcare.ca

patriciaa@alphachildcare.ca

world. As such, it will be essential for parents to make sure their children are provided with warm, winter-appropriate clothing for outdoor exploration.

Unless the temperature gets extremely cold (-20 below) or there are otherwise unsafe conditions, children in the Preschool/Kindergarten classroom will continue to take part in outdoor exploration throughout the winter season. By dressing appropriately for the weather, children will remain comfortable, safe, and capable of engaging in play and learning with their peers on the playground.

Jesse Godin OCT and Jacqueline Woods RECE
Preschool/Kindergarten Classroom

