



Alpha Child Care Ltd.

January/February Newsletter 2023

Word From The Office

Happy New Year!! I hope everyone had a great holiday season and that Santa fulfilled all your wishes. We have noticed that Santa has brought a lot of new mittens and hats. Please be sure to label all articles of clothing with your child's name so that we can ensure that all pieces are put into the proper cubbie. (Please see your supervisor to obtain information about purchasing labels). Please ensure that the children have the following each and every day in order to participate in our outdoor program. **Snow pants, warm coat, boots, a hat, a neck warmer (scarves are not safe) and two pairs of mittens. (One pair for morning outdoor discoveries and one pair for the afternoon outdoor discoveries.)**



Now, that the snowy weather is upon us, we ask for your help in maintaining a clean dry environment for the children. Since the children spend approximately 50-70% of their days on the floors we ask that you **PLEASE REMOVE YOUR SHOES/BOOTS BEFORE ENTERING THE CLASSROOM.** If you are in a rush and you need something within the classroom environment, please ask an Educator and they will be more than happy to help you.

With the change of season fast approaching us, a lot of us will or have changed coats or purses, therefore, please remember to put your access card/fob in your different apparel. If you have lost or misplaced your card/fob please let us know in order that we can delete it from the system. If you need a new card/fob or have not purchased a card/fob yet (\$10.00 per card/fob, which is fully returned to you when the card/fob is returned to us at the end of your child's stay with us) please let us know in order that we can issue one to you. This will save you

a lot of time waiting for someone to let you in, as sometimes the Educators are very busy and cannot always answer the door right away. It is Alpha's policy that only an Alpha employee may open the front door to allow the person on the other side of the door access into the childcare facility. **PARENTS may not** open the door to anyone, even if they know that the child of the person on the other side of the door is registered with Alpha's program. The reason for this is that the status of parents may change with Alpha, therefore, no longer allowing them to pick up their child. We appreciate that you want to help, but for the safety

of the children please try and find an Alpha employee to open the door.

The new camera system seems to be working well. Also, when you are letting yourself in and someone unfamiliar follows you in, please make sure a staff member is aware of this in order that we can ensure that the person is someone who should have access to the childcare centre. Safety is our number one priority and working together we can ensure that our environment will be as safe as possible.

Educators would like to thank everyone for all the wonderful treats that were sent in over the holiday season. Everyone thoroughly enjoyed them. Your thoughtfulness was appreciated very much by everyone.

We will be hosting a Kindergarten Information Night on January 10, 2023, beginning at 7:00 p.m.. This will give parents whose children are eligible for Kindergarten in September 2023 a complete outline of what Alpha's Kindergarten Program consists of. This would mean that your child will be 4 years old on or before December 31, 2023. The kindergarten classroom will be set up in

(Continued on page 2)

Dates to Remember:



Jan 1st - Happy New Year

Jan 10th - Kindergarten Information Night

Jan 12th - Virtual PAC Meeting at 6:15pm

Jan 22nd - Gung Hay Fat Choy - Happy Chinese New Year

Jan 24th - Literacy Night 6:30pm

Feb 3rd - COR Documents go home to parents

Feb 9th - Virtual PAC Meeting at 6:15pm

Feb 10th - Mary's official last day at Alpha

Feb 14th - Happy Valentine's Day

Feb 17th - Region-Wide Professional Learning Day (Alpha Closed)

Feb 20th - Family Day - Alpha Closed

Infants

Ice Ice Baby

Playing with ice is a low cost sensory-rich and open-ended all age activity. Also, playing with ice is a wonderful way to support development in learning areas like fine motor, cognitive, and language development. This will allow children to think critically, wonder and discover how to get the frozen items or how and why the ice is changing. Here a few activities that you can explore with your children and prompt sensory play as the weather is still icy and snowy.

Exploring Ice: Let your child

play with ice cubes as they melt and slide around on a cookie sheet or tray, while your child is in a warm bath put a few cubes in so they can work to grasping them before they melt. A drop or two of food colouring in your ice tray can be a fun way too.



Snow Painting: Colour mixing with the snow and feeling the texture of the slippery, cold wet paint. You can also talk about the science behind ice – discuss changes that happen and why this is. This activity is also a great way for developing fine and

gross motor skills.

Ice Cubes in a Ziplock bag: Fill a bag with ice cubes and tape them onto the floor. Allow your children to feel the shapes of the cubes and icy texture, this allows the children the opportunity to explore.

Also keep in mind that ice cubes are choking hazards so please keep under supervision.

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

Junior Toddlers

Hello Junior Toddler Families, Happy New Year, we hope that everyone enjoyed their time together as a family. We would like to welcome into our classroom Komal! She has been with Alpha for about 6 months in the Preschool 3 classroom, it's been a joy to have her as she fits right in with us, please say hello and show her a warm welcome to the Junior Toddler Classroom.

The main goals of the Toddler environment are to help the children develop the skills to function independently, to allow them to explore the environment and manipulate the objects in the environment freely, to assist them in their language

development, and to introduce them to methods of developing their minds and bodies. The classroom has activities meant to stimulate all areas of development; social, emotional, cognitive, physical and language. The children are allowed the freedom to choose activities based on their own interest, and to master those activities at their own pace.

In today's culture family lives are incredibly busy and children's schedules are filled with organized activities. With the holidays behind us, we thought this would be a great opportunity to remind parents of the importance of spending unstructured, fun time with their children. Your time and



undivided attention are the best gift you can give your child.

Clinical professor of Psychiatry, Behavioural Science, and Pediatrics at George Washington University Medical School was best known for developing the influential floor time approach. Floor time is a special time that you set aside for yourself and your child, during this time play is an unstructured, and spontaneous activity where you get down on the floor with your child and try to follow his or her lead. Initially your goal is to tune in to what your child's interest and motives are. The goal is to foster emotional connectedness, increasing focus and attention while also facilitating

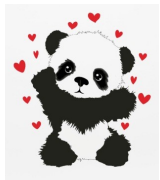
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Word From The Office cont'd

(Continued from page 1)

order for you to view the activities and curriculum materials. Jacqueline our Kindergarten educator will be here to answer any questions that you may have. Sheila our great chef will prepare some sample recipes that will be served to the children for lunch and snack over the course of the year, for you to try. Hope to see everyone there.

Don't forget those extra hugs and kisses to



those you love on February 14, 2023, Valentine's Day. Hopefully the ground hog will see his shadow and there will be only six weeks of winter remaining.

Income tax receipts will be mailed out to all our families by the end of February. If you require your receipt to be split between mother and father, please let Patricia or myself know ASAP. As well, please make sure we have your current mailing address. This will help with delays in obtaining a replacement receipt. There

is a \$10 charge for replacement receipts.

As this will be my last newsletter article that I write as stated in my Manager's section I will be retiring, my last day at the centre will be February 10, 2023. Please see the Manager's section of the newsletter for further details.

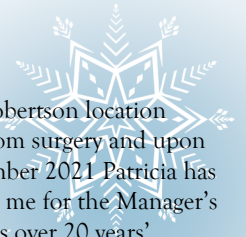
Until next time, my door is always open

Mary Soundy RECE, B.A.

marys@alphachildcare.ca

905-458-4884

A Moment With the Manager



It is bittersweet that I announce my retirement date to each of you, my last day at the centre's will be February 10, 2023. It has been an honour and a pleasure working with all the Alpha families and Educators, I am going to miss each and every one of you especially the children.

As I journey into another chapter of my life, I will take with me many memories that have been formed over the 35 years that I have been with Alpha. I have a very anxious husband who has been retired for several years and has been waiting for me to join him in retirement. Our plans are to sell our home here in Brampton and move to the Kitchener Waterloo area where our daughter resides. We are both excited about being closer to her. We both like to travel and hopefully we will be able to plan some exciting trips to places afar in the near future.

RETIREMENT
only means...
...it is time for a new
ADVENTURE

Over the 35 years that I have been with Alpha I have helped to build and support one of the most quality centres in the Region of Peel. Alpha has a very solid foundation that supports and puts the needs of the children first and the

Educators treat the children as if they were their own children. Health and safety have always been Alpha's number one priority which contributes to the quality care that Alpha offers. I know that all these great qualities will remain Alpha's priorities.

My successor will be Patricia Andrade, who has worked under my tutelage for the many years. In 2008 Patricia became my Assistant Supervisor here at the Peter Robertson location and then in 2015 I transferred her to the Cathedral Road location as the Supervisor of that centre. In June of 2021 I transferred Patricia

back to the Peter Robertson location while I recovered from surgery and upon my return in September 2021 Patricia has been training under me for the Manager's position. Patricia has over 20 years' experience in the field, and I am more than confident that she will continue to ensure that the Alpha families receive the quality care that Alpha prides themselves on. Please feel free to contact her at any time at patriciaa@alphachildcare.ca

In closing, I hope our paths will cross before I leave if not, I will make visits often, as I want to keep in touch with what is happening at Alpha. I wish each of you all the best in the future and I know the children will blossom and flourish as they have received a solid foundation in which to build upon. Until next time.

Warmest Regards
Mary Soundy RECE, B.A.
Manager of Operations and Development.

Junior Toddlers cont'd

(Continued from page 2)

language and motor development for that short period of time. Also keep in mind that the interactions should be fun and interactive, while you the adult follows the child's lead and expand on his/her activities and interests in order to achieve the desired developmental results. Your child is the leader, and you are the active partner, always trying to expand the activity or thought process further than they would on their own but without taking charge.

Keep in mind while introducing floor time:

- An undisturbed quiet area, free from

**We're on the web
visit:
alphachildcare.ca**

distractions such as TV, cellphones etc.

- Let your child choose which toys they are interested in.

If your child refuses don't argue or push, offer again the next day, trying

- to entice them with your positive energy and excitement.
- Stop floor time if it becomes negative or unpleasant.

Keep in mind the developmental results you are focused on during floor time. If your child needs to further develop their

language, make sure that language is a big part of what you focus on during that time. If your child needs to develop social competence, make sure that turn taking is

a part of what you work on. If you are focusing on improving difficult behaviour, make sure you are encouraging the appropriate behaviours that your child is demonstrating during floor time, rather than giving attention to the difficult behaviours.

Until next time,
Ana RECE, Komal RECE, Niketta RECE and the Junior Toddlers



**Like Us on
Facebook**

Intermediate Toddlers

Hello Intermediate Toddler families.

We greet you with warmest wishes this winter season and hope the Christmas holidays were fun filled and also relaxing. We were so happy to see you at our Christmas Concert. Your support made it even more special. We thank you.

As the season transitions with grey skies and dropping temperatures and energy filled Toddlers, you may find yourself in a situation where it's too cold to play outside for too long, it's snowing, or utterly rainy and a cold winter day, you may question what to do to keep your Toddler engaged during this time. We know winter can



be a particularly challenging time for keeping little children entertained. Cabin fever is real, and it can be *very hard to deal with*. But with a few supplies that you probably already have around your house, you can turn a boring, cold winter day into a fun adventure filled with activities that activate your child's imagination.

Sticky Snowman

What you will Need:

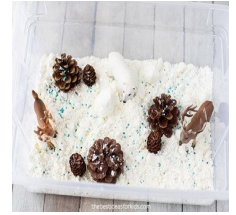
Sticky contact paper, loose materials such as stickers, cotton balls, googly eyes, pieces of coloured paper.

Fake snow sensory box

What you will need:

Snow or cotton pieces, pine cones, animals, mini shovels and scoops

Don't be afraid to have your Toddlers explore the great outdoors. By understanding how winter affects your child's mind and body, you can work on addressing or preventing the specific challenges winter poses. Despite the cold weather, you can still create opportunities for play, growth, and making connections.



So let's get prepared for a great winter.

Janice Assistant Educator, Tanya RECE, Harjeet RECE and the Intermediate Toddlers

Junior Preschool

The Educators want to congratulate the Junior Preschool children on a wonderful Christmas Concert Performance. The children did a fantastic job singing and doing all the actions to the Christmas songs. Also, the Junior Preschool class would like to welcome Brayden, Jasraj, Zachary and their families to the Junior Preschool classroom.

The Junior Preschool children have been interested in the fun science activities we have been doing with the children throughout the month of December. The Educators thought it would be a cute idea for the class to grow a pretend candy cane tree. The children helped plant the candy cane seed (a round candy), water it every day to watch it grow from a small candy cane to a medium candy cane and finally on December 23rd it had grown into a pretend large candy cane tree. The children had so much fun helping take care of the tree and watching it grow every day.

Also, the Junior Preschoolers have been busy over the past few months working on their self-help skills. They can put on their snow pants, boots, and coats with minimal assistance from the Educators as their self-help skills are flourishing. This is great and the Educators are proud of their accomplishment!



Next, we will be focusing on helping the children with toilet training and encouraging the children to sit on the toilet at every diaper change and during every transition throughout the day. Parents can help the children work on this at home by encouraging your child to sit on the toilet every time you change their diaper/pull-up or after every half hour/forty-five minutes throughout the day. The Educators are confident that this will be accomplished with more time and practice.

The Junior Preschoolers will continue to focus on implementing the Jolly Phonics Program and the Handwriting Without Tears Program over the next few months. The Jolly Phonics Program will help the Junior Preschoolers recognize the letters of the alphabet, the sounds they make and the jingles that accompany them. The Handwriting Without Tears Program will help the children develop the pincer grasp. The Program will help them learn how to colour with control, trace lines and develop pre-printing skills.

B-r-r-r-r during the winter months many families can find the winter months long and cold and they would rather stay inside where they are cozy and warm doing fun indoor family activities. However, there are many benefits for the children playing outside in the wintertime. The

children will develop a love for nature when playing in the snow exploring it using their senses and getting their mittens/gloves in the snow, they will learn to develop a passion for being physically active and learn to take safe risks as they navigate around their outdoor environment whether it be at a park or in the backyard. Playing outside will also help the children with their emotional health as they explore their surroundings and it will help decrease their behaviours, help them get into good sleeping patterns and foster their emotional well-being. Here are some fun inexpensive outdoor activities you can do with the whole family to help make the winter season more enjoyable:

1. **Shovel snow**
2. **Make a snowman**
3. **Go tobogganing at your local park**
4. **Go ice skating**
5. **Go skiing**
6. **Go on a winter scavenger hunt**
7. **Make your own snow paint:** Create your own snow paint by using food colouring or water colour paint. Mix the food colouring or water paints with water in spray bottles and then let the children create their own masterpiece by spraying the water with the different colours.
8. **Make your own Suncatcher:** Have the children look for different nature items

(Continued on page 5)

Senior Toddlers

Happy New Year to all the Sr. Toddler families! The Senior Toddler Team hopes that everyone had a wonderful and restful holiday season with their families!

As winter is here and the weather is getting colder it is especially important to keep children healthy during this winter season!

Listed below are a few tips to help with this!

1. Have children wash their hands frequently at home and school.
2. Since children often touch their mouth and faces, parents should make sure their children's hands are washed with soap and water to remove germs before eating, after using the bathroom, and when they come inside from playing. Teaching children the proper way to wash their hands, with plenty of soap and water, for at least 30 seconds can also help them avoid contracting illnesses. It is suggested that the use of hand sanitizer be very conservative and used only for times when it is not possible to wash hands



- with soap and water as its ingestion can be unsafe for young children. It is not suggested for use for children under the age of 6, however, if you find yourself in a situation where hand washing with soap and water is not possible, then it is recommended that a pea size amount of hand sanitizer be used. Furthermore, it is vital that children be supervised when hand sanitizer is used because if it is ingested by the child, it can be toxic and require medical attention. Ensure that you see that the hand sanitizer has been rubbed into the child's hands and that the hand sanitizer bottle has been placed safely out of reach of the child.
3. Get plenty of sleep.
 4. Children need between 9 and 14 hours of sleep a day depending on their age. Sleep deprivation can weaken their immune system and increase the risk of getting sick. A young toddler will typically need at least 12 hours of sleep, and a preschooler 10 or more hour of sleep.
 5. Eat a well-balanced diet.
 6. Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems. Look for

foods that are rich in vitamin C and vitamin D, and avoid foods high in additives, preservatives, and sugars.

7. Decrease stress.
8. Elevated stress hormones can lead to decreased immunity. Give children plenty of down time for rest and creative play to help lower their stress levels and keep them from getting sick. Activities that promote expression and movement such as, dancing, playing in/with nature, and children's yoga (which can be found on YouTube) help to regulate energy and reduce stress!
9. Avoid germ sharing.
10. Sharing is great to help children learn many socioemotional skills, but many commonly shared items can be breeding grounds for germs. Teach children to never share straws and cups, caps and scarves, or anything that comes in contact with their mouths and faces. When children do get sick, it's important for parents to keep them home and take steps to prevent germs from spreading to others.

Until next time,

Chau RECE, Ankita RECE and the Senior Toddlers

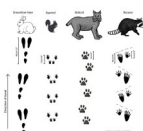
Junior Preschool cont'd

(Continued from page 4)

they see outside when going for a walk and have them collect them and put it into a bucket/pail. Items such as branches, berries, pinecones, leaves, flowers, etc. Lay the nature materials out on a plastic lid or pie plate and fill it with water then leave it outside for a few hours or overnight to freeze. Once it is frozen remove from the lid or pie plate and hang it from the tree to watch the sunshine through it. For more information visit the website listed below.

9. **Freezing Bubbles:** Blow bubbles outside in the winter to watch them freeze in the cold temperatures. For more information visit the website listed below.

10. **Animal Track spotting:** When going for a walk in



your neighbourhood, playing at the park or in the backyard, look for different animal tracks you see in the snow. Try and guess which animal has the biggest/smallest tracks and who they belong to by taking pictures of the different tracks you find. Then once you are back home or inside look up on the computer or in a book whose animal track it belongs too. For more information visit the website listed below.

11. **Make your own Nature confetti:** Have the children collect different leaves they see outside. Then using different shaped hole punches. Help the children hole punch the leaves then when they go outside, they can throw the confetti in the air for their winter celebrations. For more information visit the website listed below.

[100+ Outdoor Winter Activities for Kids](#)
• [RUN WILD MY CHILD](#)

12. **Create a magical snow garden:** Have the children make their own flowers using craft materials or fake flowers and then have the children plant the flowers in old gardening pots, or old rainboots. Have the children fill the pots with snow and then plant the flowers into the pots and place them around the backyard on old tree stumps or in the garden, etc. For more information see the website listed below.

[Create a Magical Snow Garden](#) • [Little Pine Learners](#)

Until next time,

Lynda RECE, Kelly Support Educator, Sandeep RECE and the Junior Preschool Children



Sheila's Kitchen

How Can You Teach Your Kids to Cook?

If you're raising children, you should know how important it is that they learn how to cook early on. When your children get older and they start going to university and living their life, if they don't have cooking skills, they're not going to be able to make nutritious meals for themselves and properly take care of themselves. So many people don't know the basics of cooking when they head off to university because their parents didn't see how important it is that they're taught how to cook. That's why you should take the time to bring your children into the kitchen and give them the cooking skills they need to succeed in life.

Keep reading down below to learn the top things you need to know when you're teaching your children to cook.

1. **Bring Them into The Kitchen and Show Them Around**
2. **Let Them See What You're Doing Before You Give Them Any Tools**

3. **Small Tasks Are Great for Getting Them Involved**
4. **Be Patient with Them If They Mess Up**
5. **Let Them Know That It's OK Not to Get Everything Right**
6. **See If They Have Any Ideas for Recipes and Let Them Know What Will or Won't Work**

When you're teaching your children how to cook, this can be a bit of a stressful time. However, it can also be a time for you to bond with your children in a new way and get them that much more prepared for their future.

Here is one of the children's favorite chile recipes. Dip with veggies and or chips is always a big hit.

Crock Pot Chilli

Ingredients:



- 1 lb. ground beef brown first then add the rest.
- 1 stalk celery, finely chopped
- ½ yellow onion, finely chopped
- 1 ½ tbsp. chili powder
- ½ tbsp garlic, minced
- 1 (15 oz) can petite diced tomatoes
- 1 (15 oz.) can tomato sauce
- 1 (15 oz.) can baked brown beans in maple syrup
- 2 table spoons beef broth syrup or cubes
- ½ cup of bbq sauce
- 1 tsp. Worcestershire sauce
- salt and pepper to taste

Simmer on low for 45 minutes and dish up.

Optional Toppings: shredded cheddar cheese, chopped red onions and sour cream

Happy Cooking,
Your Chef Sheila Jenkins

Senior Preschool

Hello again, everyone! Happy New Year! We are wishing all of you wonderful families a happy, and healthy 2023! The Senior Preschoolers are excited to begin this new year, as we will be continuing to learn and develop more and more each day.

Currently in the Senior Preschool classroom, we are continuing to work with the children on their recognition of their letters, numbers, and fine motor skills. We are doing this by continuously (once weekly) using our Jolly Phonics Jingles program, and our Handwriting Without Tears program. Furthermore, the children are also currently working on their conflict resolution skills, as they are learning through our Second Step program. We are happy to report that the children are showing great interest in each of these areas of development, and are confident with consistency and patience, they will soon be well equipped in all of these areas.

A friendly reminder, now that we are in the heart of the winter months, please ensure

that all of the children are dressed appropriately when coming to childcare. This means, ensuring your children come fully prepared with sweaters or long sleeve shirts, winter jackets, snowpants, boots, hats, neck warmers and gloves/mitten. This is to ensure they are warm and cozy, as they enjoy our daily outdoor discoveries.

With these long winter months upon us, it may sometimes get hard to stay indoors on the days we are unable to go outdoors with the children due to the weather. Below you will find some fun winter recipes/crafts using common household food items that will ensure you and your children are kept busy, while enjoying a delicious treat. We hope you enjoy! Be sure to take photos of the cooking fun, so we can discuss during our daily interactive group time (circle).

Recipes:

Banana Snowman

- 1 banana, peeled and sliced

(3 banana slices for each snowman)

- 5 mini chocolate chips
- 1 pretzel stick
- 1 baby carrot
- 1 strawberry, sliced into quarters

Other Supplies:

- butter knife

This is perfect for letting the kids assemble.

1. Take three banana slices and line them up below each other in the shape of a snowman.
2. Use two mini chocolate chips for the eyes.
3. Use the other three for the buttons on the snowman.
4. Slice a sliver of the carrot off and poke it into the top banana slice under the eyes to serve as the nose.
5. Break the pretzel stick in half and these will serve as the arms.



(Continued on page 8)

Preschool 3



Welcome back to a brand New Year Preschool 3! We are so excited to see where this year will take us.

As a new year begins, the children will continue to practice their printing skills through the Jolly Phonics and Hand Writing without Tears program. They will also learn basic social skills through the Second Step program. As well, continuing to learn and expand on their basic French



vocabulary.

As January rolls in, icier conditions and more snow falls takes place. Here are a few ice activities that you and your child can do at home to embrace the cold weather:

1. **Ice Block Painting:** Use fresh snow and pack it into an ice cube tray. Colour each section with different food colouring. Place a popsicle stick in each section, then freeze. Once ready, you can use the ice blocks to paint a picture.
2. **Igloo:** Using ice cubes, or ice pieces

found outside, try to build an igloo. (Make sure mittens/gloves are worn.) The igloo can be a home for animals.

3. **Melting Snowman Experiment:** Build a snowman using ice cubes or ice pieces found outside. Graph or measure the time of how long it takes to melt. You can add a bit of salt on the ice as well, to see if there is any difference/ changes to the melting ice.

Until next time,
Shivana RECE, Harneet RECE and the Preschoolers

Preschool/Kindergarten

Happy New Year, everyone! We hope everyone had a wonderful holiday with their families. We are looking forward to this New Year and new possibilities for learning. We have spent the first part of the year working on the alphabet, letter recognition, vocabulary and sight words. We have also been working through the Handwriting Without Tears program which's helps the children develop their fine motor and printing skills. In math we have been covering numeracy, patterning, sorting and number recognition.

In January we will be introducing the Jolly Phonics program which introduces the 52 sounds in the English language. Children will be encouraged to blend sounds together to make words as well as be introduced to sight words. An upcoming event is our 100th day of school which will take place on Friday, February 3. As a class we have been counting the days up to 100 from the first day of school. We have been practicing counting by 10's and will start introducing counting by 5's and 2's as well. The 100 day celebration will include lots of activities around the number 100. We will keep you informed of any further details.

At the beginning of February families will receive their child's COR progress report. This is based on the observations the Educators have made on your child from September until December. It is very comprehensive and we hope that it helps



you to understand how your child is developing in the program. Just a reminder to all families that our program starts at 9:00 with our morning group time and then they transition to seat work and Interactive Playroom or Outdoor Discoveries. When children arrive later in the morning they may be missing out on important learning opportunities and social interactions with their peers. It also makes it very difficult for the Educators to make enough observations on them to get an accurate understanding of their skills for the COR.

Every year on January 27 it is Family Literacy Day in Canada. We always celebrate it here at Alpha with a Family Literacy night. It is always a fun night with lots of activities for families to participate in and learn about fun ways to include literacy in their daily routine. As literacy is an important part of the Preschool/Kindergarten curriculum we would like to share some fun and simple ways to encourage your child's literacy skills.

1. First of all, READ. Read to your child, share books and stories that you have enjoyed. Expose your child to all kinds of written materials, books, magazines, newspapers etc.
2. Play I spy or scavenger hunt games where your child will have to look for letters or words.
3. Cook or bake together following a recipe. Even something as simple as ants on a log.

4. Play card or board games together.
5. Look for letters or numbers while on neighbourhood walks or on your drive to school.
6. Let your child help with the shopping, making a list and then looking for the items in the store. Point out the letters and words on the various packages.
7. Allow them access to printing and drawing materials so that they can begin to make lines and figures and then gradually start making letters and words.
8. Help your child to recognize their names by labelling their belongings. (This helps us out too!)
9. Research a topic of interest together, if your child demonstrates an interest in a subject research it to learn as much as you can. This will encourage their vocabulary as well as their general knowledge.
10. Pay a visit to the library or a bookstore to allow your child to see a larger variety of books and topics.

Hopefully you find these suggestions helpful, there is another write up elsewhere in the newsletter about Family Literacy Day in Canada and the theme for this year. We encourage everyone to attend our Family Literacy Night it will be fun and informative. Also if you have any questions or concerns regarding your child's COR report please approach us as we will be happy to answer any questions.

Until next time: Jacqueline RECE, Jenn Assistant Educator and the Preschool/ Kindergarten class

Senior Preschool cont'd

(Continued from page 6)

Poke them into the middle banana slice.

6. Place one of the strawberry quarter slices above the top banana slice to serve as the hat.

Snowman Smoothie

Ingredients:

- 1 banana
- 250ml milk
- 50g Greek yogurt
- 25g oats
- 30g desiccated coconut
- A few drops of vanilla extract
- Maple syrup or honey to taste

To Decorate – Optional

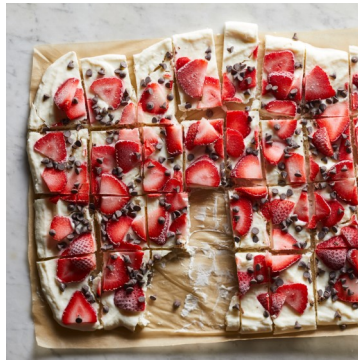
- Whipped Cream
- Snowflake sprinkles
- Clear plastic cups or glasses
- Black & orange marker pens (Use sharpies)

Directions:

1. First prepare the banana – peel and slice it into rounds, then lay them out on lined baking tray and

freeze for a couple of hours or overnight*.

2. Before making the smoothie, prepare the cup or glass that you are serving it in by drawing on a fun snowman design with the marker pens.
 3. To make the smoothie, add the milk, Greek yogurt, oats, desiccated coconut and vanilla extract to a blender. Remove the banana pieces from the freezer and add them to the blender too.
 4. Whip together until completely smooth, then taste and add a little maple syrup or honey to sweeten if needed.
 5. Pour into the prepared cup or glass and, just before serving, top with squirty cream and snowflake sprinkles.
- Enjoy!



Fruit and Yogurt Bark

Ingredients:

- Approximately 2 cups of any yogurt you like – choose your favorite flavor!
- Sliced/chopped fruit
- Lemon juice (if using bananas or apples)
- Optional toppings: nuts, dried fruit, chia seeds, hemp hearts, shredded

coconut, nut butter drizzle, chocolate chips.

Directions:

1. Use a round baking pan (any size works!) and line it with parchment paper.
2. Pour in your yogurt and spread it out evenly with the back of a spoon or spatula. You want your yogurt layer to be approximately ¼” thick, so if you’re using a bigger pan, you may need to add a little extra.
3. Sprinkle the fruit on top and add any extra toppings (if using bananas or apples, coat in lemon juice first so they don’t turn brown)
4. Pop in the freezer for 8-10 hours or until fully hardened.
5. Remove from the freezer and let sit for 10-15 minutes (this will make it easier to cut).
6. Lift up the parchment paper to release your Frozen Yogurt Pizza and use a sharp knife to cut into slices.

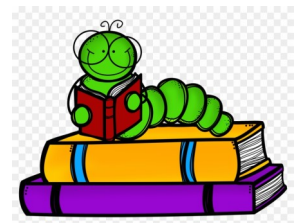
Until next time,

Harnoorpreet, RECE., Theresa Support Educator & the Senior Preschoolers

Family Literacy Day

Family Literacy Day is held every year in Canada on January 25, hosted by ABC Life Literacy Canada. Literacy organizations, schools, libraries and other interested groups will host literacy themed events to celebrate this initiative. The goal is to raise awareness of the Importance of reading and participating in literacy related activities as a family. Alpha will host their Literacy event on Tuesday, January 24. We will also engage in literacy activities with the children in our classrooms on the 27th. The theme for this year’s event is “Celebrate Your Culture”. Canada is a very diverse country with many different cultures. The idea is that you will explore your heritage as a family and to celebrate and share your culture with others. Some ideas include listening to traditional music, looking at maps, cooking a traditional recipe or making a traditional craft. Alpha will try to incorporate some of these activities into our literacy night. We hope all of our families can join us for this fun filled event.

ABC Life Literacy Canada



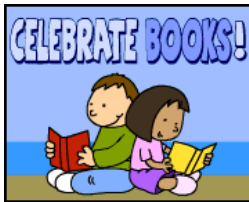
Special Events

Welcome 2023! We hope you all enjoyed your time off over the Christmas holidays and enjoyed spending time with your loved ones! We hope you are all ready to start the new year refreshed, positive vibes and leave 2022 in the past. I just wanted to thank all the families for always being supportive in Alpha's decisions to ensure the children and Educators are in a healthy and safe environment and keeping your children home if they are not feeling well. This has truly helped Alpha keep their doors open and provide services for our families.

On Thursday January 12th and Thursday February 9th we will be having our virtual Parent Advisory Committee (PAC) meeting at 6:15pm. Please notify the Supervisor if you will be attending the meeting as we need at least 3 members to sit in to continue with the meeting.

On January 22nd it is the Chinese New Year and Alpha will be participating in celebrating the Chinese New Year on Friday January 20th. Please have your children dress up for the occasion and a special lunch will be served. This is the year of the Rabbit. The Rabbit's kindness may make them seem soft and weak, to others. In truth, the Rabbit's quiet personality hides their confidence and strength. They are steadily moving towards their goal, no

matter what negativity the others give them. With their good reasoning skills and attention to detail, they make great scholars. They are socializers with an attractive aura. However, they find it hard to open up to others and often turn to escapism. A plain and routine life is not their style. Though conservative and careful in their actions, they need surprises every so often to spice things up. You are of the Chinese Zodiac sign of the Rabbit if you were born during the year of 1951, 1963, 1975, 1987, 1999, 2011, 2023, and 2035. Wishing you great happiness and prosperity, GUNG HAY FAT CHOY!



On January 24th Alpha will be hosting their annual Literacy Night starting at 6:30pm. This year's theme is "Discover Your Heritage". Please look in the newsletter for further information regarding this night. Canada is a great diverse country full of different cultures. Take time to explore and learn about your heritage. Celebrate what you've found and share your culture with others. There's no better way to learn about your family, than together as a family.

On Feb 3rd, Alpha will be sending your child's COR document progress for the first term of the school year. This progress report will touch on developmental stages



and outline your child's strengths and areas that your child is challenged in. Strategies will be listed to help master the skill during the school year!

February 14th is Valentine's Day!

This is a time to spend time with people you love this could be a day spent with a mentor, someone you look up to or someone special in general! Enjoy your time together!

On Friday February 17th Alpha will be closed to attend a Region -Wide Professional Learning Day. The Region of Peel will host this event for almost 5000 childcare professionals from across Peel and Alpha will be attending this event. Just a reminder parents will not be charged for this day as it will be funded by the Region. All Educators and Supervisors will be attending this event as it is important that childcare professionals are always learning so they can support your children to learn, grow and thrive.

Just a reminder Monday February 20th Alpha will be closed for Family Day and will resume normal hours of operation on Tuesday at 7am.

Until then, my door is always open....stay safe!

Patricia Andrade RECE
Supervisor
patriciaa@alphachildcare.ca

