

# March/April 2023 Newsletter



Alpha Child Care Ltd.



## WORD FROM THE OFFICE

Hello Alpha Families, I don't know about you but I am welcoming spring with open arms. Spring time is such a beautiful time, especially outside where the children get to begin to see the flowers grow and the wildlife start to emerge from the cold winter again. You can expect us to be doing lots of gardening in the upcoming months. We love to plant beautiful flowers, vegetables and fruit which Ida loves to incorporate into the menus!

We have welcomed some new Educators to our team in the recent months and want to formally welcome Inderpreet and Pawandeep. They have both been a great addition to our team and have been working hard towards building bonds and relationships with the children. We will also be welcoming a new member to the Sr. Preschool room as soon as Alpha finds the perfect fit to fill this position.

As the spring approaches, along with it will come the wet, muddy weather which the children love to explore. Please ensure your child has appropriate clothing to do so. Splash pants and splash suits are great for this time of year but also be sure to pack extra clothing as it does sometimes go through. Rubber boots are almost essential and we highly

encourage all children to bring a pair to Alpha. Also, please be sure to label all of your children's items so nothing goes missing.

On April 1<sup>st</sup> our Summer Camp registration will be open to our existing clients who have children enrolled in our School Age program. Existing clients will have 2 weeks to let us know which week or weeks they have chosen, then registration will be extended to siblings and outside clients.

Summer Camp is always SO much fun and Sam, Terence and Jen will once again be the Camp Leaders this summer. They are currently in the process of planning the weekly activities and trips. The cost of camp is \$285.30 (children 6 and up) & \$134.80 (children under 6). ALL clients are required to pay a registration fee. For existing School Agers, it is \$30.00 (children 6 and up) \$14.17 (children under 6). For outside clients or parents of siblings, registration is \$50.00 (children 6 and up) and \$23.62 (children under 6). Registration fee and a 1-week deposit will be due upon registering for camp for existing and new clients.

Once again, I want to remind parents of our open-door policy. We always promote

the importance of community, so we love when parents come in. You are welcome to come in and talk about your career, read a story or do fun activities for the children. If this is something you are interested in, please reach out and we can arrange a time for you to come spend some time in our classrooms.

Upcoming events:  
**Thursday, March 2<sup>nd</sup>- Picture Day.** We will also be taking graduation pictures with our Preschoolers who are off to Kindergarten in the upcoming fall.

**Sunday, March, 12<sup>th</sup>- Daylight Savings Time.** Don't forget to put your clocks ahead an hour.

**Monday, March, 20<sup>th</sup>- First Day of Spring**

**March, 13-17<sup>th</sup>- March Break.** Alpha's March Break camp will be operating, and we will be doing a spirit week for all of the children, stay tuned for a calendar!

**March, 20<sup>th</sup>-24<sup>th</sup>- Parent Appreciation Week.** Though we appreciate our parents everyday, we love to

## DATES TO REMEMBER

**Thursday, March 2<sup>nd</sup>- Picture Day**

**Sunday, March, 12<sup>th</sup>- Daylight Savings Time**

**Thursday, March, 16<sup>th</sup>- PAC Meeting**

**Monday, March, 20<sup>th</sup>- First Day of Spring**

**March, 13-17<sup>th</sup>- March Break**

**March, 20<sup>th</sup>-24<sup>th</sup>- Parent Appreciation Week**

**Tuesday, March 21<sup>st</sup>- World Down**

**syndrome Day, wear mix matched socks**

**Wednesday, April, 5<sup>th</sup>- Easter Luncheon**

**Friday, April, 7<sup>th</sup>- Good Friday- ALPHA CLOSED**

**Monday, April, 10<sup>th</sup>- Easter Monday- ALPHA OPEN for regular operating hours**

**Thursday, April, 20<sup>th</sup>- Alpha's Annual Family Potluck**

**Saturday April, 22<sup>nd</sup>- Earth Day**



## WORD FROM THE OFFICE CONT'D

take a whole week to acknowledge all the hard work it takes going into being a parent. On Monday, we will be providing a resource table and will be sending out a parent survey via Survey Monkey. Please take the time to fill this out as we want to ensure we are meeting the needs of our families and love to hear your feedback. On Friday, we will be providing a breakfast to go and lots of fun stuff in between!

**Wednesday, April. 5<sup>th</sup>- Easter Luncheon.** Once again, Ida will be cooking up a storm in the kitchen. We will all sit together in our School Age room to have a family style Easter Lunch.

**Friday, April. 7<sup>th</sup>- Good Friday- ALPHA CLOSED**

**Monday, April. 10<sup>th</sup>- Easter Monday- ALPHA OPEN for regular operating hours**

**Thursday, April. 20<sup>th</sup>- Alpha's Annual Family Potluck.** We are excited to host our first potluck since the pandemic. Each family is invited to prepare a dish to share with everyone. Sign up lists will be posted outside the classroom so we can get an idea of how many people will be attending and how many people to serve. We welcome



families to bring a dish from their culture for everyone to try or just your families favourite dish.

**Saturday April. 22<sup>nd</sup>- Earth Day.** Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Until next time,  
**Alicia Emond, RECE**  
Supervisor  
aliciae@alphachildcare.ca

## SENIOR TODDLERS

*"Every child is a different kind of flower and altogether makes this world a beautiful garden"*  
Anonymous

Hi Alpha Families, Welcome to the months of March and April, I hope you had a great and safe winter. We look forward to getting settled into our routines as the Sr. Toddler classroom opened up in January. We are working on learning how to put our shoes on and getting dressed for outdoor discoveries according to the weather. The Educators will be using the hand over hand or step by step method to help the children to pull their shoes off and attempt to slide their foot into their shoes.

At lunch time, we encourage the children to use their spoon/ fork and also using napkins to wipe their hands rather than using their sleeves. We will be role modeling and encouraging the children to use a fork to scoop up the food on their plate. Once we are finished with a meal, the children will be encouraged to wipe their mouths and hands and then walk to washroom to brush their teeth. At diaper times, the children will be prompted to pull their pants down and up to encourage independence and be encouraged to sit on the toilet during diaper routine times. All of these routines take time to

master so parents are encouraged to follow the same methods home as well.

The Sr. Toddler classroom is filled with many different activities to explore throughout the day. We encourage the children to put the toys back in the basket when they are finished. The Educators try to make it a game by singing a song while the children put the toys back in the basket before they move to the next activity.

I am looking forward to getting to know and building stronger relationships with the children.

On that note here is an easy and healthy Easter recipe you will love to make over the holidays.

### BEST DEVILED EGGS RECIPE

PREP TIME: 20 mins  
COOK TIME: 14 mins  
TOTAL TIME: 34 mins  
SERVINGS: 12 deviled eggs  
AUTHOR: Lisa Bryan

#### Ingredients:

- 6 large eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard

- 1 teaspoon apple cider vinegar
- salt and pepper, to taste
- paprika, for garnish



Deviled eggs are hard boiled eggs where the yolk is mixed with mayonnaise, mustard, vinegar, salt and pepper. The little sprinkle of paprika on top is the perfect finishing touch.

Please feel free to call or email us if you have any questions.

**Manpreet Bahra RECE and Sr Toddlers**

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# JUNIOR TODDLERS

Welcome to the months of March and April. The Junior Toddlers have been busy working on how to express their needs, wants, and feelings to communicate when we want something, and learning to wait for our turn. Furthermore, we have been working hard on our self-help skills which includes dressing and undressing into and out of winter gear.

The Junior Toddlers had so much fun during the month of February, working on arts and crafts and making Valentine's cards. We are hoping to have warm weather soon and we are looking forward to seeing the Easter Bunny bring goodies and treats!

Speaking of Easter, we have Easter game ideas that families can play at home:

## The Fox and the Eggs

Can you outfox your fellow Easter enthusiasts? This game is the perfect way to find out! One player is the fox and the others are Easter eggs. Before the game begins, each egg decides what colour they are going to be and keeps that colour choice a secret from the fox. The eggs then face the fox, who guesses colours one at a time. If the fox guesses a player's colour, that player must run a set route before rejoining the other eggs in the home base "basket".

The catch? The fox chases the egg, similar to "Duck, Duck, Goose"! If the egg makes it back to the basket, he or she chooses a new colour and the play continues. If the fox tags the egg before he or she returns to the basket, that player becomes the new fox.

## Easter Egg Rolling Race

Let the good times roll with this fun relay race. Start with a dozen (or more) hardboiled eggs, one for each racer. Mark off a straight race track with multiple lanes. Each player begins by placing his or her egg at the starting line in his or her lane. Just like the popular White House tradition, each player then uses a wooden spoon to roll

the egg down the lane and across the finish line. The first one to cross the finish line wins!

Don't be afraid to get creative with your activities and entertainment this Easter. Everyone can get in on the fun with these games, making the annual Easter event one that everyone looks forward to!

## Freeze Dance

A classic that never stops being fun. Play freeze dance with Easter-themed songs like "Here Comes Peter Cottontail," "The Bunny Hop" and "Hot Cross Buns." If a player doesn't freeze when the music stops, they're out. The last one standing wins!

## Jelly Bean Colour Match

Perfect for toddlers, this game encourages colour recognition. Just make sure they don't *eat* the jellybeans before they finish!

## Feed The Bunny Prep Work:

- First, create the Brown Bag Bunny Puppet with your child.
- Then cut a piece of white paper into 8 rectangles.
- Using an orange marker, draw 8 different shapes on the papers. These will be your carrots!
- With a green marker draw the leafy part on top of each carrot.
- With a thin black marker or pen draw horizontal lines on them to make them look more carrotty. Yes. Carrotty.

## Here's how you Play!

Lay out all the carrots and put the bunny puppet on your hand. In a goofy bunny voice, have the bunny ask your child for a certain shape of carrot.

Your child finds that shape and then puts it into the bunny's "mouth" (it doesn't go all the way in, so just chomp on it for a few seconds, then put it in a pile on the side.) Then ask for the next shape!



## Colour Matching Easter Game

- Pin the Tail on the Bunny
- Scissors
- Pom Poms in coordinating colours
- Velcro
- Hot Glue Gun
- Laminator

After you've printed out your bunnies, go ahead and cut them out.

You may also want to go ahead and laminate them just to make sure that they don't get ripped in half the first time you pull the Velcro pieces apart if you choose to use it.

Now, you can add Velcro to these bunnies and the pom poms with a glue gun to add a bit of a fine motor workout to the activity or you can simply have your child match the various coloured pom poms to the corresponding bunnies.



For more information search on google.

Until Next time.

**Kulvinder RECE, Pawandeep RECE and Jr. Toddlers**

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



## SENIOR PRESCHOOL

Hello Sr. Preschool Families,

Welcome to the months of March and April, we hope you all had a great Valentine's Day and Family Day with your loved ones. We would like to take this time to welcome Lyla and her family to the Sr. Preschool classroom; we are excited to have you and are looking forward to making memories with you!

In the Sr. Preschool classroom, we are working on expressing our emotions through the use of the Second Step Social program implemented during group time. We are encouraging our peers to express their needs and wants through words rather than hands. The Educators are reminding peers to use their gentle hands, give their peers some personal space and ask if they want something.

We are also working on toilet training as some of the children will be starting school in September. This will be a great time to start



training the children. We are encouraging the children to sit on the toilet during diaper routine time; parents can also try this at home!

Here are some Easter crafts / activities you can do at home!

### Easter Bunny:

- Paper plate
- Bunny ear cut out (pink construction paper)
- Cotton balls
- Print out picture of your child
- Liquid glue
- Pompom

### Easter Egg Sun Catcher

- Contact paper
- Bright tissue paper
- Ribbon
- Sticky tape
- Scissors



### Easter Egg Hunt

- Eggs filled with stickers
- Basket

**Just a friendly reminder to please label all of your**

**child's belongings so that they do not go missing. This includes clothing, and Show n Share items. Thank you!**

We also ask if you can please keep toys at home other than Show & Share as peers in the Sr. Preschool classroom demonstrating difficulties understanding they are not an Alpha toy. If your child needs a comfort toy that is okay just let the Educators know at drop off time and label it. We will make sure to put it away and keep it safe for your child at pick up!

If you have any other questions or concerns feel free to ask Sarmini or Inder in the Sr. Preschool classroom or Alicia and Sam in the office.

Sincerely,  
**Sarmini RECE, Inder RECE, and the Sr. Preschoolers.**

## JUNIOR PRESCHOOL

Hello everyone!

The children in the Jr. Preschool classroom have enjoyed another busy month! We had fun celebrating Valentine's Day and those we love - each other! Also, we enjoyed completing craft activities and reading stories learning about Black History Month.



As we approach March and into April, we can see the weather changing. We hope to see more green trees and flowers blooming as the warmer temperatures rise.

We look forward to March Break where we have found a few different activities for family and friends to do on their days off together. (Please see below).

During April, for the Easter long weekend, some of these activities are still available to attend. So don't worry if you don't have enough time during March break as Easter is just around the corner!

### March Break Activities

- Gage Park - skating
- Disney on Ice - Toronto
- Ripley's Aquarium of Canada
- CN Tower



- Mississauga Maple Magic, Maple Syrup Festival
- Children's Art Factory (highly recommended by a parent\*)
- Kidnetix Brampton

We look forward to the upcoming warmer weather and more sunny days ahead.

Until next time!  
**Helena RECE, and the Jr. Preschoolers**

## WORD FROM THE MANAGER

How is it we are in the month of March already; it seems January just started not to long ago and we are now 3 months into the new year waiting for the arrival of spring!

Over the winter months Alpha has overcome the cold virus through both locations which have caused parents to keep their sick child at home to ensure a clean and healthy environment upon returning. Parents often fell it's the cold temperatures that make children sick. It is a myth that cold temperatures bring on sickness but in fact, respiratory viruses tend to spread much faster during the winter months, and a lot of it has nothing to do with the temperature. What can cause sickness is people being indoors and being in situations that are more conducive to the spread of the virus such as gatherings over the holidays, and if we don't see a spike in flu cases over the colder months, Doctors say to expect one to happen shortly after spring break in March and April. There also may be other reasons people tend to get sicker when it's cold outside. The ultraviolet of the sun can help kill viruses, but in the winter, the days are shorter, the sun is not as high in the sky, so we have less of that and tend to get sick more often. People also tend to get less vitamin D in the winter, which affects your immunity. With that said, it's common to get a runny nose when you're out in the cold, but that doesn't necessarily mean you're getting sick. It is true that exposure to cold air makes your nose run, but that's a normal reaction that the upper airway and mucosal membranes in our nose have to cold weather. Which is not the same thing as getting a viral infection. So, once we get back into a warm and dry environment, that should go away. In the meantime, lets continue to keep ourselves safe, wash hands as often as possible, and cover your cough or sneeze!

On February 17<sup>th</sup>, parents found alternate care for their child, so the Educators could attend a Region Wide mandatory Professional Learning Day

for all Educators in the Child Care field. A variety of sessions were presented to the Educators of their choice and a lot of information was shared to foster their learning in child development.

Some professional development topics included were

- **Fostering Young Children's Engagement: Supporting Self-Regulation and Relationships**, presented by Dr. Stuart Shanker and Dr. Susan Hopkins
- **Social-Emotional Skills: Supporting Children's Mental Health & Well-being**, presented by Tania DaSilva
- **Beyond Books and Baby Dolls**, presented by Ijumaa Jordan
- **Reclaim Your Joy**, presented by Erin Ramsey
- **Stress Management 101**, presented by Natalie Royer
- **Why Does Diversity, Equity, Inclusion Matter? Why Do We Care?: An Honest Conversation with the Early Years and Child Care Sector** presented by Sharon Douglas and Anne Marie Coughlin
- **Un curriculum, ça se nourrit!**, présenté par Sylvie Charron et Jessica Longonya
- **From Observation to Interpretation: The Process of Pedagogical Documentation**, presented by Diane Kashin.

These were all very informative sessions that will be implemented in the classrooms! Alpha Child Care and the Ministry of Education also see the importance of professional development and at some time this year another day will be scheduled for all Educators to attend another day of professional development. Please be prepared to have alternate arrangements when the closure day is announced. As soon as Alpha is made aware of the closure date, families will be notified via email, in person and signage posted on the walls as a reminder.

I would also like to remind families, to please use the parking spots available

to park your vehicle when picking up or dropping off your child(ren). At both locations, parking near the wall, blocks the entrance to the building and must be cleared in case of an emergency. Emergency vehicles need a clear passing to get to and from the centre. This also blocks other drivers in their parking spot, delaying their arrival to work or home. Please consider others and park in the designated areas.

It has been brought to my attention that children have not been buckled up in their car seat appropriately and I just wanted to go over the importance of having your child buckled up safely when transporting in a vehicle. As a driver, you are responsible for wearing your seatbelt and making sure every person in your vehicle has their own working seatbelt, passengers under the age of 16 wear their seatbelts properly in your vehicle and children are secured in an appropriate child car seat or booster seat.

Here are some seatbelt safety tips: You are more likely to survive a crash if you wear your seatbelt properly. To do so: wear your seatbelt so that it crosses your chest and your lower hips — these areas of the body are better able to resist the force of a crash, make sure the seatbelt is not twisted anywhere,

the shoulder strap should never be under your arm or behind your back. If you're pregnant: sit as upright as possible, wear both the lap and shoulder belt, wear the lap belt low so it pulls downward on your pelvic bones and not

across your stomach. Most families live close to the centre, but always remember to be safe and buckle up, as anything could happen!

Until next time, my door is always open!

**Patricia Andrade RECE**  
Supervisor  
patriciaa@alphachildcare.ca



## IDA'S KITCHEN

Hello everyone and greetings from Alpha's kitchen.

Its been a long cold winter and soon it will be spring. As Spring arrives I am sure everyone is looking forward to longer days with more daylight. Keeping active with warmer weather is a good time to spend more time outdoors.

Perhaps doing some spring cleanup and thinking of the garden season ahead. It's a perfect time to plant some seeds indoors such as tomatoes, peppers, fresh herbs. When the temperatures allow, we can replant them into the garden outdoors. Getting the children involved is a great way of showing them how we get plants from seeds. They will be amazed seeing the results



It is very important to include in all of our daily meals;  
 Fresh vegetables and fruits such as carrots, avocados, peppers 🥕🥑🌶️ spinach, kale, broccoli etc. These blended into meals can be served raw or cooked.  
 Assorted berries 🍓🍇🍌 melons bananas, apples grapes, oranges are also some of the children's favourites.

Whole grain foods;  
 Lentils, Quinoa, Barley,  
 Couscous 🍲  
 Protein foods  
 Hummus dips  
 Milk, assorted cheeses Cheddar, Mozzarella, Feta 🧀 Ricotta cheese  
 Lean meats or poultry  
 Fish, Tuna, Basa  
 Salmon 🐟🍷  
 Eggs

Introduce small portions cut

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into smaller sizes and encourage the children to try, this will create good eating habits.

Starting them off at a young age is best. Lets continue to eat healthy and keep active.

**Chef Ida** 🍳

## SCHOOL AGE

Hello Alpha families! Welcome to March and April. We would like to welcome Owen B back to our program and welcome our new friends Autumn, Murphy, Elijah, Louis and their families to the Alpha family. We can't wait to get to know you better and hope that you have fun with us.

Hopefully spring is on the way and with it comes the unpredictable weather. Please ensure that your child comes prepared for our walks to and from school with weather appropriate clothing including hats, boots and umbrellas. It is recommended that you keep spare clothing in your child's cubby (especially socks) in case they get wet on the way back to Alpha. Also please remember that it is very important that they have indoor shoes to wear each



day as we cannot allow them to be in their sock feet due to safety.

March Break is almost here! We hope that you will be joining us, as we have an exciting program planned for the week. Our focus for the week will be ways to keep our bodies and minds healthy. We will look at nutrition and physical activity as well as practice some mindfulness and yoga. We may even get to try some baking and cooking.

School agers typically become more involved in the process of packing their own lunches and snacks. It is important that they learn what types of foods are healthy in order to make good choices. We would like to remind you that we are here to support



you and your family. Please don't hesitate to come and see one of us if you have any questions or concerns.

Until next time,  
**Jen Educator Assistant, Sam RECE and Terence RECE**