



# May/June 2023 Newsletter

## Dates To Remember:

Wed. May. 10<sup>th</sup>-  
Spring Concert  
@ 5pm

Fri. May. 12- PA  
Day for both  
boards

Mon. May. 22<sup>nd</sup>-  
Victoria Day-  
ALPHA CLOSED

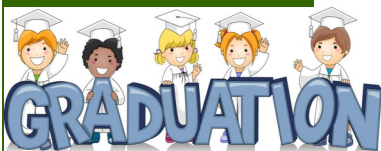
Tues. May. 23<sup>rd</sup>-  
Spring/Summer  
menu starts

Thurs. May. 25<sup>th</sup>  
- PAC meeting  
(virtual) @ 7pm

Fri. May. 26<sup>th</sup>-  
Alpha Annual  
Awards Dinner

Thurs. June. 15<sup>th</sup>  
- Father's Day  
BBQ @ 4:30-6:30  
pm

Thurs. June. 29<sup>th</sup>  
- Preschool  
Graduation  
@5pm



## Word From The Office

Finally, the beautiful weather has arrived, and we are getting that wonderful vitamin D. I don't know about you but the sunshine makes me feel like a brand new person after a long Canadian winter.

As you know, the wet and rainy months are here, which means the children will need appropriate clothing such as splash pants and rubber boots. Though we will not take the children outside if it is cold and raining hard but if we are having a spring shower, we love to take the kids out to experience it. Also, parents are encouraged to bring lots of spare clothing for the wet months. Spring and summer is such a fun time at Alpha and there are so many opportunities to teach the children about the natural world around us and all of the beauty it offers. The children will help plant the gardens and will be able to watch the flowers and vegetables grow, they will then see the vegetables they grow served with their lunch! They will also see all of the wildlife start to emerge and I'm sure we will see a few furry visitors on the playground.

This is the time of the year when our hard working educators start to take some well deserved vacation time so you may see some new educators filling in and we hope to add more supply educators to our team to cover summer vacations. We will soon be posting our vacation list in which families

are asked to mark off any dates their children will not be at Alpha, this helps us with making schedules for the summer. I will be away the first week of May, Samantha will be in the office covering and Sarmini will be off from May. 15<sup>th</sup> until June. 5<sup>th</sup> to celebrate a huge moment in her life, her wedding! We are all so happy for Sarmini and are wishing her a lifetime of happiness with her new husband.

On Wednesday May 10<sup>th</sup> we will be having our annual spring concert at 5 pm.

Wishing all of our Mom's (or anyone that plays the role of a mom) a very Happy Mother's day on Sunday. May. 14<sup>th</sup>.

Friday May. 12<sup>th</sup> is a PA Day for both boards. Please let us know if your child will be attending, just a reminder to parent that our policy is if you do not notify us you are NOT coming then we will assume you are and you will be charged accordingly.

On Tuesday. May. 23<sup>rd</sup>, our spring and summer menu will start and instead of doing a 4 week rotation, we will be doing a 3 week rotation. Our spring and summer menu includes lots of fresh fruit, picnic style lunches and we all know Ida does a fantastic job at feeding all these little bellies.

Friday. May 26<sup>th</sup> is Alpha's Annual Awards Dinner. This is

a night to recognize and appreciate the educators for the all the wonderful things they do and to celebrate a number of milestones. In 2022, Ida reached her 1 year milestone, Jen reached her 3 year milestone, Alicia reached her 10 year milestone and our beloved Kim has reached her 20 years milestone! It's always a great night to remember.

Thursday. June 15<sup>th</sup> will be our Annual Father's Day BBQ at 4:30-6:30 pm. This will take place in the back parking lots (weather permitting) and we will be serving hotdogs and hamburger and will options for the vegetarian or anyone with food restrictions as well. We hope to see you all there.



Wishing the Fathers at Alpha a very Happy Father's Day on Sun. June. 18<sup>th</sup>.

Thursday. June 29<sup>th</sup> will be our Preschool graduation @5pm. This is a bittersweet night for us as we are SO proud of our Preschoolers and wish them all the best on their journey to Kindergarten but we will miss them all dearly!

Until next time, my door is always open.  
**Alicia Emond, RECE**  
Supervisor  
aliciae@alphachildcare.ca

## Junior Toddlers

Hi Alpha families, welcome to the months of May and June. The Junior Toddlers had a lot fun doing art activities in the month of March and April, exploring their creative juices.

The Junior Toddlers are so excited to explore the playground when the spring weather is here, and the plants and flowers are growing. They love to touch and feel the drops of rain with their little fingers. In April, children explored the Easter baskets as well as eggs. They are continuously showing development in communication, building their vocabulary and using new words every day. They are expressing their feelings with their body language, as well as verbally. We are so glad to see them developing these skills.

During last two months, most of them learned how to put their jackets on. Educators are continuously working to encourage their self-help skills during cloakroom.

We hope you enjoyed the Parent Appreciation week as much as the Junior Toddlers enjoyed making the gifts for their parents. We are eager to celebrate the mother's during our annual spring concert and our father's at the annual father's day BBQ. Hope to see you there.



Here is a DIY gift your child can make for mother's day;

### MOTHER'S DAY PAINTED ROCK CRAFT WITH FINGERPRINT ART

#### MATERIAL REQUIRED

- Flat river rocks (you want to have rocks big enough for the fingerprint art and the words)
- Acrylic paint
- Paint palette
- Paint pens
- Black or dark colored sharpie if you are not using paint pens
- Mod Podge (if the rocks will be outside you will need to use a weatherproof sealer)

#### Steps to follow

1. First, you want to pick out your rocks. You can get river rocks from craft stores, landscape places or by collecting them yourself. If you are collecting them outside or getting them from a landscaping place, you will need to wash your rocks and let them dry. When picking out your rocks, make sure they are big enough to include the fingerprint art and the words.



2. Once your rocks are dry choose

your paint colours. Children can choose their mom's favourite colours if they like. We did flower and heart fingerprint art for our rocks but the child can choose to create a different fingerprint design if they like. Have kids create their fingerprint design on their rocks. You want the designs to be on one side of the rock, so there is room to write on the words after.

3. Next, it's time to write out the words on your rocks. We used "Mom you rock!" and "Love, (name of child)" on ours. Children can also just write their name and the date or another special message they want to write to their mom. If you have a light-coloured rock, you want to use a darker-coloured paint pen (you can always test it out on the back of the rock to make sure the colour is bright enough). If you have a darker rock, you can use a white paint pen for the words.

4. To finish the rocks off, they will need to be sealed. You can use Mod Podge, if they are going to be placed outside in a garden, you will need to use a weatherproof sealer.

Until Next time,  
**Kulvinder RECE, Pawandeep RECE and the Jr Toddlers**

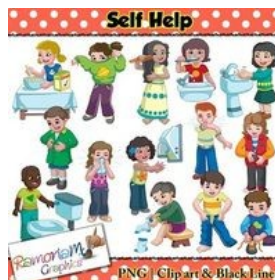
## Senior Toddlers

Hi Alpha families, welcome to the months of May and June. I hope everyone is enjoying this lovely spring and can't wait to start planting beautiful flowers in our gardens. Here at Alpha we have started planting indoors to get a head start and plant our seedlings as soon as the weather allows.

The Sr Toddlers are settling well into our daily routine. They are always excited to go outside for outdoor discoveries and are getting dressed all by themselves with

minimal assistance. All of the Sr Toddlers can put their shoes on with little assistance as well. Demonstrating great self-help skill development. As some of the children are showing an interest in toilet training, we will be working on this in the coming months. Parents are encouraged to give their toddler a bit of extra time in the morning and at pick up time so that parents can also encourage their children to be

independent in the cloakroom by putting on their own shoes, jacket and hat. When toddlers practice self-help skills, it boosts their confidence and self-esteem. Children are naturally inclined to want to do things for themselves. Encouraging your child's self-help skills, like feeding, cleaning themselves, reduces their stress and promotes their self-esteem. Teaching your child to be self-sufficient is a gradual process.



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## Senior Toddlers cont'd

(Continued from page 2)

Although there are countless reasons to keep indoor plants, below are our top ten reasons why we love growing house plants in our homes and offices. According to a 1989 study by NASA, houseplants can greatly reduce chemicals in indoor air, and it is estimated that it only takes between fifteen and eighteen plants to lower VOCs significantly in an 1800 square foot home. Another study found that within a twelve hour period, bromeliads are capable of removing over 80% of six of the most common VOCs from the air, while dracaena can remove 94% of air-borne acetone in the same amount of time. While all plants can help filter indoor air, some plants are better natural air purifiers than others. Some of the best houseplants for improving air quality include:

- Dwarf date palm
- Lady palm
- Ficus trees
- Rubber tree
- Boston fern
- Spider plants

But it's not just houseplants that help improve air quality. Interestingly, the



microorganisms found in potting soil also help to clean indoor air.

To ensure that your houseplants are best able to remove VOCs from your home, make sure to regularly clean your houseplant leaves with water and a gentle cloth. When temperatures permit, placing your houseplants outdoors for a few hours can also boost their health and help them better purify indoor air.

### Science-Supported Benefits of Houseplants

1. Houseplants Reduce Harmful Indoor Air Pollutants
2. Houseplants Can Help Reduce Signs of Stress
3. Add Plants to Your Bedroom for Improved Sleep
4. Houseplants Increase Indoor Humidity
5. Working With Plants Can Combat Depression and Anxiety
6. Indoor Plants Reduce Allergens
7. Plants Reduce Sound Pollution
8. Houseplants Can Improve Physical Health and Healing
9. Plants Improve Concentration, Productivity and Creativity in the Workplace
10. Grow Your Own Edible and Medicinal

Houseplants on a Budget

Fresh herbs can get expensive fast but adding your own windowsill herb garden is an easy way to cut grocery costs while exercising your green thumb. While herbs can be grown in standard terracotta pots in a brightly lit window, windowsill herb planters are easy to find online or in home improvement centers and, as many of them have self-watering features, they are a simple way to take the guesswork out of growing your own herbs. Some popular herb choices for windowsill gardens include cilantro, chives, parsley and basil. Beyond growing your own herbs, there are other great edible and medicinal plants that are easy to grow as houseplants. Many dwarf varieties of citrus trees, such as kumquats and Meyer lemon trees, do well as indoor plants and will remain healthy and thriving with a regular dose of organic fertilizer formulated specifically for citrus plants. Peppermint and lemon balm are excellent medicinal plants that can help soothe sour stomachs and calm nerves and, as mints, they are easy to keep healthy. Including an aloe vera in your houseplant collection will add not only visual interest, but it can be a great addition to your medicine cabinet and will help calm irritated skin and burns.

Until next time

**Manpreet Bahra (RECE) and the Seniors Toddlers**

## Junior Preschool

Hello families. We hope you are all enjoying the bit of sunshine we have had recently and I know I can't wait for it to stick around!

As you all know, April showers bring May flowers. So we ask that you have all those extra items available for what the day brings - whether it's a rain coat and rain

boots or a light sweater or jacket in case the temperatures dip/rise throughout the day/week! We will also be starting to apply sunscreen so please ensure your little one



has some as that helps protect them from the rays and prevents burn marks.

Our Junior Preschool classroom wanted to share some healthy but easy snacks that can be made super quickly in the morning and tastes oh so delicious.

### Strawberry Banana Smoothie::

#### Ingredients

- 2 cups frozen strawberries
- 1 banana, cut into chunks and frozen
- 1 1/2 cups milk
- 1/2 cup plain yogurt or kefir
- 1/2 teaspoon vanilla extract, optional

### Easy Trail Mix::

#### Ingredients

- Cheerios
- Annie's cheddar bunnies snacks
- Dried fruit
- Popcorn (recommended for age 4+)
- Chocolate of your choice- M&Ms, smarties

Enjoy the weather and can't wait to see what the next couple months have in store for us!

**Helena Sukhdeo, RECE & Jr. Preschoolers**

## Senior Preschool

Hello Sr. Preschool Parents! Welcome to the months of May and June. We hope you all had a great family day and Easter!

In the Sr. Preschool classroom, we continue to work with our personal space and boundaries within peers and express their needs and wants to the educators and peers using their own words. The educators are providing the children with appropriate wordings that they can use.



farm is too far away, visit an animal shelter and offer to help care for the cats and dogs.

- Have a backyard movie night: make it a special occasion by setting up a projector and big screen to give their kids a cinema experience in the comfort of their own backyard. We promise the kids will love this idea.
- Plan a bike ride: one of the best parts about Mothers/Father's day is that it falls in the beginning of the summer, when the weather is just about perfect. Go on a bike ride and get fresh air.
- Go for camping: Relaxing in the great outdoors.
- Plant something together
- Read favorite book out loud: it can be challenging to find time to spend with the whole

family- one easy way to get everyone together to sit down and read a favorite book out loud. For an interactive experience, have the kids act out the scenes as you read! This is a great way to engage younger kids when spending time with family.

We are looking forward to the beautiful warmer weather. Just a reminder please send in appropriate clothing for the weather such as, spring jacket, splash pants, rain boots/ outdoor shoes, summer hat, and sunscreen. Don't forget to label your child's belongings!

Until next time,  
**Sarmini RECE, Raman CYCW, Inder RECE, and Sr. Preschoolers**

Fun activities to do your parents/ parent guardian on Mothers / Father's Day:

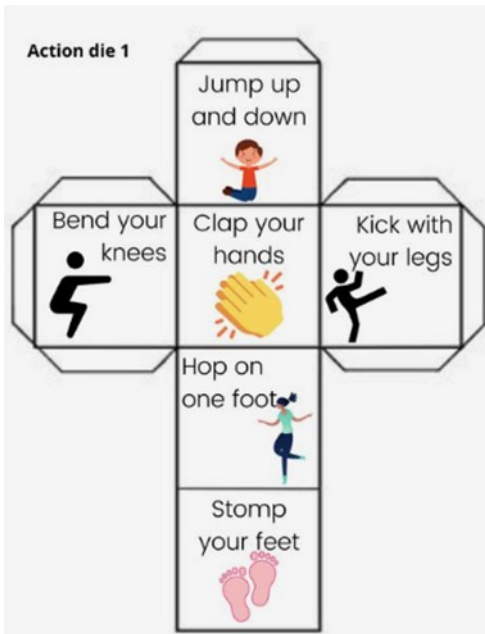
- Plan a picnic: make your kids favorite food, pack the basket, and go to their favorite spot such as Gage and Chinguacousy park.
- Visit a farm: Spring is a great time to see baby horses and cows. Most farms are happy to welcome visitors. If the closest

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

## School Age

Hello School Age Families, welcome to the months of May and June! We hope you had a great Easter and got to spend time with your loved ones. Last month, we welcomed Thejas who came up from Alpha's Sr. Pre. room and started school. We are also welcoming back Cynthia! We are thrilled to have you Thejas and Cynthia, and look forward to making tons of memories and having a lot of fun!

With the months of May and June here that should mean no more snow (knock on wood) and no need for winter wear. However, we'd like to remind our School Ager to bring clothes for the spring rain that will likely come with the shift in weather. Additionally, we'd like to remind all of our families to bring a change of clothes, so we can have them on hand in case we get rained on and need to change!



often as we can. The School Ager, as well as the educators, have been anticipating going outside to engage in some active gross-motor play. Bring your outdoor shoes and see you guys on the field!

For a fun and engaging outdoor activity, we'd like to suggest activity dice. To make activity dice print out a template, cut out the dice, fold it along the lines, and glue or tape the squares together. If done correctly you will be able to roll the dice and do a random activity. For those who want an extra challenge, create your own cube and add your own activities, for example: one side could have 10 jumping jacks and another side could have dance to your favourite song.

Until next time have fun playing.  
**Sam RECE, Terence RECE and the**

*School Age group*

We look forward to some great weather so we can get out as

## Word From The Manager

Dear valued customers,

At Alpha Child Care, we take great pride in providing a friendly, family-like atmosphere for our children, parents, and educators. As part of our commitment to maintaining this positive environment, we have developed a Customer Code of Conduct that all parents must abide by. We believe that by working together, we can create a safe and supportive environment for all those who enter our doors. Our Code of Conduct outlines specific behaviours and expectations that help us achieve this goal. We want to ensure that every child feels welcome and loved, every parent feels heard and respected, and every educator feels safe and supported.

As part of our commitment to maintaining this positive atmosphere, we

take violations of our Code of Conduct very seriously. Any threats made to educators, either in person or in writing, will not be



tolerated. This includes physical, verbal, or implied threats. Any violations will result in immediate termination of childcare services and may involve appropriate authorities, depending on the severity of the circumstance.

We understand that disagreements and issues can arise from time to time. If parents have any concerns or issues, we encourage them to bring them to our attention. We are committed to working with parents to resolve any conflicts and ensure that everyone feels comfortable and respected in

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our centre.

Our Code of Conduct is designed to create a safe, positive, and supportive environment for everyone at Alpha Child Care Ltd. We appreciate your cooperation and commitment to upholding these standards. By working together, we can create a bright future for our children and families.

Thank you for your continued trust and support.

Sincerely,

*The Alpha Child Care Team*

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## Like Us on Facebook

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## From Ida's Kitchen

Greeting to all of our Alpha families. I hope everyone is enjoying the longer days filled with bright ☀️ sunshine. What a great feeling,

Our Easter luncheon was a great success all the children enjoyed eating together. And I must say they were so adorable. It was truly a family gathering.

We will be starting our wonderful summer menu on, Tuesday May 23rd 2023. We will be serving lots of fresh fruits and vegetables along with many healthy salads and dips.



Friday's will be Punic lunch and the

children have really enjoyed this over the years.

As the days get longer and warmer let's keep in mind the importance of keeping hydrated. Some children's favourites and easy to make keep cool treats.

### Watermelon Pop

Cut watermelon into 1 inch squares and then put through skewers 3 pcs on each. Place in a freezer safe container and freeze. These can be enjoyed on any hot day.

### "Healthy Ice cubes"

You can freeze many seasonal fruits such as strawberries, blueberries, blackberries and grapes enjoy them in a summer drink of your choice of fruit instead of ice cubes. A creative idea to keep drinks and juices cool.



Hope everyone has a safe and relaxing summer,  
Stay well  
*Chef Ida*