



July/August 2023 Newsletter

Word From The Office

Finally, summer is here, and I can't wait to enjoy every moment of sunshine and vitamin D! It's been a busy school year at Alpha and during the summer months, we like to relax and have fun with the kids, getting lots of outdoor time. Every Friday of the summer, starting Fri. July 7th, all of the children will participate in water play outside. Please be sure to provide your child with a bathing suit/water clothes, a towel and water shoes (NO CROCS OR SANDALS allowed as per policy.) Also, please ensure everything is labelled. Bringing your child in their bathing suit in the morning will help the educators.



I wanted to take an opportunity to remind parents that children must wear sunscreen outside with SPF 30 or higher. If your child does not have sunscreen, they will need to

wear a long sleeve cotton shirt which will protect their skin from the harmful UV rays.

We've had some new educators join our team and I want to formally welcome Damanjit and Sabrina to the Alpha team, both are float educators but you will find Sabrina in summer camp with Sam and Terence. They have some great adventures and activities planned and it is sure to be another great summer. Every Wednesday, the campers will be going to the local splash pad.

A reminder for the preschool children who are going to kindergarten in the fall, please notify the office of your child's last day in the preschool program at least 2 weeks in advance. The sooner the better as this helps us with enrollment in September.

Friday, July 7th through to

Friday, Aug. 25th will be water play Fridays.

On Monday July 3rd, 2023, Alpha will be closed in lieu of Canada Day!

On Monday, August 07th, 2023, Alpha will be closed for Civic Holiday!

Have a great summer,
Alicia, RECE
Supervisor



Dates To Remember

Monday July 3rd, Alpha is closed in lieu of Canada Day

Thursday July 6th, Mary's Retirement Party/Open House at Peter Robertson

Friday, July 7th- Friday, Aug. 25th- water play Fridays

Monday August 7th, Alpha is closed for Civic Holiday

Campers

Hello School Age Alpha families, summer is here! Sam, Terence and Sabrina are very excited to run this year's Summer Camp! We have trips planned to the movie theatre, African Lion Safari, The Science Centre, the ROM, and much more. All this new fun and warmer weather brings some new expectations.

Firstly, we would like to remind all families that we will be going outside frequently during our Summer Camp program; and to ensure your children are safe from the sun's rays children must have these items daily; sunscreen minimum 25 SPF, hat, and closed-toe shoes (not crocs or flip-flops). Also, each child needs to bring a nutritious lunch, water bottle, and a



change of clothes for our weekly Wednesday trip to the Peel Village Splash Pad. Lastly, please ensure ALL your child's belongings are labeled, so items do not go missing. This is to ensure that items are not misplaced and can be returned to their rightful owner.

We hope everyone had a great spring and a great school year. If families have any questions or concerns, they are free to contact us at any time. Now let's get out there and enjoy the beautiful weather while we have it. We look forward to building plenty of memories and having lots of fun this summer!

Samantha RECE, Terence RECE, Sabrina RECE and the school age children

Junior Toddler

Welcome to the months of July and August. We hope everyone is looking forward to the summer holidays and children are excited about going on vacation or doing daily outdoor activities. As the weather gets hotter, we have some summer safety tips that can help families to be safe and healthy.

1. Be prepared for anything by checking the weather before you head outside.

The weather can be unpredictable, but thanks to our devices, we can access weather predictions anytime, anywhere, even for impromptu trips. It's important to adequately prepare for the weather and your surroundings, especially if you are traveling or far from home. (And keep that cell phone nearby in case of an emergency!) When you know the approximate temperature, you can plan to dress accordingly. Knowing what the weather will be like can also help you determine what to bring to help keep you safe, protected from the sun, and hydrated.



It's also good to stay on top of something called the UV index, which indicates how much ultraviolet (UV) radiation is expected from the sun. The higher the UV index, the more at risk you are of overexposure and sun damage. This is important to know because the UV index can be surprisingly high on cloudy days when the sun is out of view. If the UV index is over three, you should take additional precautions to protect your skin from the sun, like wearing sunscreen and sun-protective clothing, hats, and sunglasses.

2. Lather on sunscreen anytime you're outdoors.

Unprotected skin can quickly burn in the sun, which can cause immediate and long-term damage. Sunburn is a common summer injury, but early and frequent exposure to the sun can also lead to skin cancer, including melanoma, which can be deadly. Wearing sunscreen is one of the best summer safety tips to ensure you stay healthy now and in the future.

For the best protection, you should apply a shot-glass-sized amount of sunscreen 30 minutes before going

outside, and reapply every two hours or sooner, if you are sweating or swimming. The recommendation applies to people of all skin tones and ages, as anyone is susceptible to sun damage. Even if you don't burn easily, the sun can cause other skin damage, including wrinkles, photo aging, and sunspots.

Choosing sunscreen for babies and kids.

When choosing a sunscreen for kids, consider selecting one that is a physical or mineral sun blocker. These use zinc oxide or titanium dioxide rather than chemicals and are less likely to cause a reaction.

If you have a newborn or infant, you may have noticed that the back of the bottle recommends asking a doctor before applying sunscreen to babies under six months of age. That's because babies especially should be kept out of the sun, as early overexposure significantly increases the risk of skin cancer later in life. However, it's a myth that you can't apply sunscreen to your little ones. Try to keep them in the shade and/or covered with clothing and hats, but apply sunscreen to any areas of exposed skin, like the face, if you are out walking or otherwise can't avoid the sun.

3. Wear the right clothing and accessories.

Where you're going should affect what you choose to wear. What you'd wear to the beach should be different than what you'd wear on a summer hike on a hot day. In either case, you may want to wear more than you think you'd need. Many people wear less clothing in the summer sun, but it's a good idea to opt for more skin coverage when possible. Many articles of clothing now have a UPF rating, which indicates they provide additional skin protection from the sun. Light-colored and lightweight clothes can also help reflect the sun, keeping you cool and safe.

You should also wear a hat that has a UPF rating and is wide brimmed, protecting the face and neck. In addition, sunglasses offer important eye protection from the sun. We often think about sunglasses as a fashion accessory but they're actually very important for minimizing long-term vision problems. We recommend choosing shades that provide 99-100% UVA and UVB protection.

4. Pack a refillable water bottle and first aid kit.

Staying hydrated is extremely important, especially with increased outdoor activity over the summer. Drink plenty of fluids, regardless of how active you are, especially in dryer climates or higher altitudes. Don't wait till you are thirsty to drink, as that's a sign you're already low on fluids. In addition, avoid sugary or alcoholic drinks which can cause you to lose more body fluid. Don't forget to keep your pets hydrated too, giving them plenty of fresh water and shade.

It's also a good idea to pack a personal first aid kit to help tend to common summer injuries. You can buy a pre-assembled first aid kit online or build your own with:

- Soft gauze, tape, and antibiotic ointment for minor cuts and scrapes
- Sunscreen for frequent application in the sun
- Bug spray to ward off mosquitoes and bug bites (with Deet)
- Aloe vera to soothe sunburns.
- Hydrocortisone cream to ease itchiness and irritation from insect bites or poison ivy.

5. Be vigilant about water safety.

It's not just the pool and open water at the beach that can cause drowning. Most drownings for kids between one and four happen during non-swimming times, like at a backyard barbecue where someone has a fountain, pond, or baby pool. For that reason, it's important to always be aware of your surroundings, and if you have a child that is not a strong swimmer, always practice "touch supervision." In other words, stay within arms-length of your toddler or young child anytime you are in or near water. If you are with a group of people, you can also assign an adult (who isn't drinking alcohol) to be the designated "water watcher."

The best thing you can do to protect your child from the dangers of water is by getting them swim lessons, if they're over the age of one. If your young child cannot swim or is not yet a proficient swimmer, consider a well-fitting life jacket that is coastguard approved anytime you are around water, whether you're boating or at the beach or pool. A foam noodle or pool-floatie should not

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Junior Toddlers cont'd

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be a replacement for a life vest.

6. Know the risks and signs of heat exhaustion.

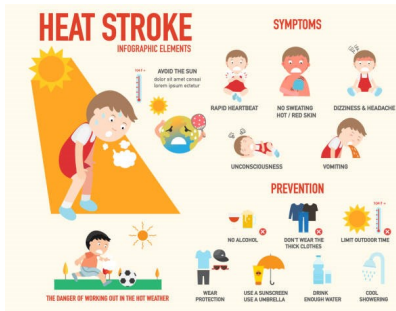
Heat-related illnesses, like heat exhaustion or heat stroke, occur when the body can't properly cool itself. During extreme heat, a person's body temperature can rise faster than the body can cool it down, leading to damage to the brain and other vital organs. Older adults, young children, and people with chronic diseases are at the highest risk of heat exhaustion, although it can also happen to young, healthy people who are participating in strenuous activity in the heat.

Warning signs can vary but may include feelings of:

- Dizziness

- Muscle cramping
- Weakness
- Fatigue
- Confusion
- Heart palpitations
- Nausea

If you notice any of those and generally feel unwell, go indoors immediately. Rest in a shady or air-conditioned place, drink water, and blot your skin with cool water to help lower your body temperature.



7. Never leave your pets or children unattended in a car.

It only takes about two minutes for cars to heat up to lethal levels, so it is critical that you never leave a young child or animal alone in your vehicle at any time. We're all capable of making mistakes or forgetting where we're going or why, but

there are a few things you can do to remind yourself that you bring everyone with you. If you have children in car seats, one thing you can do is put something you need, like your purse, wallet, phone, or shoes, in the backseat next to your child. This will help you remember to check the backseat and bring your children with you. It may sound silly but if there's a family emergency or a change in routine, it could help save a life.

Finally, sun and heat-related illnesses and injuries are especially common when families are traveling in new, unfamiliar environments. So, it's always a good idea to know your limits, use common sense, and be aware of your surroundings, wherever you are. Don't wait until you have an emergency to prepare—know your emergency plan, stay cool, and stay safe!

Until next time,
Kulvinder RECE, Pawandeep RECE and the Junior Toddlers!

Senior Toddlers

"When little people are overwhelmed by big emotions, it's our job to share our calm not to join their chaos"
L.R. Knost

Hi Alpha families, we hope everyone is enjoying the nice warm weather and planning on exploring some of Canada's beautiful places this summer. Here at Alpha we are excited to grow plants in Alpha's garden and enjoy water play in the field every Friday. Our Senior Toddlers are demonstrating great improvement in their independence skills. They are able to get dressed and undressed for outdoor discoveries with minimal assistance, put on and take off their shoes all by themselves. They enjoy serving their own lunch during meal times with little assistance and have been trying a variety of vegetables. We will continue to encourage them to taste all foods introduced to them. We will also continue to work very hard to help



the toddlers approach other children appropriately when they want to play with a toy another child is using. We are also encouraging them to use their manners and respect their peer's personal space.

Gardening is an excellent activity and a great way to teach children about responsibility. It has sensory aspects to hold their attention, gets them outside playing in the dirt, can teach them lessons about growth and teaches some important science. Gardening with your children can also boost their immune system. Tending to a plant's needs is work. It requires them to stay dedicated and go out every day to feed, water, and weed the plant. Only with responsible care can the plant grow to its full potential.

Don't be surprised if it takes your child some time to get into the groove of things and start looking at garden maintenance as a responsibility rather than a chore. There's no need to push it if they're uninterested but remember—the lesson might not stick until the end of the growing season when they get to

see the fruits of their labour.

Gardening teaches children where their food comes from. Learning about where our food comes from is essential in learning to respect the earth and its resources. Children don't always understand why it's important not to waste food. But seeing how much work it takes to grow food will give them a new appreciation for why the earth's resources are so necessary and important to protect!

The way parents talk with their children during these activities plays a vital role. As you work in the garden, you can also talk about other food sources, who takes part in the production chain, and why food scarcity exists. These conversations can take place at an age-appropriate level.

Children always have questions. Gardening is a great way to stimulate their curiosity and help them learn at the same time. You probably won't need to bring it up on your own. A few minutes in a garden and they will start asking questions.

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Senior Toddler cont'd

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Here are some tips for gardening with your children:

- Start With Small Projects
- Give Them a Voice In The Process
- Let Them Enjoy The Rewards Of Their Work
- Get Them Their Own Tools
- Start Indoors Or In a Greenhouse
- Start with Easy to Grow plants - beans, tomatoes, and lettuce



- Grow All The Colours Of The Rainbow.

To help your children become more independent and proactive:

1. Make sure they're not dependent on you for their gardening activities.
2. Get them their own tools, such as gardening gloves, a pail, hoe, and spade.
3. Skip the cheap plastic versions for kids and get them proper tools that will let them work effectively - just be sure to supervise them to ensure they don't accidentally hurt themselves.

It helps foster independence and pride if you assign them their own pot (or garden plot), their own crop, and give them their own tools. They will see it as a personal project and be all the prouder when their plants bloom at last and it also teaches important life lessons like patience and responsibility and even has physical health benefits, including immune system strengthening and reduced allergy rates. But perhaps even more important, it gives you a chance to spend time with your children, which can be the most vital thing of all! If you have any question please don't hesitate to reach us

Until next time,
Manpreet RECE and Sr Toddlers

Fun Gardening Activities To Do With Kids

- Grow Flowers With Their Name

Junior Preschool

Hello Alpha Families,

We hope everyone is enjoying the beautiful summery days; it feels like a long time coming. We are so happy to have the sun shining and being able to shake off some layers of clothing for the next few months.

We hope everyone had a great Father's Day and the turn out for the barbeque was again very nice and successful. We enjoy seeing your faces after hours and being



able to mingle with you all.

Our summer months are ahead, and we would like to remind you of our Friday Water Play Days! Please remember to bring a swimsuit, water shoes, sunhat, towel and of course sunscreen. We look forward to enjoying these water play days with the children.

Here is a delicious summer beverage to quench your thirst on hot, summery days! Enjoy

Ingredients

- 6 cups cubed seedless watermelon, chilled

- 4 cups cold water
- 3/4 cup fresh strained lemon juice, chilled
- 2/3 cup granulated sugar (more or less to taste)
- Ice and fresh mint for serving

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

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

Ida's Kitchen

Hello and greetings to all our Alpha families. I'm sure we are looking forward to a wonderful summer filled with many activities to be shared with family and friends. As we get ready to wish our



graduates all the best in their new adventures it will be hard to see them go. We have watched them learn and grow and have shared some wonderful days and memories with them. I am looking forward to meeting the next group of children who will be attending Alpha in September. The team

here at Alpha is working on a fundraiser

Cookbook



filled with some of the children's favourite meals along with some family recipes from educators. The children have also been contributing with beautiful illustrations of

what



fruits



and

vegetables



look like through their eyes. We look forward to having this completed and sharing it with all our families. Wishing everyone a safe and happy summer.

Keep in touch!

Chef Ida



Alpha Child Care

3 Cathedral Rd.,
Brampton, ON
L6W 2P1

Phone: 905-456-1811
Email:
aliciae@alphachildcare.ca

A Moment With The Manager



So, this summer I encourage you to take your children on a mini vacation. Take advantage of the times when you can be with your child (ren) for extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child.

It is important that your child see you letting your hair down and putting your feet up and relaxing in order for them to learn from your role modeling.

When planning your vacation involve the children in the planning process. Pick up brochures and schedules of the places that you would like to visit or take a trip to the library to gather information on the places you might see while vacationing. Remember try not to plan too much as this can cause undue stress and fatigue. Remember to always take your child's lead whenever possible. If they really want to just swim in the pool versus going to the museum, let them, both of you will have a much better time

doing something that you want to do as opposed to something that you have to do. Vacation time gives you ample time to make a connection with your child. Quality time can also include just one - on-one time, playing a game together or simply just reading a book. Have a great time with your child this summer and create some lasting memories that both of you will cherish for many years to come.

Please join us on Thursday July 6th to celebrate Mary Soundy's Retirement! It will be an open house event starting at 3 p.m and will be held at 900 Peter Robertson Blvd. Get to know her years of service and the vast impact she has made in the Early Childhood community. We will be speaking to parking patrol to make an exception for this day, so please do not pay for parking!

Until next time, my door is always open
Patricia Andrade RECE
patriciaa@alphachildcare.ca

Now that the summer months are here I felt it was fitting to discuss with you the importance of taking your children on a vacation. Just like you and I, everyone needs a break from their daily routine, even the children, as life is stressful and can be exhausting. Sometimes we forget that being in childcare all day every day is a child's work which can be full of frustration, challenges as well as many successes. Then in the midst of all that, we rush them off each night to participate in some extracurricular activity, whether it be soccer, swimming, gymnastics or dance. The children burn a lot of energy trying to meet all these expectations, therefore, children need time to relax, rejuvenate and enjoy life's little things, just as much if not more than we as adults do.

Senior Preschool

Hello, Sr. Preschool parents! Welcome to the months of July and August. We have been continuing to practice maintaining personal space and group boundaries in the classroom. We want children to use their words independently to communicate their needs and wants to the educators and their peers. The educators have been role modeling the appropriate language for children to use to be clear and concise when communicating with the peers.

The gorgeous warmer weather is something we are anticipating. Please include attire that is suited for the weather, such as shorts, t-shirts, summer caps, and sunscreen, as a reminder. To ensure items do not wander please label everything that belongs to your child!

Here are some fun things to do with your children and other adults:



- Attend a bird watching event: record your sightings with photos. To identify feathered buddies, consult a guidebook or an app.
- Planting: In containers, grow fresh herbs. Use anything you can find around the house, such as used coffee cans, milk jugs, mason jars, plastic cups, etc.
- Discussing shapes: Check out clouds for shapes. On the grass, spread out a blanket and look up at the sky. Discuss the cloud patterns you notice in turn.
- Choose plants: Pick blueberries, strawberries, raspberries, vegetables, or flowers from a farm if you can.
- Try out different hairstyles: Give children the opportunity to try out braids, non-permanent curls, or a spiked, gelled look.
- Take turns serving and being served at breakfast in bed.
- Create a time capsule and ask each member of the family to contribute a particular item and something for which they are grateful. Then put it

aside until a specific time. It can be opened as soon as graduation or as far in the future as the first day of school.

- Create a plan and finish a DIY project:
- Find methods to involve your children, whether it's through cleaning the trash, organizing the basement, or painting the spare bedroom.

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

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