



September/October 2023 Newsletter

Word from the Office

Welcome to all our new families who are joining us or have joined us over the summer months. I know working as a team we will be able to provide the best possible program. If you have any questions at any time or just want to stop by my office and say hi, please feel free to do so.

participate in light rain activities such as splashing through puddles or enjoy a peaceful walk in the neighbour under their umbrellas. Please be sure to label each piece of clothing with your child's name and or initials to ensure that all clothing are placed in the proper cubbies.

Alpha believes in taking learning outdoors and views the outdoors as a great learning opportunity for the children. All the children will be spending one hour in the morning and one hour in the afternoon on our natural playground. It is important that the children have appropriate clothing to enjoy and participate in the activities set up for them. In the fall the children will need a pair of rain boots, splash pants, a jacket preferably with a hood attached or have a warm hat to cover their ears and a pair of gloves as the weather becomes cooler towards October time. You can also provide an umbrella as Alpha will



I would like to thank families for being patient over the summer months while your child's educators where on vacation and supply educators had to fill in to cover for them. I tried to keep it as consistent as possible however some days where more of a challenge than others. Regardless we conquered and the children were all happy to get attention from new faces and some familiar faces.

Below is a list of educators in the following classrooms:
Patricia Andrade, RECE
Supervisor
905-458-4884

Meet Our Educators

Infant Room

Areanna Jacob RECE (Lead Educator)
PJ Hehar RECE
Fowsio Hussein RECE
Amritpal Brar RECE

Jr. Toddler Room

Smiledeep Kaur RECE (Lead Educator)
Simran Simran RECE
Komalpreet Jhavar RECE

Int. Toddler Room

Niketta Panchoo RECE (Lead Educator)
Harjeet Kaur RECE
Anamika Kaur RECE

Sr. Toddler

Chau Pham RECE (Lead Educator)
Kelly Braga (Health and Safety Representative)
Rupinderjit Kaur

Jr. Preschool Room

Lynda Leroux RECE (Lead Educator)
Theresa Jaduram
Ana Pavao RECE

Sr. Preschool Room

Janice Thompson-Nelson (Lead Educator)
Harnoorpreet Singh RECE

Preschool 3

Ipsita Mukerjee BA, RECE (Lead Educator)
Hameet Mahey RECE

Pre/Kinder

Jacqueline Woods RECE (Lead Educator and Health and Safety Representative)
Ankita Saini OCT

Program Float Educators

Parminder Bains
Jennifer Morrison

Ann Brennan
Kirandeep Kaur RECE
Sukhneet Kaur RECE

Chef
Sheila Jenkins

Office
Patricia Andrade RECE, Supervisor and Manager of Operations
patriciaa@alphachildcare.ca
Padmini (Shivana)
Seedeyal RECE, Assistant Supervisor
shivanas@alphachildcare.ca

Greg Humphreys B.A.
Owner/Operator

Carol Young
Office Manager

DATES TO REMEMBER

September 4th, 2023 – Labour Day, Alpha is Closed!

September 5th, 2023 – First Day of School!

September 12th, 2023 – Corn Roast 4:30pm – 6:30pm

September 23rd, 2023 – First day of Fall/Autumn

September 25th, 2023 – Fall/Winter Menu Begins

September 29th, 2023 – Orange Shirt Day for National Truth and Reconciliation Day!

September 30th, 2023 – National Day of Truth and Reconciliation

October 1st, 2023 – Run for the Cure (Alpha's Caring Hearts)

October 3rd, 2023 – Picture Day for Infants, Sr Toddler, Jr Preschool and Preschool 3

October 4th, 2023 – Picture Day for Jr Toddlers, Int. Toddlers, Sr Preschool and Pre/Kinder

October 5th, 2023 – Thanksgiving Luncheon at 11:15am

October 9th, 2023 – Thanksgiving Day Alpha is Closed!

October 12th, 2023 – Parent Advisory Committee (PAC) begins 6:30pm – 7:30pm

October 17th, 2023 – ECE Appreciation Day
October 31st, 2023 – Halloween!

Patricia Andrade

Hi everyone, my name is Patricia Andrade and I graduated from Sheridan College with my Early Childhood Education diploma in 1999. I completed my last field placement here at Alpha in the Infant program and then was hired as a supply educator over the summer. In September of 99 I was hired full time in the Infant program.

Over the years I have worked with many great mentors and I am grateful to have the experience working with all age groups including school ages 6yrs- 12yrs. In 2008 I became the assistant Supervisor and worked alongside the Legend Mary Soundy who has recently retired and has been my number one supporter. In 2016 I



transferred to the Cathedral location as Supervisor and managed that location, licensed for 77 children and 14 educators. At Cathedral I gained many new skills and loved the challenge of creating schedules for classrooms and leading a centre, independently. In 2022 I returned to my home base at Peter Robertson and was trained to oversee both locations to step into the manager role. After 24 years of working with Mary and many wonderful educators I am confident I will deliver the same positive experience for everyone in the centre. I look forward to connecting with each and everyone of you, especially your children as they continue their journey with Alpha's family.

In my spare time I love to explore new and exciting adventures. My husband and I love to try new foods and explore new restaurants and see what they have to offer. At times I don't know what I'm eating, but still love the experience, such as Noir, Antler, The Porch, Elora Mills etc. We also like to travel, if not by flight or train we love the long car rides to Haliburton, Prince Edward County, Tobemory etc. There is just so much to do and explore all kinds of secret treasures.

If you have any questions, please feel free to contact me anytime, my door is always open!

Patricia Andrade RECE
Supervisor, Manager

Greg Humphreys

Hi, my name is Greg Humphreys, owner of Alpha Child Care Ltd.. When my mom Catherine, opened Alpha 42 years ago, I worked after school at Alpha as the cleaner, painter and repair man. My dad and I would build the outdoor climbers, benches and sandboxes. Wow have things changed.

Today, I am the Owner of Alpha Child Care Ltd and I oversee all aspects of Alpha's services working with the best Manager, Supervisors and Educators in the business. On a



daily basis, I manage Alpha's daunting administrative/regulatory requirements, so that our Educators can focus their attention on providing the best care possible for your child(ren).

I am a York University Graduate and sit as past-president and active Board Member of the Association of Day Care Operators of Ontario (ADCO). I sit on an advisory panel for our local child care system and often counsel other child care owners and managers with their challenges. I am proud of Alpha's

leadership in our community and the many committees that our staff volunteer for. Alpha is a community leader in program quality, preschool curriculum, mentoring, inclusiveness, educators training and leadership.

If you have any questions, concerns or comments feel free to call/email me. My contact information is available through Alpha's website at www.alphachildcare.ca

Welcome to the Alpha Family!
Greg Humphreys, Owner

Padmini (Shivana) Seedeyal

Welcome to the new school year! I hope everyone had an amazing Summer!

My name is Padmini (Shivana) Seedeyal and I am the Assistant Supervisor for Alpha's Springdale location.

I started my journey at Alpha about 5 years ago, first in the Infant room, moving to Sr Preschool and becoming a Lead Educator,



then to Preschool 3 continuing as a Lead. I have been a RECE for about 10 years now but have been a practicing educator for longer; through volunteering at Public Schools and tutoring.

During my time at Alpha, I've had a lot of great experiences by joining various committees, learning about Health and Safety, as well as being in the office. Alpha has provided many wonderful opportunities for me to

gain more knowledge and have first-hand encounters; both good and challenging. It's never a dull moment here!

I enjoyed my time in the classroom as well, as watching the little ones grow up to become incredible, independent, knowledgeable children was quite rewarding. Listening to their adventures, scaffolding their learning, formulating conversations, and just observing how their minds can be

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Infants

As summer comes to an end, let's welcome the fall season. We hope you all had a great, relaxing summer and we want to welcome the new families. We will be focusing on Child Development and discovering different methods to help your little ones develop essential skills. Our goal is to practice skills that will assist with upcoming developmental milestones, such as crawling, sitting, walking, and more.

Cognitive Development:
Encouraging Curiosity Babies and young children are naturally curious beings. To promote cognitive development

- **Interactive Play:** Explore toys that encourage problem solving like stacking blocks or shape sorters
- **Exploration:** taking children outdoors to explore nature
- **Reading Time:** Introduce age-appropriate books that stimulate their imagination and curiosity.



Language Development: To support your child's communication skills:

- **Daily Conversations:** Label objects, emotions and ask open-ended questions and give them the answers.
- **Sing and Rhyme:** Encourage nursery rhymes and sing-along sessions to enhance language rhythm and pronunciation.
- **Sign language:** for words like more, all done.

Physical Development: Fine and Gross Motor Skills

- **Outdoor Discoveries:** children explore the slide, walk and climb to develop gross motor skills under supervision
- **Drawing and Colouring:** Provide crayons and paper for scribbling and drawing to boost fine motor skills.

Social and Emotional: Fostering Healthy Relationships

- **Group Activities:** We will organize activities to provide opportunity for social interaction

with peers.

- **Identify emotions:** we will label their emotions and encourage them to recognize and regulate their emotions
- **Emotional Expression:** Create a safe space for your child to express their emotions openly and validate their feelings

Sensory Play: Engaging the Senses
Sensory play aids in brain development and enhances cognitive, social, and emotional skills:

- **Messy Play:** Allow them to explore textures like sand, water, or finger paint for a tactile experience.
- **Sensory Bins:** Create sensory bins with materials like playdough, paint, or small toys for imaginative play.
- **Nature Walks:** Take nature walks and encourage them to touch and feel leaves, flowers, and different surfaces

Sincerely,
Amritpal RECE, Areanna RECE, PJ RECE, Fowsio RECE, and the Infants

Areanna Jacob

Hey everyone! I hope everyone had a safe and healthy summer. My name is Areanna Jacob. I'm an RECE in the Infant Room. I just celebrated my 6th year anniversary with Alpha. I started off as a student in the Jr Toddler Room where I started my journey at Alpha. I got hired right after my placement, and got to experience all the different age groups and their classrooms.

In my spare time I really enjoy spending time with my loved ones, painting, watching a good murder mystery series and listening to music.

I'm really looking forward to getting to know your children and their families throughout the year! Let's have a great year together.

Thank you,
Areanna Jacob, RECE



Fowsio Hussein

My name is Fowsio Hussein, I recently joined the Alpha team, and it has been great! I'm a Registered Early Childhood Educator in the Infant program. I graduated from Mother Craft College, and I have five years of experience working with children and parents.

In my spare time I enjoy reading, baking and spending time with my family. I am excited to work with all of you and be a part of your children's learning. I am looking forward to making your experience comfortable and easy for you and your child in the centre.

Thanks,
Fowsio Hussein RECE



Pawanjot Hehar

Greetings Alpha families! My name is PJ Hehar (short for Pawanjot) and I am a Registered Early Childhood Educator (RECE). I began working at Alpha as a RECE over 6 years ago; however, I had previously worked with Alpha as a supply staff and completed one of my placements here as a student in the infant room!

My love for the inclusive culture and positive, family-centered atmosphere at Alpha drew me back here to begin working as a full-time educator member. I completed my diploma in Early Childhood Education (ECE) from Humber College in December 2016. Prior to pursuing a career in ECE, I finished a degree in Health Sciences and completed several years of a Nursing degree, which both helped me realize my interest in the early learning and care of young children.

Going back even further, I was born and raised in Canada by my parents who emigrated from India! I am one of two siblings and in my free time I love to spend quality

time with those near and dear to me. I am also a traveling enthusiast, with my last trip being to Mexico! I have been fortunate enough to have visited Italy, France, Switzerland, England, Pakistan, India, Jamaica, America, and the west coast of Canada.

Other places I hope to see are Egypt, Indonesia, Thailand, Iceland, Hawaii, and Africa! I also look forward to travelling back to India where I can connect deeper with my cultural and spiritual roots.

I have always been drawn to spending time outdoors and love the sounds, smells, and sights of nature. With this said, I find myself looking for new hiking adventures and places to explore. I enjoy being physically active and have tried treetop trekking, zip lining, rappelling, snorkeling, and even sky diving. I love "shooting hoops" and going for early morning or late night runs with my music and headphones.

Another passion of mine is dancing. I used to perform Bhangra, which is a dance native to my cultural background. Some of my favourite types of music are tech house, hip hop R&B, and Afrobeat's to name a

few. One of my ultimate favourite pass times is curling up with a good book on my porch with a hot cup of chai, listening to and spending time with nature, which is usually how I start my weekend mornings.

Something else that has become an all-encompassing part of my life is my spirituality. I have been on a more conscious spiritual journey for quite some time and have gained a very holistic perspective and approach to life that has highlighted for me the importance of using meditative practices from a young age and taking actions to leave the next generation with knowledge, resources, skills, techniques, and a culture and society that incorporates this wisdom more deeply.

Another interesting fact about me is that I have been a vegetarian for over 29 years!

I am so grateful to be part of the Alpha Child Care community and hope that you have gotten to know me a little bit better as I continue to get to know you and your loved ones!

PJ Hehar RECE



Amritpal Kaur Brar

Hi everyone! My name is Amritpal Kaur Brar and I have completed my studies from Sheridan College, earning my Early Childhood Education diploma.

I entered this field to help children develop in different domains such as physical, social, emotional, and cognitive develop; because I believe early childhood years have a great impact on the holistic development of the individual. Moreover, I feel I can also learn a lot from children such as their eagerness to learn and try new things. I feel lively around children and I love to dance and listen to music.

I look forward to working with you and your children!
Amritpal Kaur Brar RECE



Padmini (Shivana) Seedeyal

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so creative was a privilege to be a part of.

This year, as I progress more in my new role in the office, I look forward to meeting all the new families, as well as creating a stronger bond with our current families. I also look forward to engaging with every child in each room; witnessing their growth and development assisted by their educators. As well as working as a team with Patricia and the educators in creating a successful year for your children.

If you have any questions, concerns or just want to chat, my office door is always open.

Please don't hesitate to call or e-mail me either! Wishing everyone a wonderful school year!

Sincerely,
Padmini (Shivana) Seedeyal RECE
Assistant Supervisor
shivanas@alphachildcare.ca



Junior Toddlers

We would like to welcome all the new children and families into the Jr. Toddler classroom and throughout Alpha as we are thrilled to interact with everyone. We are excited to get to know and connect with them.

Starting childcare is a significant change for parents and other caregivers as well as for the child. Some children need more time to adjust than others, and some only need a week. We want to give some advice for smoother transitions because there are so many new faces and kids moving to different classrooms around the centre.



1. Talk about the new routine and about the educators in their classrooms, try to mention their names at home throughout the day, which would help them to remember and trust us.

2. Try to adjust at home nap times to the one we will follow at childcare. Rest time is from 12pm to 2 pm.

3. Practice independence. The educators are working with multiple children at once, it is always great when your child knows how to do some things independently, such as removing their shoes or attempting to put on their hat.

4. At drop off time make sure to always say good bye

with a hug or a kiss. Let them know you are going now but you will always be back to pick them up. Once you say good bye and leave the classroom, it is best not to come back in. If you keep leaving and re-entering the room, it will take even longer to soothe and calm your child.

5. Make sure to provide lots of extra clothes, diapers, toothbrush, toothpaste, indoor shoes, outdoor shoes, and a water bottle. Remember to label everything, so items don't go missing or misplaced.

Please feel free to speak to us if you have any questions or concerns about your child.

Smiledeep Kaur RECE, Komal RECE and Simran RECE and the Jr. Toddlers

Smiledeep Kaur

Hello! My name is Smiledeep Kaur. I completed my Early Childhood Education diploma with honours in 2021. I started my journey with Alpha last year in the Infant room. Alpha has given me such great opportunities where I can grow, learn and be myself. Currently, I am the Lead Educator in the Junior Toddler classroom. Being in the classroom and having interactions with children, sometimes reminds me of my childhood, like how fast you grow and then get busy in your daily life.

I spent 19 beautiful years in India. India is a diverse country with culture, traditions, and love, where I was born and raised by my parents. I visited America in 2018 and then I decided to move to Canada in 2019. It has been 4 years living here and I will continue to try and achieve my dreams and goals.

I love reading books and exploring nature. In my free time, I like to read as much I can. The 'POWER OF POSITIVE THINKING' by Norman is my favourite book. The core message is simple: if you think in a positive way, you'll start to see positive results. That's because you're more likely to try harder, to stretch further, and to dream bigger. Of course, it isn't easy to achieve a permanently optimistic attitude, but The Power of Positive Thinking endeavors to show you all the ways it can be worthwhile to do so. Thinking about what you want is a powerful motivator to get you moving toward it.

No one knows what the future holds, so just live your best moments, be happy and spread happiness. Feel free to come stop by and say hi.
Smiledeep Kaur RECE

Komalpreet Kaur Jhavar

Hello, again parents! My name is Komalpreet Kaur Jhavar, and I am a Registered Early Childhood Educator working in the Junior Toddler classroom. I started my journey here at Alpha last year, and I have been constantly learning and growing ever since. Originally from India, I have been living in Canada for about three years now. Here is a fun fact about me, I used to be a medical student and did well in high school.

I'm a big nature lover, and I enjoy spending my time in nature, sketching beautiful landscapes. My parents did an amazing job of uplifting me with remarkable learning and development, and I am grateful for that every day.

According to my perspective, the children are 'Future Nation Builders,' and they are the authors of their own development. They are naturally curious and eager to learn, and I believe that with love, care, and guidance, they can achieve incredible learning milestones. If ample opportunities are provided to them at such an early age, they will lighten up the future world with their potential, hard work, intelligence, and enthusiasm.

I am thrilled to have the opportunity to meet Alpha's wonderful families and create warm and friendly connections with them. Please don't hesitate to say hello and engage in a chat with me!
Komalpreet Kaur Jhavar RECE



Intermediate Toddlers

We extend a warm welcome to all the new families who are joining us or who joined us throughout the summer. We are all looking forward to a new school year full of excitement. For those who may not have had a chance to meet, the educators in the Intermediate Toddler classroom are Niketta, Harjeet and our newest addition to the team Anamika! You may have seen Anamika around Alpha as she worked in the Pre/Kinder room with Jacqueline. We are excited for the new changes and to see the children grow and develop new skills.

The intermediate toddlers are very busy and curious children, and we have a busy year ahead and cannot wait to learn and explore all the aspects of our program! All areas of the classroom play a crucial role in your child's development, including outdoors. Therefore, it is beneficial for your child to be consistent with the attendance and to be here by at least 9am to experience our full program. Additionally, it will benefit your child's transition into the classroom being consistent with your arrival time and put your child at ease greeting the educator, children, and follow a consistent routine. Parents are recommended to bring extra pairs of clothes for their children because accidents can occur. Also, make sure your

child's clothes, shoes, hats etc., are labeled so they are returned to you at the end of the day and will also help the team when they are dressing the children to go out and explore the natural playground.

Please keep in mind that Alpha is a Nut Free centre, so if you wish to bring in a treat for your child's birthday, it must have a nut free label and a list of ingredients that need to be provided for us to serve it. Also, we are unable to accept any outside food brought from the home or in bags to be eaten in the centre because there might be children with different allergies present in the same room. However, you can finish your snacks in the atrium before you enter the centre.

We have an academic program plan that is always posted on the bulletin board near the door in the classroom and shows what the educators have planned for the week. The weekly program plan incorporates the children's interests and focuses on different skills such as letters, numbers, fine/gross motor skills and social-emotional skills. Academic group time is held at 11:00 am every morning where the educators engage in activities,

experiments and sing songs. If you have any questions, feel free to ask the educators and we will be more than happy to answer you.

Moving forward, the educators will continue to provide a welcoming, inclusive, and supportive environment for the children while making a connection with families. We will continue to work on children's self-help skills such as taking off and putting on their shoes, pants, wiping their own nose and using a fork or spoon to feed themselves and continue to help children develop their language and build on their social interactions with others in the class.

The fall season will be approaching soon so we are leaving you with some activities you can do with your toddlers this season such as picking out the very best pumpkin, visit an apple tree orchard, decorate or carve pumpkins, jump in a pile of leaves, collect leaves, go for a nature walk or take a long drive through the country and enjoy looking at the leaves changing colours!

Until next time,
Harjeet RECE, Niketta RECE, Anamika RECE and the Intermediate Toddlers



Niketta Panchoo

Hi everyone! My name is Niketta and I'm a Registered Early Childhood Educator working in the Intermediate Toddler Room. I graduated from Humber College, and I've been in the ECE field for 10+ years, and currently with Alpha for 5 of those wonderful years and many more to come.

I enjoy travelling, reading, dining-out and spending as much time as possible with my little guy. I am beyond excited, and I can't wait to meet your little ones and the wonderful parents behind their existence.

**Niketta Panchoo
RECE**



Harjeet Kaur

Hi everyone. I hope everybody is safe and healthy. My name is Harjeet Kaur, and I am a RECE in the Intermediate Toddler room. It has been a good journey since I started working with wonderful management and hardworking educators and in August of 2023, I celebrated my 1-year anniversary with Alpha.

During the summertime, I love to travel and explore nature. Spending time in nature helps me relax my body and it is a stress buster for me. I have a passion for working with young children and believe children learn better through play-based learning experiences. I love how

curious they are and how they look at the world, it is their innocence, honesty and kindness that makes them so unique. There are a lot of things I learn from children every day. I want to be a part of their growth and help them develop holistically to make the world a better place. I always make sure that the children in my classroom are safe, comfortable, and inviting, especially when it comes to the new children who just started their journey at Alpha. I always make sure to respond to their needs and help them during busy transition times. I really look forward to welcoming and getting to know you all at Alpha. See you all soon!

Harjeet Kaur RECE

Senior Toddlers

Hello parents, we sincerely hope that everyone is doing well. This summer, the children demonstrated great interest in exploring nature more closely. We enjoyed doing various fun activities together.

Now that we are here at the beginning of autumn, here are some fun activities to do this season:

1. Sensory play:

children can collect different coloured leaves, pinecone pieces, stones, etc. from the parks or playground and make sensory bottles using the collected material, water, and autumn-coloured glitter or colours.



2. Make a tree: how amazing it is that by using tape or glue, brown paper, and leaves, we can create a beautiful tree. Go for a branch



and twig hunt to glue onto the tree. You can also use your handprints to make different textures and leaf prints.

3. Pretend play: sometimes a simple activity can help a child in different ways. This activity will help in developing self-help skills in fun way. Here we can make

different shapes on the floor or ground using tape or chalk. Then we can collect different coloured leaves and spread them, give a handy broom to the child, and sweep the leaves in the shape.



4. Hanging ghost: You can use paper (cut white paper in the shape of a ghost and black for eyes and mouth), glue, and cotton balls.



5. Halloween card: Kids enjoy celebrating different occasions, let's make cards with their

handprints and spread love and belonging, throw these little hands full of happiness and surprises.



"Autumn the season that teaches us, that change can be beautiful. As the leaves are all falling, and they're falling like they're falling in love with the ground." - Andrea Gibson

Enjoy this season with your family and friends. Feel free to speak to us if you have any questions or concerns, or if you want to share some beautiful ideas on how you have or are going to spend this season.

Until next time:
Rupinder RECE, Chau RECE, Kelly Support Educator and the Senior Toddlers

Chau Pham

Hello! My name is Chau Pham. I graduated from Sheridan College with earning my Early Childhood Educator Diploma in 2018. Then, I had a wonderful opportunity to work at Alpha in July of 2018 and this is my 5th year at Alpha.

I love cooking, baking and travelling. Now, I am currently working in the Senior Toddler Room with my team partners Rupinder and Kelly. Working at Alpha has given me lots of opportunities to learn and experience new things. I believe that every child is unique and should be given opportunities to thrive, be happy and healthy.

My goal as an educator is to provide a quality and rich environment to stimulate children's exploration, creativity, and confidence. I will also try my best to fulfill my duty on making children feel happy and comfortable when they are with me.

Chau Pham RECE



Kelly Braga

Hello families and friends at Alpha and the Sr. Toddler class, my name is Kelly, and I am an assistant educator. To some I am a familiar face, as you have seen me here for many years. To others I am a new face, don't be shy to say hello and have a conversation, I'd love to hear your story.

I am an energetic, talkative, and fun person. On my free time I enjoy catching up on Marvel shows and movies or checking out the newest restaurant in the city with my husband...I am a huge foodie! I also love to draw, paint, face paint and like to keep my health in check with nature walks and working out.

Alpha has been my career for many years, I have met so many families and made many friendships along the way. Alpha and the children have taught me many personal and life lessons and have made so many memories through the years. It is great to work with such amazing people and educators for so long. I cannot wait to meet all the new children and their families! See you all soon!

Sincerely,
Kelly Braga



Junior Preschool

The Junior Preschool Team would like to take a moment to welcome all the Junior Preschool children and their families to the Junior Preschool Room as we look forward to getting to know all you.



We hope you had a fantastic summer and enjoyed the nice warm weather. The Junior Preschool educators cannot wait to get to know the children and discover the materials they are interested in playing with and get back into the groove for the new school year.

The educators will be implementing the Handwriting Without Tears Program. This program is a pre-

printing program which will help the children to develop how to hold a printing tool properly and develop a firm pincer grasp as they colour each page in the unit.

We will also be implementing the Jolly Phonics Program once a week. This will help the

children learn to recognize the letters of the alphabet, learn the letter sound and the Jolly Phonics Jingle that accompanies each letter.

The educators will be helping the Junior Preschool children with developing their self-help skills by assisting them in learning how to put their shoes on and take them off and getting dressed for outdoor play. The educators will be helping

the children learn to wash their hands properly and constantly throughout the day and understand why it is important.

In the Junior Preschool room, the children will also learn number, shape, colour and letter recognition through a variety of materials for the children to explore. For example, puzzles, shape sorters, blocks, and books.

Outdoor playtime is also important for the children as they will learn more about nature, animals, plants and the natural environment.

Please feel free to speak with us if you have any questions or concerns about your child.

Until next time,
Lynda RECE, Ana RECE, Theresa and the Junior Preschoolers

Ana Pavao

Hello everyone, my name is Ana and I work in the Jr. Preschool classroom with Theresa and Lynda. September will mark 9 years that I have been with Alpha, it has been a pleasure and a wonderful opportunity to be a part of the Alpha family. I have learned so much and every year I look forward to interacting with families and

working with all the children because it truly is so rewarding.

I live here in Brampton with my husband, our 4-year-old daughter and our dog Gunner. We are expecting baby girl number 2 in January, which we are so

excited about. During our free time we enjoy taking walks together and going for ice cream.

I am excited for the year ahead, I know it will be filled with lots of adventures and fun! Feel free to stop by any time with questions, concerns or just to catch up.
Ana Pavao RECE



Rupinderjit Kaur

Hello everyone, my name is Rupinderjit Kaur. I graduated from Canadore College with an Early Childhood Education diploma in 2023. I joined Alpha in 2022 as a supply, and soon I became a part of the team as a full-time educator.

Currently, I am working in the Senior Toddler classroom. I enjoy spending my days with these vulnerable people around me. I love to know more about science and technology. I believe in diversity, inclusion, and equity and implement it in my daily life.

In my leisure time, I love to do arts and crafts. My goal is to make every child under my care live their life to the fullest, learning to enjoy every moment and be creative and confident. I always try my best to create a safe, healthy, trusting, belonging, and expressive environment around me.
Rupinder Kaur RECE



Anamika Kaur

Hi! My name is Anamika Kaur and I am working in the Intermediate Toddler room this year. I graduated with my Early Childhood diploma in June of 2022 and I started my journey with Alpha in January 2023 where I worked in the Preschool/Kindergarten room along with Jacqueline.

I have lived in Brampton for the past 3 years as I came to Canada as a student from India. My family lives in India which includes my mom, dad and two younger siblings. I like to spend my time reading novels or trying new recipes in the kitchen. I also enjoy spending time with my friends and summers at the beach.

I am looking forward to forming a relationship with all the children in the room and their families over the course of the school year. I am so excited to meet all the children and the wonderful families.
Anamika Kaur RECE

Lynda Leroux

Hello! My name is Lynda Leroux, and I am a Registered Early Childhood Educator. I graduated from Sheridan College with High Honours in May of 1997 and joined the Alpha Family in June of 1997 as the Second RECE educator in the Infant Room. Then I became the Lead educator of the Junior Toddler, Junior Kindergarten, Junior Preschool, and Junior/Senior Kindergarten Room. Later I became the Assistant Supervisor of the Springdale Location in 2004 while I was still the lead educator in the Junior Toddler Room and then while I was in the Infant Room. In July of 2008 I became the Supervisor of the Cathedral Rd. location, and it was a wonderful

experience. I transferred back to the Springdale location on June 29th, 2015, as the Supervisor of the Springdale location until Sept. 9th, 2019. Due to a lot of our veteran educators moving on to other chapters in their lives. Alpha needed more veteran educators to help mentor and coach our younger educators to become lead educators in the classrooms. Therefore, I stepped back into the classroom, and I was in the Junior Preschool Room, Intermediate Toddler Room and the Senior Preschool Room. At the present time I

am working in the Junior Preschool Room with my team members Ana and Theresa.

I look forward to continuing to meet and speak with all the children, educators, and parents. I enjoy working with children and getting involved in their play. However, in my spare time I love going to my cottage, swimming, boating, dancing, reading, and spending time with my family and friends.



Please feel free to speak with me at any time if you would like to chat or if you have any questions, or concerns about your child.
Lynda Leroux RECE

Theresa Jaduram

Hello again, everyone! Welcome to all of the new families that are joining, or have joined our Alpha family, as well as all of those returning! My name is Theresa and I am sure most of you have seen me around! I have been at Alpha for quite some time now, and have worked in almost (if not all) of the amazing classrooms! Currently I am in the Junior Preschool class with Ana, Lynda and all of the



wonderful students.

In my free time, what I love the most is spending time with my loved ones. My family means the world to me, and I am grateful to be as close as I am to mine. I cannot wait to see you all around!

Please don't hesitate to say hello! My classroom door is always open! See you around!
Theresa Jaduram

Ann Brennan

My name is Ann Brennan but better known as Annie. I immigrated to Canada from Dublin Ireland in 1989, I joined the wonderful Alpha family in 1994 and have been here to the present day.

I enjoy music, the great outdoors, and long walks. My current position in the childcare centre is a program float educator, which I cover educators for a well deserved break from the classroom. I have experienced working with all age groups and mentored many educators during my time here at Alpha. I also step in for Sheila the chef when she is on vacation and ensure all your children's tummies are well fed with nutritious meals.

I look forward to meeting you and your children through out the year and please don't hesitate to come to me with any questions or concerns you may have on any day.

Take Care
Ann Brennan



Jennifer Morrison

Hi there, I'm Jen and I work all over the childcare. You will see me covering in all the classrooms whenever my colleagues are away.

I have worked in the field since 2008 and I enjoy what I do. It's a pleasure getting to teach children and watch them learn and grow. I enjoy bingeing on shows, reading books, going on vacations, staycations and going to church.

If you have any questions feel free to ask.
Jennifer Morrison

We're on the web
www.alphachildcare.ca

Special Events

Welcome back to a brand-new school year! We hope everyone had a wonderful Summer enjoying the warm weather.

On Monday September 4th, Alpha is closed for Labour Day.

Tuesday September 5th, Alpha is open and it's the First Day back to School!

Tuesday September 12th is Alpha's Annual Corn Roast starting at 4:30 p.m. at the back parking lot (weather permitting). Parking will be waived during this time. We will be serving hotdogs, pasta salad, popcorn, drinks and of course, roasted corn! Veggie options will be provided as well. We will also have a donation box going where all proceeds will go towards the Canadian Cancer Society towards Breast Cancer. Please come on out and join us for our first event of the school year, it's a great way to get to know the educators outside of the classroom and connect with other parents in our Alpha community!

On Saturday September 23rd, it's the first day of Autumn/Fall. Please remember that the weather can be unpredictable and don't forget to update your child's extra clothing in the cubbies to something warmer!

Monday September 25th, Alpha will be switching over to our Fall/Winter Menu. There will be four rotating menus each week with a variety of hearty meals served to keep your children warm in the cooler weather.

On Friday September 29th, 2023, Alpha will be having Orange Shirt Day in lieu of Saturday September 30th for National Truth and Reconciliation Day. Help raise awareness towards the impact that the residential schools had, as well as show your support towards the Indigenous community in recognition of all the children that didn't make it home to their families. Wearing an orange shirt honours all the survivors that made it through these trying times. "Every Child Matters!"

Sunday October 1st is Run for the

Cure. Please come out and join our team, Alpha's Caring Hearts, to support the cause and make a difference in the Breast Cancer community. All funds go to the Canadian Cancer Society. Location will be at the University of Toronto at 3359 Mississauga Road from 8 a.m. to noon. Hope to see you there!

On Tuesday October 3rd and Wednesday October 4th, it is Picture Day! Please have your child dressed in bright colours for the best quality, as well as have a spare set of clothes to change into after.

On Tuesday October 3rd, [Infants, Sr Toddler, Jr Preschool and Preschool 3](#) will take their pictures.

On Wednesday October 4th, Jr Toddlers, Int. Toddlers, Sr Preschool and Pre/Kinder will take their pictures.

Siblings will take their pictures on the youngest child's day.

Thursday October 5th is Alpha's Annual Thanksgiving Luncheon with the children. Chef Sheila will prepare an amazing Thanksgiving meal for your child during lunch. Each classroom will enjoy this special meal in the atrium together as a big family. We will be serving turkey with gravy, stuffing, potatoes, steamed veggies, salad, and cranberry sauce, as well as a special treat in the afternoon for the children's snack. Vegetarian options will also be available. Alpha's philosophy encourages a family style environment, and what a great way to instill that by coming together during Thanksgiving, being thankful for what we have, and enjoying a delicious meal together.

Monday October 9th, Alpha is closed for Thanksgiving Day. We hope everyone has an enjoyable weekend with their family!

Thursday October 12th, Alpha's Parent Advisory Committee (PAC)

will start their meetings. Alpha is recruiting new parents or existing parents who would like to join and be an advocate towards the Alpha community. This is where you can voice your opinion, suggestions, successes, or any ideas/changes that may be beneficial for Alpha to create a successful environment for everyone. Your feedback is valued! The supervisors and the owner, Greg, will also give you insight into Alpha's dynamics, upcoming events, and any future changes as well. Please let us know if you are interested in joining PAC, we look forward to working with you.

On Tuesday October 17th, it's ECE Appreciation Day! Our educators work hard every day to provide the most valuable care for your children; showing compassion, care, and overall teaching them many skills to benefit your child's future. There are many ways to show your appreciation to your child's educator, by simply letting them know what a fantastic job they're doing, is a great way to show your gratitude. Congrats to our educators on a job well done! The theme this year is "Worth More" as all educators in the field deserve a higher wage for the work that they do!

Tuesday October 31st is Halloween! Parents can bring their child dressed up in their costumes, just ensure that there is an extra change of clothing for them to change in to. All treats coming into the centre need to be Peanut and Tree Nut Free, indicating so on the package. Treats will also be sent home at the end of the day for families to sort through. We hope everyone has Spook-tastic Halloween!! Until next time,
Shivana Seedeayal, RECE
Assistant Supervisor
shivanas@alphachildcare.ca



Senior Preschool

Hello Senior Preschool families, We hope that everyone is doing well and that you enjoyed your summer. We hope that it was packed with lots of fun, adventures and wonderful memories created.



centre, science centre and book centre.

The creative centre contains an easel, paint, paint smocks, printing tools such as crayons, markers, chalk

and pencils. Other items include pompoms, stickers, stencils, playdough, glue, and construction paper. This helps to develop not only their creative skills but also enhance fine motor skills and social skills as they learn to take turns with resources, problem solve with materials and how to express themselves to others.

The cognitive centre contains puzzles and manipulatives to develop numeracy and literacy skills.



The block centre contains various sized block manipulatives which help to develop, imaginative play skills, social skills, fine and gross motor skills.

The dramatic centre contains props and manipulatives to develop imaginative, creative, and social skills.

The science centre contains weight scales, measuring tools, magnifying glasses which help to develop their inquiry and investigative skills.

Loose parts are materials that can be moved,

combined, pulled apart and used in multiple ways such as pipe cleaners, wood pieces, wooden rings, tissue rolls/boxes, bottle covers, pieces of fabric, rocks, shells, spools, etc. These can be integrated into any of the centres as these further build their imaginative play skills.

All classrooms require many materials! Toys, books, games, and other resources are regularly rotated in and out of active use. Preschoolers may spend several hours a day in our classroom so creating a relaxing, homelike environment is critical. A homelike environment, in addition to places for privacy and quiet areas, offers children the opportunity to seek calm when they need it.

There are pictures of the children and their families hung up on the family board and it also displays your children's artwork, this communicates that the space belongs to the children and gives them a sense of belonging! If you haven't done so already please provide a family photo to post on our board. It can be emailed to the classroom and a copy will be printed or you can bring a hard copy yourself.

If you have any questions please feel free to contact us in the classroom as we are available to assist you!

Janice and Hamoor RECE
Your Sr. Preschool Team

As the preschoolers continue their journey they may build memories of creativity, adventure and imagination. As such, let's take a tour of the Sr. Preschool classroom. Preschool classrooms are high-energy places. Once you enter this play space, you will find areas for group activities, privacy, storage, and inclusive displays.

Preschoolers need time and space during the day to engage in activities and to relax independently. It is important to provide a calming space for them to take a break from the group. This space can be limited to one or two children, and it is arranged in the program for visibility to ensure safety. As they learn through play the children's learning evolves as the interests of the children change and they make new discoveries about the world around them. This type of learning can be supported through learning centres with flexible spaces, open-ended materials, and a daily schedule.

Some other learning areas include a creative centre, cognitive centre, dramatic centre, block



Janice Thompson-Nelson

I am Janice Nelson. I am from the beautiful island of Jamaica and have been in education field for the past twenty- one years with a Bachelor's degree in Primary Education and Guidance and Counseling. My family and I migrated to Canada seven years ago and I have been at Alpha for approximately six years as I have a passion for Early Childhood learning. I am the Lead Educator in the Sr. Preschool classroom working alongside my team partner Hamoor.

I enjoy reading, cooking, and listening to music. I am married and the mother of two beautiful children. I look forward to making great memories and experiences with our Senior Preschool families.
Janice Nelson



Lorraine LoSerro

Hello everyone, my name is Lorraine LoSerro, I have been working with Alpha for 16 years and I have had the opportunity to work as lead educator in most of Alpha's classes. You will now find me floating from room to room covering the educators for their planning time.



I have two children, a son who is six years old and a three-year-old daughter. They keep me very busy as we love to explore the outdoors bike riding and nature walks.

I look forward to another fun and exciting school year!
Lorraine LoSerro RECE

Harnoorpreet Singh

Hello everyone, my name is Harnoorpreet Singh; and you can address me as Harnoor or Noor. I completed high school in medical stream with flying colours back in my hometown Sherpur, India.

I came to Canada in September 2020 to further pursue my studies in the field of Early Childhood Education from Seneca College, and I graduated in April 2022 with high honours. I recently celebrated my one-year anniversary with Alpha in June 2023. I started at



Alpha on the program float shift and two months after, I joined the Senior Preschool classroom and I have been in there ever since.

I belong to a nuclear family comprising of my mom, dad and grandma and I love my parents the most in my life. I love to watch reality shows, thriller series, wrestling shows, listen to music and sit in the midst of lush greenery and nature in my leisure time. My uniqueness lies in my unpredictable, determined, jolly and caring nature. I have always enjoyed the company of children

and I hope to continue growing and learning together with them by putting my knowledge from my studies, the valuable teachings by my former teammate Theresa and the new strategies by my current teaching partner Janice into practice.

To the parents, feel free to ask any questions you might have regarding your child(ren), the program and/or anything in general. Lastly, I love myself and a little chatter here and there.

Harnoorpreet Singh RECE aka Harnoor or Noor

Parminder Bains

Hi! My name is Parminder Bains, and I have worked at Alpha Child Care since October 2007. I started as supply educator and as of December 2008 I began working full time program float educator, relieving educators for breaks and lunches.

I am originally from India where I studied and received my B. Ed degree in teaching. Shortly after receiving this degree, I got married and moved to England where I lived there for ten years. While in England I learned to speak English



and received my pre-school diploma. I worked in a playgroup for a year and was a part-time Punjabi teacher. I then moved to Canada and studied to become an Early Childhood Assistant. I then worked at a home-based childcare centre for two years, and then moved on to Alpha.

I am a proud grandmother of two, young, sweet granddaughters whom I love to spend my spare time with. My hobbies include painting, gardening, knitting and of course spending as much time as I can with my

granddaughters. I used to take oil painting classes where I enhanced my abilities. Now I will paint at home when I can find some time. I am very passionate about gardening and love to keep plants both in my home, outside the garden and throughout Alpha, making Alpha's environment more natural. However, in the winter when I don't have my garden to tend to I spend my spare time knitting and I have recently taken up knitting baby blankets.

Until we meet again!
Parminder Bains,

Kirandeep Kaur

My name is Kirandeep Kaur, and I graduated in 2022 earning my Early Childhood Education diploma and currently work as RECE as a program float educator. Over the summer months I worked in the Jr. Toddler room to cover a college's maternity leave and I am hoping to work in a classroom permanently if a position becomes available.

However, I enjoy the experience of working with all ages and helping children to grow and develop. It's been about six months working with Alpha and it's been a beautiful journey.

My first 19 years of life were in India and then I decided to move to Canada in 2021. Although I have been through a lot of challenges in my life, moving to Canada in 2021 has given me many opportunities. In the upcoming years, my goal is to build strong relationships with children and to do my job with passion.



Outside of my profession, I am obsessed with watching reality shows and spend my free time watching them. Apart from this, I prefer staying at home, and enjoying quiet time with my family.

A quote I love and believe in is "Life is beautiful. If you get tired learn to rest not to quit".

Kirandeep Kaur RECE

Preschool 3

Hello friends and families, we hope everyone had an amazing summer break, feeling rejuvenated, and ready to start a new school year.

Over the summer months, many children have graduated and moved into the Preschool 3 classroom and some new families have enrolled their children too! Our main focus over the summer was to ensure all new children that started in the program felt comfortable and secure in the classroom environment, by greeting them by name, asking if they needed a hug and engaged in their play. We look forward to working with all our students this term and we are excited to watch them all flourish.

The fall season is quickly approaching and with the fall season comes the celebration of Halloween in October. We would like to share some Halloween recipes and hope you enjoy making them with your child(ren).

Halloween Pumpkin Pasta

PREP TIME 5 Min
TOTAL TIME 15 Min
SERVES 1

Ingredients:

- 250 g pasta
- salt and pepper
- 2 Tbsp olive oil
- 1 Tbsp fresh rosemary
- 1 can (400 mL) pumpkin purée
- 1 clove garlic, minced
- ½ cup half-and-half cream
- 1 Tbsp white wine vinegar
- 1 ½ tsp paprika
- 2 - 3 pinches nutmeg
- 1 shallot, minced

1. Start off by cooking your pasta in a large pot of boiling salted water until the pasta reaches its desired tenderness.
2. While the pasta is cooking, in a large saucepan, fry the fresh rosemary in olive oil for 1-2 minutes on medium heat. Once it begins to brown remove the rosemary from your pan onto paper towel.
3. In the same pan, add in the pumpkin purée, garlic, half-and-half, white-wine vinegar, paprika, nutmeg and shallot. Cook the

sauce, stirring regularly for about 3-5 minutes until the ingredients have combined and the sauce has warmed through.

4. Season to taste with salt & pepper (feel free to add more half-and-half if the sauce is too thick).
5. Once the sauce has finished, add in the rosemary and pasta, stir and serve!

Green Chicken Finger Sandwiches

PREP TIME 15 Min
TOTAL TIME 30 Min
SERVES 12

Ingredients:

- 1 ½ cups panko breadcrumbs
- 2 tsp matcha powder
- ½ cup flour
- 1 tsp salt
- 2 eggs
- 1 lb(s) chicken tenders (about 12 tenders)
- ¼ cup sliced almonds
- 12 split-top hot dog buns
- ketchup

1. Preheat the oven to 400°F. Line a straight-sided baking sheet with parchment paper.
2. In a pie plate or shallow bowl, mix the panko and matcha powder. In a separate bowl, mix the flour and 1/2 teaspoon of the salt. Beat the eggs in a third shallow bowl.
3. One tender at a time, dredge the chicken in the seasoned flour, then in the egg, and then in the matcha panko. Place the breaded tenders on the prepared baking sheet. Brush an almond slice with a little beaten egg and place it on the tip of a tender "finger." Repeat with almond slices for the remaining tenders.
4. Bake the tenders until lightly golden and cooked through, 12 to 15 minutes. Sprinkle with the remaining 1/2 teaspoon salt. Place 1 tender in each hot dog bun and squirt ketchup "blood" over the fingers.

Vampire Bite Cupcakes and White Chocolate Icing

PREP TIME 30 Min
TOTAL TIME 65 Min
SERVES 18

Vampire Bite Cupcakes

- 1 cup unsalted butter
- 1 cup white sugar
- 4 eggs
- 2 tsp vanilla
- 1 ½ cup all-purpose flour
- 2 tsp baking powder
- ¾ cup milk
- ½ cup seedless strawberry jam
- 18 candy fangs
- red cake decorating gel to garnish

White Chocolate Icing

- 6 squares white baking chocolate (or 1 cup white chocolate baking wafers)
- ½ cup sour cream
- 3 drop vanilla
- 2 cup icing sugar

Vampire Bite Cupcakes

1. Preheat oven to 350 F. Line 18 muffin tins with paper cupcake liners. In bowl, using electric mixer, gradually beat sugar into butter. Beat in eggs one at a time.
2. Alternately beat in by thirds the flour and milk (beat in baking powder also), finishing with a flour portion (tip for measuring flour: stir flour, spoon into measuring cup, then level). Spoon batter into cupcake liner to half full, add level teaspoon jam, add more batter to 3/4s full. Repeat for 18 cupcakes.
3. Bake on middle rack of oven 35 minutes, or until lightly golden and centre springs back when gently pressed. Cool completely before decorating.

White Chocolate Icing

1. Melt chocolate in bowl set over pot of simmering water. Remove bowl from heat. Stir in sour cream and vanilla.
 2. Gradually mix in icing sugar until smooth, adjust thickness by adding spoons of icing sugar if too thin or drops milk if too thick.
- Decorate**
Frost cupcakes with icing then place candy fang on each cupcake. Squeeze red cake decorating gel where fangs touch cupcake.

We hope you will try and make these with your children and have fun in the process.

Ipsita RECE, BA, Harneet RECE and our Pre3 friends



Ipsita Mukerjee

Hi my name is Ipsita Mukerjee. I am a Registered Early Childhood Educator working with Alpha Childcare since March 2014. I've worked with Infants, Junior Toddlers, Senior Toddlers, Intermediate Toddlers and currently I'm in the Preschool 3 room. I love working with children and believe in the philosophy "Every Child is a Different Kind of Flower, and All Together, Make This World a Beautiful Garden."

I am creative, enthusiastic, and sensitive to children's individual

needs. I contribute to an effective team, being organized, efficient, dependable, flexible, and responsive in my work and I have always executed responsive inclusive practices in my work environment. My background includes Master of Arts degree in Geography from India and completed Early Childhood Education studies from Humber College in 2013 and I am registered with



the College of ECE's.

I am married to a loving, caring and sharing husband for the last 20 years and I am a mom to a 6-year-old boy named Aditya. I enjoy the company of friends and family and travelling is another area that brings passion to me.

I look forward to getting to know each and every one of you and your family.
Ipsita Mukerjee RECE

Harneet Mahey

Hello everyone, my name is Harneet Kaur Mahey, and I am a Registered Early Childhood Educator in the Preschool 3 classroom.

I graduated from Sheridan College with High Honours in May of 2021 and joined Alpha in September of 2021. I enjoy working with children by engaging with them, as it is really gratifying to witness their development, while learning from them through their journey.

In my free time, I enjoy listening to music, dancing, and exploring nature.

I look forward to seeing and meeting all the wonderful families and children during the school year ahead!
Harneet Mahey RECE



Sukhneet Kaur

Hi everyone, my name is Sukhneet Kaur. I recently graduated in April of 2023 from Sheridan College earning my ECE diploma with honours. I came from India in 2021 and this is my first job working with children and families. I was a placement student at Alpha and then in May I was hired fulltime as a Program Float educator.



I love to listen to soft music and play sports during my spare time and I use to be a district volleyball player (captain) in India during my high school years. I used to take care of my nieces who are in Canada which motivated me to work with children. I am excited to work with new families and children as I have passion, love and patience towards them.

I look forward to meeting you all!
Sukhneet Kaur RECE

Like us on Facebook

Ankita Saini

Hello everyone! I am Ankita Saini. I am a registered teacher from Ontario College of Teachers and graduated as an ECE from Brisbane, Australia in 2016 and have been working in the Early Childhood Education field over six years in Australia and presently I am working with Alpha Child Care as an OCT in the Preschool/Kindergarten Room. I am also an International language Instructor in an Elementary School in Brampton.

I was born and raised in India and married a Punjabi man. Together we have two kids, a beautiful girl, and a handsome boy. I enjoy working with children as they teach us to stay happy and smile in all the situations. I aim to provide a loving and nurturing environment to ensure that children feel safe and secure when separating from their parents to experience a smooth transition into the classroom. I believe in providing care full of love, cuddles and laughter. My hobbies are listening to music and cooking.

Until next time
Ankita Saini OCT



Preschool/Kindergarten

Hello everyone! Welcome to the Preschool/Kindergarten class, this year we have some new faces as well as some friends returning to us after the summer, including our new educator Ankita Saini who joined us at the beginning of the summer. We have had a fantastic summer getting to know everyone and are ready to start a new school year full of exciting learning opportunities. Ankita and Jacqueline are eager to get started on the year's activities. They have lots of fun-filled and educational activities planned for the coming months.

For those of you who may not be familiar with the class, here is a quick review of the classroom schedule. As you may know our class is a mix of Kindergarten and Preschool aged children. We follow the emergent curriculum and incorporate How Does Learning Happen? into our curriculum planning. We also progress through the Handwriting Without Tears and the Jolly Phonics curriculum throughout the year as well as including the five strands of math, number sense and numeration, measurement, data management, geometry and spatial sense and patterning and algebra into our classroom activities. These curriculum pieces are introduced through group activities and will be practiced during play activities as well as through some formal seat work. We also introduce literacy, printing, and

general knowledge activities to the children as well.

Just so you are aware our scheduled circle time where we will be covering these academic concepts takes place at 9:00am each morning. We strongly encourage your child is here before then so they are able to participate in this learning. We review our work throughout the day as well as during our afternoon circle time. The class will then separate into two groups one group goes outside to engage in Outdoor Discoveries and the other group will remain inside for interactive learning. The groups will switch throughout the morning. As the children are in care for a full day, they are still required to have a rest time of at least one hour per day. This allows the children's bodies and brains to rest in order to help retain the information they will be learning and to help them to cope and continue to learn for the rest of the day. The afternoon involves more interactive learning time, learning circle, snack, and outdoor time. While learning opportunities are available throughout the day, the more formal programming will be completed by 4:00 pm.

Many parents often ask how they can help their child be successful in academics and we encourage your participation in your child's learning. Ensuring your child can participate fully in the program by making sure they arrive on time each morning is essential.

Establishing a good consistent routine will help your child to feel more secure in the program as well because they will not be missing crucial learning opportunities as well as they will know what to expect each day as they arrive. We encourage independence with all the children with self-help skills, academics, and social interactions. Ankita and Jacqueline will support the children and help them to facilitate their learning in all areas of the program. The children are encouraged to sign their names in their individual sign in books each morning. This helps them to develop both their name recognition and their printing skills. The children will start with tracing their names with a highlighter, progressing to printing when they are ready. We foster confidence and competence in the children by allowing them to pour their milk and serve themselves at the lunch table. Parents can help children in this area by allowing them to practice independence as much as possible, such as dressing themselves. They can also encourage children to start to practice tracing/printing their name at home as well. Developing confidence and having good self-help skills serve as a good foundation for your child's academic success.

Hopefully this gives everyone an idea of what to expect this fall in the Preschool/Kindergarten room and we are looking forward to a fun filled and successful year.
Jacqueline RECE, Ankita OCT, and the Preschool/Kindergarten



Jacqueline Woods

Hello everyone, I would like to introduce myself as one of the educators in the Preschool/Kindergarten room. My name is Jacqueline Woods and I have been with Alpha since I graduated with my ECE diploma from Sheridan College in 1989. Yes, you read that correctly I have been in the field for over 30 years! Fun fact, our former Manager Mary Soundy was my supervising educator for my very first placement as an ECE student. I have since mentored many students including some that came back and worked for Alpha. Through the years I have seen

many changes in the field, but one thing that never changes is the importance of developing good relationships with the children and families in our care. I am looking forward to getting to know some new faces and welcoming back some familiar faces as well.

One of my great interests is animals as I have a dog and a horse which your children will hear about and I love to spend time outside. It is a privilege to work

here at Alpha, which has such a beautiful outdoor space for the children to explore. On the curriculum side I have lots of experience with the kindergarten curriculum, including Jolly Phonics, Handwriting Without Tears, Second Step Social program, and French. I like to make sure that I provide lots of opportunities and experiences for the children to learn from. If you ever have any questions or concerns about your child's progress or the curriculum, please feel free to approach me. I am looking forward to a great year.
Jacqueline Woods RECE



Sheila Jenkins

Hello everyone, my name is Sheila Jenkins and I am the chef at Alpha, for the past 10 years. I enjoy preparing healthy snacks and meals for the children ensuring the Canada Food Guide is met at all times.



for the children please come and in to further discuss how these meals can be introduced to the menu and served to the children while ensuring all food groups are included.

With many food restrictions and allergies through out the centre, I ensure all labels are read upon delivery and make equal substitutes for children with food restrictions. My kitchen door is always open and if you have any foods ideas you would like to share with me to make

Please keep in mind we are a nut free centre due to life threatening allergies and that no food items from home are to be brought in the centre or to be left in your child's backpack, as children are

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curious and will go through this items and perhaps be curious to give it a taste.

I look forward to meeting you and your family, take care.
Sheila Jenkins

From Sheila's Kitchen

Dear Alpha families, isn't hard to believe that the summer is almost over and we re going back to childcare. I'm hoping everybody had a lovely summer. I certainly can

say that I have. I am a grandmother of two little boys starting up our own little Hockey team. This brings back lots of memories of eating (not eating) hiding food under my hutch wrapped in little napkins. That was my daughter. "Poetic justice" I would say, justice has just arrived. I'm happy to say that she became a foodie, and her two little boys are good little eaters, too.

Supper, dinners, or teatime is all about being together sharing your



day getting caught up with family. You just don't want a tug-of-war over food. With the concern of eating disorders in early adolescents it can be

worrisome. Some things I've learned as a chef that children's taste buds haven't developed as much as ours, therefore onions, garlic and hot spices may not taste the same to you and I.

So my suggestion is to always try to have two items on the plate that you know your child enjoys and the third item that you are trying to introduce. Having conversations during mealtimes such as where food comes from and if your child asks a question you don't know the answer to, then after dinner investigate the answer through google and find interesting facts. Your child maybe

more curious to ask more questions and later it may become an activity that you and family can do after mealtimes.

While introducing new foods here are some suggestions to try: Picking up the food portion is a start, you can look inside the food item by cutting it in smaller pieces, you can smell it, can squeeze it, and you can encourage your child to try a little piece or portion that they have served themselves and give it a little taste. Research says that children can take up to 20 times of tasting food before they realize they enjoy the flavour.

The end game is shooting for lovely time together.

Bon appétit

Chef Sheila

