



# September/October 2023 Newsletter

## Word from the Office

Hello Alpha families, the fall is upon us, and we are eager and ready to start a new school year. As you will see, all of the educators at Alpha have written a personal blurb about themselves, so please take a minute to read through them to get to know your child's educators a little bit more!



**Office Manager - Carol Young**

Our Parent Advisory Committee will be reconvening in October, with the first virtual meeting being on Thursday, Oct. 20<sup>th</sup>. The committee meets every 3<sup>rd</sup> Thursday Oct-May. We are currently looking for new parent representatives. Ideally, we would like to have a parent from each one of our classrooms. This is an opportunity to get to know current and upcoming events in the centre, discuss child care politics and also for parents to bring forth any concerns, ideas or thoughts. Representatives are posted with their emails for all of the families to see so that if a family is not comfortable discussing anything with the supervisors or educators, they can reach out to the parent representatives to bring forth the topics at each month's meeting.

Here are the educator's names and their assigned classrooms:  
**Jr. Toddler- Helena, RECE & Pawandeep, RECE**

**Sr. Toddler- Kulvinder, RECE**

**Jr. Preschool- Manpreet, RECE**

**Sr. Preschool- Sarmini, RECE, Ramandeep & Damanjit, RECE**

**School Age- Samantha, RECE, Terence, RECE & Sabrina, RECE**

**Ratio Support Educators- Sabrina, RECE & Inderpreet, RECE**

**Chef - Ida Cavalieri**

**Office - Alicia Emond, RECE, Supervisor  
aliciae@alphachildcare.ca**

**Owner/Operator -Greg Humphreys B.A**

We look forward to another exciting year.

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

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

### DATES TO REMEMBER

**Tues. Sept. 5<sup>th</sup>-**  
First Day of School

**Thurs. Sept. 14<sup>th</sup>-**  
Alpha's Annual  
Corn Roast

**Sat. Sept. 23<sup>rd</sup>-**  
First Day of Fall

**Mon. Sept. 25<sup>th</sup>-**  
Winter menu starts

**Thurs. Sept. 28<sup>th</sup>-**  
Picture Day

**Sun. Oct. 1<sup>st</sup>-**  
CIBC Run for the  
Cure

**Wed. Oct. 4<sup>th</sup>-**  
Thanksgiving  
luncheon

**Mon. Oct. 9<sup>th</sup>-**  
Thanksgiving-  
ALPHA CLOSED

**Tues. Oct. 17<sup>th</sup>-**  
ECE Appreciation  
Day

**Tues. Oct. 31<sup>st</sup>-**  
Halloween

## Alicia Emond

Hello Alpha Families. My name is Alicia Emond, and I am the supervisor of the Cathedral location. I have been with Alpha for 12 years in total as I started my career as a supply educator at the Springdale location. I have been transferred back and forth a few times, so I am very familiar with both locations.

I love my position as a supervisor as I love to interact and engage with the

families and love meeting new families as they enroll.

I am a proud mother of 2, Brooklynn, who is 12 and Brayden, who is 10. Both of my children are Alpha alumni! I also love my pets, my 2 American bulldogs, Cali and Cane and my bearded Dragon, Drako.

(Continued on page 2)

## 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 09 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 agers 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, Tobermory 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](http://www.alphachildcare.ca)

Welcome to the Alpha Family!  
**Greg Humphreys, Owner**

## Alicia Emond

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I'm a big animal lover! In my spare time, you can find me at the baseball diamond, supporting my little slugger or at the barn watching my daughter ride horses.

I love to keep myself busy, which is why I love the pace



of working in childcare. Seeing the children reach new milestones and watching my educators grow and develop each day is truly so rewarding.

As the new year school year starts, I look forward to welcoming new families to Alpha and looking forward to another year with our existing clients.

Please feel free to pop by my office anytime if you have nay thoughts, ideas or concerns or just want to chat, my door is always open.  
**Alicia Emond, RECE**  
Supervisor

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## Junior Toddlers

Happy September! The last month of the summer is upon us and yes, we have bittersweet feelings. We hope you enjoyed a wonderful and healthy summer! The children surely enjoyed the warm weather and waterplay Fridays.

September brings mixed emotions to the centre. As we say goodbye to our children leaving for school and wish them well, we also get to welcome bright, new faces who are eager to learn! A big welcome to our new families and friends joining us here at Alpha Child Care!

Here are a few things that we wanted to share with you: Apple Orchards are still in session and a joyous experience for you to have with your little ones; Dixie

Orchards in Caledon and Watson Farms in Bowmanville.

Pumpkins are also starting to appear in the supermarkets and farms. This is a wonderful sensory activity for toddlers as they use many of their senses to touch, taste and smell. Locations for pumpkin picking are Chudleigh's Entertainment Farm in Milton and Albion Orchards in Caledon.

The centre will be closed on September 4th in observance of Labour Day. We hope everyone has a safe and happy holiday!

September 23, 2023 is the first day of fall! The air is getting much cooler, the winds are blowing and



the leaves are all changing and falling to the ground. As much as we don't want to say it, but please provide a light sweater and appropriate clothing for those cooler mornings ahead of us.

October 9<sup>th</sup> is Thanksgiving Day! We wish all our families a happy long weekend with fun filled family time – (Pumpkinfest in Toronto or Woodbridge Fair)

We look forward to building new relationships and adding onto the current ones we have made already!

Until next time,  
**Helena Sukhdeo RECE, Pawan Kaur RECE and the Junior Toddlers**

### Pawandeep Kaur

Hello to Alpha families and friends. My name is Pawandeep Kaur and I am working as a RECE in the Junior Toddler classroom. I joined the Alpha family last December after completion of my ECE course from Northern College. I have worked with Kulvinder in Junior Toddler room and currently working with Helena and the little champions of Alpha.

My passion is to be an amazing educator and as a new grad I am learning everyday new skills from my amazing colleagues. My love and care towards the children grow everyday as a get to observe them and have a good understanding of their uniqueness. I love children as they do me.

Furthermore, I am so happy for the children who are graduating in September and wish them all the best. Moreover, I am curious to meet and work with the new children and families that have joined us.

**Pawandeep Kaur RECE**



### Inderpreet Kaur

My name is Inderpreet Kaur, but people call me Inder. I was born in Punjab, India and after high school graduation, I came to Canada in 2021 as an International student. I completed 2 years in Early Childhood Education and earned my diploma from Seneca College.

I love singing, dancing, reading books, meditating and spreading positivity. I love to work with children as I feel they are the purest form of love.

**Inderpreet Kaur RECE**

### Helena Sukhdeo

I'd like to introduce myself to the new families who may have seen me around the centre as well as new families joining, my name is Helena Sukhdeo.

Firstly, I am a parent of two amazing little boys; Aevin, who is an Alpha graduate starting JK this year and 28-month-old Elijah, who you will see me carrying around the centre here and there. They are my pride and joy and I adore them dearly.

Growing up in NYC, I was so accustomed to the fast-paced life. Moving to Canada and being able to enjoy the fresh air and greenery is truly appreciated; my boys and I love taking nature walks and going to the local parks. We often go on mini adventures, trying different local food spots and going on mini drives around the countryside.

Secondly, I'm an educator whose passion and love for children grows more and more each day. I've always had an innate passion for working with children and bringing smiles to their faces and watching them master milestones, brings joy to my heart. I was previously in the Junior Preschool room but have turned course this year and am joining the toddler team with Pawan in Jr. Toddlers. I look forward to new adventures and creating meaningful experiences with your child.  
**Helena Sukhdeo RECE**



## Senior Toddler

Welcome to the Senior Toddler room. This year Kulvinder will be the educator with the Senior Toddlers.

The Senior Toddlers will be working on their self-help skills which includes dressing/ undressing independently, putting their belongings in their cubbies, personal body care, and attempt to use the toilet.

We will be learning about shapes, colours, numbers and develop their fine motor skill. One of the most important skills speech and



language to express their emotions and needs. Through our Second Step Social Program Senior Toddlers will be encouraged to solve conflict resolution and label their emotion.

Parents who are new to Alpha we request that all you child's belongings are labeled. That way they can be return to your child's cubby in case belongings are misplaced. Also, we recommend packing an extra change of clothes if a child's clothes get wet or dirty. Please keep in mind when purchasing clothing for your child, they should be easy for a child to put on. For example, boots or shoes with velcro straps that have a wide opening are easier for children

to put on, unlike shoes with laces or a high top.

We will be planning many activities around Thanksgiving and Halloween. During Halloween, we have a costume party where we travel to each classroom for a "Trick or Treat!" Please be sure to label your child's costume.

If you have any questions or concerns, please feel free to ask us.

Happy Thanksgiving and have a Spook-tacular Halloween!

Until next time,  
**Kulvinder RECE and the Senior Toddlers!**

## Kulvinder Singh

Hello everyone, my name is Kulvinder K Singh. I am a Registered Early Childhood Educator. I graduated from the ECE program at Sheridan Collage in 2004 and joined Alpha in October 2002, initially as a supply educator.

I have worked with all age groups during my time with Alpha. This year I have the privilege to be working with the Preschoolers! My time at Alpha so far has been an exciting and adventurous one, getting to know the children, teaching them important skills and having fun along the way!

Please feel free to speak with me anytime.  
**Kulvinder K Singh RECE**



## Ida Kitchen's

Hello to all of Alpha's families! I hope you all had a wonderful summer filled with fun, laughter, and beautiful memories.

It gives me great joy to come to work each morning to cook and provide healthy and nutritious meals for the children. I often feel like everyone's grandmother 😊. Over the many years of working with small children, I have noticed a few important details that make the children more interested in trying new foods, such as the appearance of colourful fresh fruits 🍓🍌🍌 and vegetables 🥕🥦🥦, cutting portions so that the children can handle it, remembering the size of their small hands and also eating in a group or family style setting. We all know children like doing what adults do, and this is where they can watch and learn, it might take a few tries, but they'll get there.

I look forward to greeting our new families and to continue to build relationships with our existing ones.

Just a reminder our kitchen door is always open. Please drop in to say Hello. Keep well and enjoy this beautiful fall weather



**Chef Ida** 🍷🍷🍷

## Ida Cavalieri

Hello and welcome to all. My name is Ida Cavalieri. I am the nutritionist and chef here at Alpha. I just celebrated my second anniversary working at Alpha and look forward to many more years ahead.

Over the past summer, my family has been blessed to welcome our fourth little grandson Romeo. He already holds a special spot in our hearts along with our other three, Victor, Lorenzo and Rocco. Children are a true blessing.  
**Ida Cavalieri**



## Junior Preschool

Welcome to the months of September and October! We hope our Alpha families enjoyed the summer holidays! Welcome Jullano, Connor, James, Emma, and Charlie to the Sr. Toddler classroom and their families.

Over the summer months, the children helped and learned how to garden. They helped water the plants, pick raspberries from the garden, and they enjoyed cooling off running through the sprinklers on our water play days. The children also reviewed identifying letters and shapes using different materials and toys within the classroom. We also worked hard to learn words in our indigenous program every other week. They have also been working on their turn taking and problem solving skills with their peers. They are encouraged everyday to work on these skills within the classroom and during outdoor discoveries. We will continue to focus on their self-help skills such as putting their shoes, sweater and pants on and off independently. We recommend Velcro shoes to encourage their independence and it also helps to refine their fine motor skills.

Since the cool weather is approaching, we ask parents to please send a light jacket/sweater

and ensure all clothing items are labeled to avoid being misplaced.

To our new families that have joined us, we ask if you could please bring or email us your family picture for our family board in our classroom, so your child can have a familiar face to look at when they are missing their mom or dad.

With the fall weather settling in, here is a recipe you can make at home with the family to get into the spirit of the fall season!

### Ingredients:

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, lightly beaten
- 1 can (15 ounces) solid-pack pumpkin
- 3-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon baking powder
- 1/2 teaspoon



Enjoy and if you have any questions, please don't hesitate to ask  
**Manpreet Bahra  
RECE and the Sr.  
Toddlers**

- ground cloves
- 1/2 teaspoon ground allspice
- 1/2 cup water

### Directions:

1. Preheat oven to 350°. In a large bowl, combine sugar, oil and eggs; add pumpkin and mix well. In second bowl, combine the flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves and allspice; add to the pumpkin mixture alternately with water, beating well after each addition.
2. Pour into two greased 9x5-in. loaf pans. Bake until a toothpick inserted in the center comes out clean, 60-85 minutes. Cool in pans 10 minutes before removing to a wire rack to cool completely.

## Manpreet Bahra

Hi Alpha families, my name is Manpreet Bahra and I am a Registered Early Childhood Educator since 2011. I began working with Alpha in July 2018 at the Peter Robertson location. I then transferred to the Cathedral Rd location in November 2018 and have been with Alpha for over 5 years. I have worked with different age groups and in different environments.

I am a mother of two children and you will find me this year in the Jr. Preschool classroom. I love to encourage their learning by following their interests and being their play partner. I love to build on the children's learning and research different activities and loose parts to bring to the classroom to foster their learning in a fun way.

During my free time, I enjoy spending time with my family, watching family shows, gardening and shopping.

I love working with children and foster their milestones. I look forward to meeting all the new families and children and hope to have an amazing time while creating fun experiences in the program. If you have any questions, please don't hesitate to ask me.

**Manpreet Bahra, RECE**



## Senior Preschool

Hello Sr. Preschool parents!  
Welcome to the month of September and October. We are excited to have some new faces here at Alpha as well as to welcome back some of our younger Sr. Preschoolers who will continue with us for another year.

As we welcome our Preschoolers, we ask that they bring or email us at

[srprea2@gmail.com](mailto:srprea2@gmail.com)

a photo of your family to post in on Alpha's Family tree. This is a great way to learn about each other and give each child a sense of belonging. These photos will be presented during Show and Share group time during the first and second week of September. The show and share list will be posted on the classroom bulletin board, indicating what day your child will present an item based on the topic of the week such as "Bring in something that begins



with the letter A" or "Bring an item that is red" etc. This is an opportunity for your child to build in language skills, ask questions, learn to turn take and share, wait for their turn and learn letters, shapes, colours and so much more. The item does not need to be a toy, but it can be a special item of value to share with their peers while reflecting on the theme of the week.

During the summer we reviewed all the curriculum pieces to ensure the children were stimulated and kept on their toes. The Preschoolers will begin implementing the curriculum pieces t the 2<sup>nd</sup> week of September to ensure the children are settled into the program and ready to begin their journey. This includes Handwriting Without Tears (preprinting program), Second Step Social Program (Anti bullying program), and Jolly Phonics (pre reading program). We will also be counting down till the 100<sup>th</sup> day school party!

The children will also be participating in a "1<sup>st</sup> Day in Sr. Preschool" photoshoot that will take place the first two weeks in September to be included in your child's special portfolio. We will also be learning classroom rules and routines since it's a new school year!

As the new school year begins, please bring in a few items to help your child feel welcomed; a water bottle to be kept in the classroom, a blanket to be used at rest time and toothbrush and toothpaste, a backpack to keep your child's belongings in them such as extra clothes, diapers, running shoes for indoor and outdoors, sunscreen SPF 30, light jacket, and a sun hat.

If you have any other questions or concerns, please don't hesitate to ask the team.

Let's have a great year!  
**Sarmini RECE, Raman CYCW, Daman RECE and the Sr. Preschoolers**

## Sarmini Gunaratnarajah

Hello, Alpha families! My name is Sarmini and I am one of the educators in the Senior Preschool classroom. I am a registered ECE, I graduated from Sheridan college in 2013. I been at Alpha since February 2018 and have been enjoying my time here with the children, the



Alpha families and my coworkers.

I recently just got married in May. In my spare time I customize and create fun and useful personalized items using my CRICUT for family, friends and co-workers. I also love my ice caps and enjoy shopping. I enjoy rearranging the classrooms

and creating new bulletin boards to make it an inviting environment.

I look forward to spending my time with your child and getting to know them and your family. Please feel free to come with any questions or concerns that you may have regarding your child or our program.

**Sarmini Gunaratnarajah RECE**

## Damanjit Kaur

Hello my name is Damanjit Kaur. I recently graduated from Centennial College with ECE diploma. I'm a very plous and patient person. I choose the field of ECE because I love interacting with children and telling them stories that spark their eyes and their questions motivate me to learn and think about new things.

Also in my leisure time I love to play with my dog. Her name is Demon. She is my stress buster.

**Damanjit Kaur RECE**



## Sabrina Sancic

Hello Alpha Families! My name is Sabrina, and I am new to the Alpha team. I am a RECE with over 10 years of experience. I originally started as a supply staff at both Alpha locations and transitioned into a full time program float position here at the Cathedral location.

In addition to this, I also have experience being an Alpha parent myself as my daughter was enrolled in the Senior Preschool classroom and is now heading off to kindergarten. I look forward to supporting all the teams and getting to know you and your children.

**Sabrina Sancic RECE**



## Ramandeep Kaur

Hello everyone, my name is Ramandeep Kaur and I am one of the educators in the Sr. Preschool room. I graduated from Sault College in April 2021 earning my diploma in Child and Youth Care. I joined Alpha in July of 2021 as a supply educator at Peter Robertson location and then transferred to Cathedral in October 2021 and I currently work full time in the Sr. Preschool classroom. I really enjoy my time here; working with children gives me the

opportunity to share fun and exciting activities based on their interest and I learn so much from them as well. It is amazing to get to know their unique personalities every day and work alongside their parents and families to support their overall development.



I am originally from India where I studied nursing and I worked in a hospital for 1 year. During my free time, I enjoy spending time with my family, listening to music and shopping.

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aliciae@alphachildcare.ca

I love working with children and spending time with them. I look forward to meeting all amazing families and children and I hope to have an amazing time while creating fun experiences.  
**Ramandeep Kaur CYCW**

## School Age

Hello Alpha families! We hope everyone had a great summer and got to spend some much needed time relaxing with family and friends. We are very excited to be welcoming back our Alpha families!

Lianna, Henry, Celeste and Lucas to the School Age class! We are so excited to have you and can't wait to get to know you all better.



This September we have a lot of new faces coming up from the Sr. Preschool classroom. We would like to take this time to welcome Aurora, Sasha, Maxwell, Rosslyn,

We kindly ask that you ensure your child (ren) have a pair of **Indoor and outdoor** shoes, a hat, rain boots, umbrella, and weather appropriate clothing as we walk to and from school every day. To avoid items

being lost, misplaced, broken/damaged we ask that children do not bring in any toys from home and label all of their belongings.

We would like to end off by letting our parents know that our door is always open and to please communicate any concerns you may have. We're looking forward to another great school year!

**Sam RECE, Terence RECE, Sabrina RECE and the School**

## Samantha Smolsky

Hello Alpha families! My name is Sam and I am a registered Early Childhood Educator. I graduated from Sheridan College in 2012 and have been working in the field ever since. I started working at Alpha in 2018 in the Jr. Toddler classroom, I have been lucky to work with all age groups and now I am currently working in the School Age classroom. I am also the Supervisor Delegate and cover for Alicia while she is out of the office.

Please do not hesitate to reach out to me at any time. I look forward to meeting some new faces this year!  
**Samantha Smolsky RECE**



## Terence Baez

Hello Alpha families, my name is Terence and I am thrilled to be part of your child's educational journey this September. As a registered Early Childhood Educator, I've had the joy of working with every age group. Currently, I'm excited to be engaging with our school-agers, watching them explore and learn new things.

Outside the classroom, you'll find me hiking outdoors, painting in my house on the weekends, and recently I have gotten very into playing chess on

my computer (thanks in no small part to the school-agers). These hobbies provide me with inspiration that I bring into our learning environment.

I am excited to collaborate with you to help your children this year. Let's have a great school year together!  
**Terence Baez RECE**

