



November / December 2023 Newsletter



DATES TO REMEMBER

Sunday November 05th – Daylight Savings

Thursday November 09th – Virtual PAC Meeting at 6:30p.m.

Saturday November 11th – Remembrance Day

Sunday November 12th – Diwali

Monday November 20th – National World Children's Day

Thursday December 07th – Virtual PAC Meeting at 6:30p.m.

Friday December 08th – Happy Hanukkah

Tuesday December 12th – Christmas Concert at 4 – 6:30p.m.

Friday December 15th – Christmas Luncheon

Thursday December 21st – Winter Begins

Sunday December 24th – Christmas Eve

Monday December 25th – Christmas (Alpha Is Closed)

Tuesday December 26th – Boxing Day (Alpha Is Closed)

Sunday December 31st – New Year's Eve

Alpha Child Care Ltd.

WORD FROM THE OFFICE

Welcome everyone to the fall season! We hope you all enjoyed exploring the outdoors and watching the leaves change to vibrant colours while driving through the

I just wanted to say that children get sick due to lack of sunlight (vitamin D) and staying indoors most of the time with germs in the enclosed areas.

city. We know the children loved jumping in big leaf piles on the playground and throwing the leaves in the air to run through it.

We all know winter is coming fast and children will be getting sick and parents are under the impression that their children are sick because they go outdoors in -10 temperatures or -15 with the Preschoolers. I just wanted to say that children get sick due to lack of sunlight (vitamin D) and

staying indoors most of the time with germs in the enclosed areas. To learn more about why

children get sick and are more prone to catching a cold, please read the Infant

parents, students and educators are asked not to open the door if the person on the other side is unfamiliar to you. We do ask if you have forgotten your access card, please ring the bell once as educators are busy on program and the Supervisors may not be in the office and chef Sheila is busy in the kitchen preparing food for the children.

Lately, management have noticed that a lot of families have to ring the doorbell and sometimes have to wait for an educator to open the door. This can be frustrating for you as a parent, as you are on your way to work or home and in a bit of a hurry. Access Cards/Key Fobs, can be purchased for \$10.00 each from the office and the day you withdraw from the program you can return your key and get your deposit back. At times, when ringing the doorbell, parents expect anyone to open the door, however to ensure your child's safety and others in the building,



Until next time if you have any questions please come and see me in the office!

**Patricia Andrade
RECE**

Supervisor/Manager
patriciaa@alphachildcare.ca

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INFANTS

Greetings infant classroom families. We hope you are looking forward to the coming cooler season and all the joys it brings! Just because the temperature drops, it does not mean that the fun must stop! There are many simple and easy ways to enjoy the change in weather with your young ones!

It is important to note, however, that infants do not regulate their body temperature as well as adults and lose heat faster than them too. With this in mind, it is important to take safety precautions as you would when doing any activity with your little loved one. Such precautions against hypothermia and frost bite would include dressing appropriately for the weather, monitoring their skin, and being mindful of how much time you spend outdoors based on the temperature and weather conditions.

As infants can lose large amounts of heat from their head, it is essential that they wear a warm winter hat when going outdoors in colder temperatures. In addition to a warm base layer, a snow suit, mittens, and warm boots/booties are also necessary. Signs of hypothermia include red, cold skin, and unusually low energy levels, whereas white or pale gray colouring of fingers, toes, nose, and ears are early signs of frostbite. When temperatures are below freezing & wind chills are high, minimize the duration of time spent outdoors and monitor for the signs previously mentioned.

With this said, there are so many wonderful and important benefits to taking your children outdoors! To start, they get so much fresh air! Contrary to what many believe, a child has higher chances of picking up pathogenic bacteria and viruses (which cause colds and flus)



indoors where these germs thrive! When indoors, groups of children are learning in a classroom together where bacteria, dirt, and other germs can be spread on to surfaces and, in the air, which is constantly recycled through the air vents as it circulates in the same limited, enclosed space over and over again. The more time spent indoors means longer duration of exposure to such pathogenic germs. On the other hand, when children go outdoors, they have access to open, fresh air and do not have to rebreathe potential germs of others, thus reducing the spread of infection. Furthermore, spending time outdoors builds the autoimmune system of children and strengthens their resistance to allergies. Their overall health is supported as they often have open space on a playground to engage in physical exercise and large muscle movement. Such physical activity further boosts the immune system, lowering the chances of illness. Time spent outdoors can also be soothing and calming as the sounds of nature can lower the body's flight-or-fight response while increasing the body's relaxation response. Yet another benefit of outdoor play is stimulation of the imagination! With increasing technology, children have been spending more time on screens and less time using their imagination or other executive brain functions, such as problem solving. As children spend time outside, they also get to see nature in action, connect with their natural surroundings, and learn about the environment. Moreover, they get a change of scene! This can support mood, learning, and behaviours to name a few positive impacts. Nordic countries, which have highly ranked children's health and education, believe so strongly in outdoor play all year around, that it is common to see forest



schools there in which the outdoors are utilized as classrooms all year!

Below is a list of activities you can do with your infant(s) in the cooler seasons both outdoors and by bringing them indoors.

Do keep in mind that infants are in the sensorimotor stage of development and thus tend to explore their environment and everything in it through their senses. This may look like your child putting everything in their mouth! Due to this, it is very important that your infant be supervised closely when engaging in any of the following experiences:

Outdoors:

- **Nature Painting** - Mix a few drops of food colouring into water in a cup/ container and help your little one(s) use a paint brush or dropper to use the mixture to create art in nature (e.g., on rocks, wood, or snow).
- **Loose Parts Play** - Provide your child with a variety of loose parts (i.e. materials that can be used in multiple ways) and observe how they explore! You can give them spoons, bowls, rocks, sponges, and ribbon to name a few!
- **Take a Nature Stroll** - This is more than just a walk with your loved one! Set an intention to be more mindful of your surroundings and present with your infant(s). This may look like stopping on your stroll to point out different animals and what they are doing (e.g., squirrels running across fences), bringing your little one's attention to different sounds you may hear (e.g., running water, birds chirping, silence), identifying different sensations felt (e.g., a cool breeze, warmth of sunshine, smell of freshness), and stopping to feel and interact with nature (e.g., putting hand out to feel snowflakes, picking up fallen leaves). Keep in mind to implement the precautions

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INFANTS CONT'D

mentioned earlier, for example, bundling up your child and bringing along a blanket for the stroller and using a stroller cover specifically designed for sufficient ventilation and warmth.

- **Treasure Hunt** - Hide items under leaves/snow and allow your child to discover them! This may include toys or loose parts (e.g., an interesting rock, pinecone) to name a few. You may want to hide them closer to the surface as infants may not dig too deep and help them with prompts, such as, "What's this bump?"



Bringing the Outdoors Indoors:

When bringing the outdoors indoors, things can get wet and slippery! To avoid slips, trips, and falls and for smoother clean-ups, setting up your play space over a towel or blanket may be helpful. Furthermore, as your infants will likely be using their bare hands to explore the natural elements, monitor their hands and take frequent breaks.

- **Snow Buckets** - Bring some snow in from outside and place it in a shallow container. Pick some of your child's favourite waterproof toys (or toys you don't mind getting wet) and place them inside (e.g., links, little people, balls, stacking cups) and let them explore!
 - **Snowball Experiment** - Fill a container with some warm water. Use snow from outside to make a few snowballs. Present your child with warm water and snowballs and allow the experimenting to begin! You can place one inside the water to demonstrate and ask open-ended questions like, "What happened?" or "Where did the snowball go?"
- **Surprise Snowball** - You can use loose parts or small toys and hide them inside snowballs. Present them to your little one and let them discover what's inside! You can add tools, like a spoon or a whisk, if you would like to diversify the experience.
- **Sensory Bags** - Take a large zip-lock bag and fill it with various small items like beads, pompoms/cotton balls, yarn, confetti, and/or buttons. Add snow into the zip-lock bag. Seal

the bag shut and use tape to secure the zip-lock side closed. Present the sensory bag to your child and let the exploration begin as the snow changes from solid to liquid!

- **Popsicle Crayons** - Use a popsicle mold or ice cube tray to fill with water and food colouring. Place popsicle sticks inside the individual sections of the mold/tray and freeze them. Once frozen, you can take them out of the mold/tray using warm water over the bottom of the mold/tray. Present the popsicle crayon to your child along with background material to use the popsicle crayons on, such as, construction paper, blank/lined paper, parchment paper or even a highchair tray if they are seated in one.

We hope this information and list have been helpful and are enjoyed by you and your loved ones! Feel free to share your experiences, we would love to hear them!

Kindest regards,

PJ RECE, Areanna RECE, Fowslo RECE, & Amrit RECE

SHEILA'S KITCHEN

Hello Alpha families, it's so nice to be back doing what I so love to do, cooking for your little ones. I thought I would share one of your children's favourite, dish! A big thanks to Sarah Olson for sharing her style of comfort food to come home to.

Pumpkin Bisque with Smoked Gouda and Perogies

Prep: 20 mins Cook: 35 mins Makes: 9 servings

- 4 bacon strips, chopped (optional)
- 1 med onion, chopped
- 3 garlic cloves, minced
- 6 cups of chicken broth or



Vegetable broth

- 1 can of solid-pack pumpkin (not pie filling too sweet)
- ½ tsp of salt
- ¼ tsp ground nutmeg
- 1/ tsp pepper
- 1 (500ml) Plain Greek yogurt
- 1 kg of your favourite perogies
- 2 cups shredded Gouda cheese

Directions

1. In a Dutch oven, cook the bacon over medium heat until crispy. Remove to paper towel with a slotted spoon; drain bacon; reserving 1 tbsp of drippings (if using). Sauté onions in the dripping until tender or add a splash of olive

oil. Add garlic; cook 1 min longer, brown the perogies for some crispiness on the outside.

2. Stir in the broth, pumpkin, salt, nutmeg, and pepper. Bring to a boil. Reduce heat; simmer, uncovered for 10 mins. Let mixture cool slightly
3. Stir in Yogurt; heat through. Add cheese; stir until melted and if desired adjust how you like thick or thin soup. To thin, add broth or wine. To thicken add more yogurt
4. Sprinkle each serving with parsley, Bacon (if using) then additional cheese.

Enjoy

Chef Sheila

JUNIOR TODDLERS

Greetings parents, we are incredibly enthusiastic to share with you that the new school year is off to an amazing start, and we couldn't be happier! We are thrilled to have Simran back in our classroom after her maternity leave, and we have been very busy welcoming all the new families and children into our classroom. It is well said, "Every new day brings new hopes." So, day after day, the Jr. Toddlers are making new discoveries, whether it's learning to follow routines, building relationships with their peers and educators, or exploring new concepts with hands-on materials in the classroom and on the playground. It is incredible to see how much they are growing and developing, and we are committed to nurturing their potential and helping them reach new heights.

As the fall season wraps up, we can feel the chill in the air while winter is just around the corner. And you know what that means, right? It is time for Christmas! A season of joy, merriment, and spending time



with our loved ones. To make this Christmas extra special, we have listed some fun Christmas craft activities that you can implement at home with your children. These activities will not only keep them engaged but also help them to prepare for the big day.

- **Handprinted Christmas Tree:** This exciting activity openly enables children to stimulate their sensory exploration by making a Christmas tree with their own hands. It is a great activity to keep them entertained during the cold winter day, allowing children to express their innovative skills using construction paper, tempera paint, and pom-poms.

- **Paper Plate Santa Face:** Why not turn your home's loose materials into an amazing craft project? With just a paper plate, a sparkly red cap, and some cotton balls, children can make their very own Santa! The best part? They get to design Santa's hair and beard by placing the cotton balls all around the plate. It is a fantastic way to spark their imagination.

- **Salt Painting Jingle**

Bells: What about doing an incredible painting just with salt and food colouring? It's not only a fun and thrilling activity, but it also helps develop fine motor skills and encourages creativity. To start, simply draw a circle with child-safe white glue, sprinkle some salt over it, and brush off the excess. Then, give the children some coloured water (made by mixing food colouring in water) and droppers. Watch as they create gorgeous jingle bells.

- **Decorate Gingerbread Man:** Let's give children the freedom to unleash their creativity and imagination while decorating a Gingerbread Man! Cut out the Gingerbread Man shape from brown construction paper and provide them with a plethora of colourful and exciting materials such as buttons, stones, pom-poms, pipe cleaners, foam shapes, and googly eyes. This will undoubtedly result in some wonderful and unique Gingerbread Men that will be a joy to behold!

Until Next time,
Smiledeep RECE, Komal RECE, Simran RECE, and the Junior Toddlers.

INTERMEDIATE TODDLERS

Hello Int. Toddler Families.

Welcome to November and December, we hope you all had a great Hallowe'en experience

with your little ones. October was such a beautiful month with just a hint of Fall weather. On that note, the weather will continue to become chillier, so please make sure your child has appropriate clothing in their cubby, as well as extra sweaters or sweatshirts for those extra chilly days.

In our classroom, we are working on expressing our emotions using the Second Step Social Program that is



Implemented during group time. We are encouraging our peers to express their needs and wants through words rather than hands.

The educators are reminding peers to use their gentle hands and give their peers some personal space, when needed. We are working on learning how to put our shoes on and getting dressed for outdoor discoveries according to the weather. The educators will continue to use a hand over hand method to help children pull their shoes off and slide their feet into their shoes.

At lunch time, we are encouraging the children to manipulate their spoon/fork independently to scoop of food from their plate into their mouth and use napkins to wipe their mouths rather than using their sleeve. The children are also learning how to scrape their plate after lunch and stack their plates on top of one another to be washed and disinfected in the kitchen.

During the diapering routine the children are prompted to pull their pants up and down and encouraged to sit on the toilet. With continuous practice at home and at Alpha the

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SENIOR TODDLERS

Hello parents, welcome to the months of November and December. It sure is getting chilly! Even though the air is crisp, the Toddlers still spend time outdoors at -10 temperatures, twice daily.

Please ensure your toddlers are coming in with weather appropriate clothing. Also, it's time for snow, ice, and arctic activities to have their moment in the cold.

These winter activities for children are the perfect way to experience the season. Below you'll find a list of all sorts of indoor and outdoor winter activities for toddlers.

Easy indoor and outdoor activities for toddler

1. Build a blanket fort

Gather your blankets and pillows around the house to create an indoor fort. Not only are blanket forts a great way to get your kids active, but it also gives them an opportunity to problem solve. How are they going to attach the blankets to each other? What are they going to fasten the blankets to so they can get inside? Let them lead and you might just be impressed with what they build.



2. Arts and crafts

Introducing arts and crafts and try to see what your kids respond to best. If the little ones don't get much use out of



crayons try round tip washable markers, chalk or even stickers to get the little artist in them a chance to shine. Getting creative can get messy, but they are so important for learning and development...and can be made from simple things

like paper plates or toilet paper rolls!

3. Snow Shoveling

Toddlers love to help out and they love to imitate. So, if you are planning to make a wintertime toy purchase for your little one, we strongly suggest a child-sized snow shovel that will slide and push the snow. You could find it at any dollar stores.



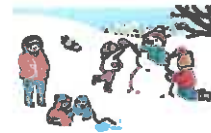
4. Go for a sled ride

Whether it's just for fun or for practical purposes, having a good quality pull sled is very handy when you have young children. You can pull them around the block, they can slide around in the backyard, or they can pull their own dollies for a ride! Make it even more fun and find some hills to play on. Remember, toddlers don't need anything too big or scary and if you are going to go down some big hills

with them, be safe and have them wear a helmet.

5. Build a snowman

Encourage your toddler's creativity and



maybe they'll want to build a family of dinosaurs, a castle, a baby turtle, or a sculpture of their own family! Make it even more

exciting by letting your toddler choose some clothing and natural treasures to decorate their snow creations.

6. Be a winter wildlife detective

Head to a natural area and see how the animals are managing in the snow. Make a little winter-time scavenger hunt before you head out, or just pretend to be nature detectives and look, listen, and feel with curiosity. You can ask your toddler some questions to provoke their critical thinking. For example, "What are the animals doing and saying?", "Have they left any evidence in the snow?", "Whose tracks are whose?" etc.



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



INTERMEDIATE TODDLERS CONT'D

(Continued from page 4)

children will soon master these skills.

Just a friendly reminder to please label all your child's belongings so items do not go missing. The children demonstrate pride when putting items in the cubby area, but at times it goes into another



child's cubby and goes home with them by accident. If your child needs a comfort toy that is okay just let the educators know at drop off time to ensure it is labelled. We will make sure to put it away and keep it safe for your child at pick up!

If you have any other questions or concerns feel free to ask us in the

Int.Toddler classroom.

Sincerely,
Anamika RECE, Niketta RECE, Harjeet RECE, and the Int. Toddlers.

WE'RE ON THE WEB
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SPECIAL EVENTS

Wow, we can't believe the last 2 months of the year is here already! We do hope everyone had a wonderful 2023, as well as a great start to the new school year!

On Thursday November 09th we are having our virtual PAC meeting at 6:30p.m. We hope that those on the committee, enjoyed the first session in October and can make it out to our second meeting of the year. Thank you for all your suggestions and insight. You do make a difference within the Alpha Family! On Thursday December 07th PAC will be held again, virtually. We look forward to meeting with the committee and hearing all the great feedback for the month, or hearing about any concerns and questions you may have! Don't hesitate to speak up, everyone is valued as a respected member of the committee. Your feedback is greatly appreciated as it continues assisting Alpha to grow and be a better place for your children, as well as yourself.

Saturday November 11th is Remembrance Day. Please wear a poppy on Friday November 10th in lieu of Saturday to represent our fallen soldiers, those who have survived, and those who continue to fight for our country. The older children at the centre will briefly learn about the significance of this day and why poppies are being worn during this time of year.



On Sunday November 12th is Diwali. It is a Hindu celebration (also celebrated by other religions/communities) of the "Victory of light over darkness, good over evil, and knowledge over ignorance." Diya's are lit to signify this auspicious day. It is also celebrated to light our way and give warmth through the dark, cold winter. In lieu of Diwali,

Alpha will be celebrating on Monday November 13th, for those who are celebrating or wish to participate, you can dress in traditional clothing or bright colours. We look forward to seeing all the beautiful traditional outfits! Happy Diwali!

Monday November 20th is National World Children's Day. It is celebrated to commemorate the day when children's human rights were recognized. Children are important; they are to be nurtured, cared for, and guided along the right path to creating successful people of our future. Children teach us how to love without conditions, laugh without reason, be carefree, and be our true selves without judgment. Adults often forget what it's like to be a child again, so innocent and loving. They also teach us that it is okay to make mistakes as we learn from it. Use this special day as a reminder of just that and celebrate your (child)ren.

Friday December 08th is Hanukkah (Dedication in Hebrew). It is a Jewish festival celebrated for 8 days and nights: reaffirming Judaism and the rededication of the Second Temple of Jerusalem through the symbolization of lighting candles on the Menorah. Eight candles are lit, one for each day to represent the Temple's lantern which burned for 8 days and nights. Happy Hanukkah!

Tuesday December 12th is Alpha's Annual Christmas Concert. We will be starting at 4p.m. and continuing until 6:30p.m. Parking will be waived during our concert hours. Classroom timings will be posted closer to the date.

Admission is a non-perishable item or gentle used toy for our Food Drive. We will also get to welcome a special guest appearance!



Shh, don't tell your children, but Santa is coming!!

On Friday December 15th, Sheila will be preparing a delicious Turkey Lunch (Mmmm Turkey) for the children to celebrate Christmas as an Alpha Family. There will be turkey with gravy, stuffing, potatoes, steamed vegetables and cranberry sauce. Accommodation will be made for those who are vegetarian, have allergies or food restrictions. Please have your child dressed for the occasion in Red and Green, a Christmas sweater, or a simple Santa hat. Ho Ho Ho!!

Thursday December 21st, Winter begins! It's official, the chill in the air, cold temperatures, snowmen and of course snow is here to stay for a while. Just a reminder to please be safe on the road, take extra caution with the ice, but don't forget to enjoy the beautiful snow covered landscape. Here's to hoping that we receive a white Christmas this year!

Sunday December 24th is Christmas Eve! We hope everyone has their Christmas trees ready, as well as prepare a nice warm glass of milk and fresh cookies for Santa's special visit! Oh, and don't forget those crunchy carrots for our beloved Reindeers!

On Monday December 25th, Alpha is closed due to it being Christmas!!! We wish everyone a happy holiday filled with joy, laughter, and lots of love with their families. Hopefully everyone was on Santa's nice list this year and received everything they wish for! Merry Christmas and Happy Holidays!

Tuesday December 26th is Boxing Day! Alpha will be closed on this day as well. The educators need some time to shop too! We hope everyone stays safe and enjoys spending their money on great deals and if there is no money to spend, then enjoy some time off with family and friends.

SPECIAL EVENTS

Sunday December 31st Is New Year's Eve! We hope everyone is celebrating the last day of the year with their loved ones. This year had its ups and downs, but it's what we do and how we make the most of it that counts. Reflect, learn, and work towards a better year ahead!

Monday January 1st Is New Year's Day (Or recovery day from last night. Alpha is closed and will reopen on Tuesday January

2nd, 2024. We think our educators need to recover from all that celebrating too. Wow, I can't believe it's 2024 already, I just got used to writing 2023! Let's ring in the new year with a positive mindset and hope this year brings us a sense of self-peace, self-love, and self-happiness!

Happy New Year everyone!
Padmini (Shivana) Seedeyal RECE
 Assistant Supervisor



JUNIOR PRESCHOOL

Hello again everyone! This year has been a very busy one and we cannot believe that winter and the holidays are just around the corner. All year round we work on the children's self-help skills, but in the cold weather we concentrate on dressing and undressing in winter gear for outdoors. We are so thrilled with the progress everyone has made so far and we would like to encourage parents to allow your child to get their boots and jackets on themselves in the morning.



This is a very exciting time of year and our Preschoolers have started showing an interest in holiday music, especially songs and finger plays that have actions and are interactive. These are a few of our favourites and the children ask us to sing them over and over, again.

Five Little Snowmen

Five little snowmen on a winter's day.
 The first one said, "Wake up so we can play".
 The second one said, "Let's stomp on the ground".

The third one said, "Let's all roll around".

The fourth one said, "Let's run and run and run."

The fifth one said, "I'm afraid, I feel the sun".

"Oh dear", cried the snowmen, as they looked towards the sky.
 And the five melting snowmen waved a fond goodbye.

Itsy Bitsy Snowflake (sung to the tune of "Itsy Bitsy Spider")

The itsy bitsy snowflake
 Fell down from the sky
 It landed on my nose
 And bounced upon my eye
 It slid down to my chin
 And landed on my tongue
 Then it melted all away
 My snowflake song is done.

10 Little Snowflakes

One Little
 Two Little
 Three Little Snowflakes
 Four Little
 Five Little
 Six Little Snowflakes
 Seven Little
 Eight Little
 Nine Little Snowflakes
 Ten Little Snowflakes, Falling From The Sky

Singing songs and reciting finger plays not only encourages expressive language and imagination but also develops fine motor skills, like finger control and coordination. We hope that these rhymes have put you in a festive mood and that you share them at home as well. Have a wonderful holiday season!

Until next time,
Lynda RECE, Ana RECE, Theresa and the Jr. Preschoolers

WORD FROM THE MANAGER

I hope everyone had a great Thanksgiving and lots of fun on Halloween scaring their friends with their spooky, yet cute costumes. Thank you to everyone who came out to our Corn Roast in September, and we hope you all made a connection with your child's educators and with your generous donations through the Kernal

Popcorn Fundraiser, Alpha purchased multiple diverse books for each classroom to help each child have a sense of belonging.

On Sunday October 1st we also participated in the Run for the Cure located in Mississauga at the

University of Toronto and together we raised \$800.00 towards finding a cure for breast cancer. Thank you again for your generous donations, Alpha appreciates all that you do!

**Be Aware.
 Take Action.
 Fight Breast
 Cancer.**



Now that the cooler

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WORD FROM THE MANAGER CONT'D

weather has arrived, we ask that you please send the following articles of clothing every day in order to help your child stay warm while participating in our outdoor activities. Infant and Toddler children go outdoors at -10 temperatures, Preschool children go outdoors at -15 temperatures and kindergarten children go outdoors at -20 temperatures. To help keep your child warm during the winter months, please provide a winter coat, snow pants, winter boots, a warm winter hat that covers their ears, a neck warmer (no scarves as this presents danger of getting caught on equipment) and two pairs of mittens/gloves, one for morning play and one for afternoon. To help keep your children's clothing items safe in their cubbies, please ensure all items are labeled. The children demonstrate pride when being independent and at times their items are placed in another cubby and tend to go missing.



So often parents ask what items the childcare looks for in the way of donations and with the upcoming season a lot of you will be doing some house cleaning and will be recycling some of your items. Alpha is trying to remove plastic items from the classrooms and replace them with loose parts. You may be asking what sorts of things are good for loose parts and the

answer is selecting items that can have multiple purposes as materials for loose parts play. Any open-ended materials you can find with interesting textures, smells, shapes etc. are perfect for this purpose. Loose parts play is brilliant for developing children's independence, engagement, problem solving skills and learning across the curriculum. It helps build imaginative play, build critical thinking and creativity. When looking at the program plan posted outside your child's classroom door you will see a section of loose parts, which include the following:

Nature – sticks, leaves, tree stumps, rocks, shells, dried flowers, bark, garden rocks, vanilla beans, cinnamon sticks etc.



Wood – wooden beads, popsicle sticks, wooden rings, spools, wooden pegs, bowls, kitchen utensils, wooden dowels, old picture frames, blocks, scrap pieces, clothes pins etc.
Glass and Ceramics – coloured glass stones, mosaic tiles, vases, ceramic household items, sea glass, glass tiles, napkin rings, mirrors, floor samples decorative trays etc.

Metal – juice lids, mason jar lids, bolts, coins, keys, tin foil, metal baskets, jewelry, serving trays etc.,
Fabrics – string, yarn, felt, rope, mesh,

lace, foam, burlap, fake plants,/flowers, crochet, fabric samples., carpet samples, leather, silk, twine etc.

Plastics – straws, plastic cups, old DVD's, shower hooks, poker chips, sequins, containers bread bag ties, hair rollers, cellophane etc.

Packaging – paper, cardboard pieces, paper rolls, envelopes, newspaper flyers, gift boxes, gift bags, paper bags etc.

If you come across any of these items in your home, please pack them up and bring to the centre as the children love to explore natural materials that they are familiar with. If you are uncertain if we can use it, please ask or just bring it in and we will dispose of it if we cannot use it. All donations really help restock the classroom shelves and we love the children to have a variety of materials to explore.

Holiday schedules will be posted on or before December 1, and we are asking each of our parents to take a minute out of their busy schedule to let us know if and when your child(ren) will be away over the holiday season. This will help me to schedule time off for our hard-working educators for them to spend some quality time with their families as well.

Until next time, my door is always open.

Patricia Andrade RECE

patriciaa@alphachildcare.ca

SENIOR PRESCHOOL

Welcome back families! A big shoutout to our children for such a smooth transition from a fun-filled summer into another academic year. The children have had such an easy transition into the classroom routines and expectations very proficiently.

During concept circle time the educators explain what is available in all areas of the classroom. The

Introduction of a timer in the classroom has assisted with transitions through out the day. This allows the children to be aware that in 5 minutes the classroom will be tidying up for lunch, snack, outdoors etc. The children enjoying watching the red flash on the timer disappear and wait for the beeping sound to indicate that the time is up. This can also be done at home and kitchen timers can be

purchased at Dollarama for smooth transitions in your home.

All the centers are readily open and available for children to explore and engage in play with. The children demonstrate enjoyment at academic group time, focusing on specific concepts such as letter and sound recognition taught through the Jolly

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SENIOR PRESCHOOL CONT'D

(Continued from page 8)

Phonics Program, number recognition, rote counting, French concepts, strengthening their pincer grasp/hand-eye co-ordination through the Handwriting Without Tears Program and working on emotional regulation skills through the Second Step Social Program.

The children are very interested in loose parts where they are creative and innovative, expressing their ideas and engage in functional play. Here are some activities you can create with loose parts with your child.

1. Begin by cutting the toilet paper roll into three equal pieces.
2. Take a piece of coloured paper and trace the outline of the toilet paper roll along both sides and cut the strip of paper.



3. Glue the paper around the toilet paper roll securely with a glue stick. Make sure it's dry before you move on to the next step.
4. Parents: Take the hole punch and make 4 holes through both sides that are roughly opposite of each other. Make sure there's a gap large enough in the front for the spider's eyes.
5. Use glue on googly eyes at the front of your spider. Draw a spider-y mouth with a black pen or fine point marker.
6. Now take a pipe cleaner and lace through one hole along with the opposite hole
7. Take the end of the pipe cleaner and loop it up over the cardboard tube and back through the hole. Do this for both sides to secure.
8. Now bend the legs like in the picture. Trim any excess if needed.

Have fun with your cute, fuzzy spiders!

Draw a wreath shape on card stock paper with a pencil so your kids know where to make the prints or have them draw their own



This process is so fun using a straw! Cut slits (5) into a straw and dip into paint

Make prints around the entire wreath!

Use another straw to help make the prints come out bolder

When it dries, attach a ribbon for the wreath!

Until next time,
Harnoorpreet RECE, Janice and the Senior Preschoolers.

PRESCHOOL 3

Hello Alpha parents! Before we begin, we would like to welcome all the new families to the preschool program. The children in the program are engaging in the Jolly Phonics Program and learning the phonetic sounds and associating the sound with the letter.



The fall season is coming to an end and the winter season is soon approaching. It is also that time of the year that we are all eagerly waiting for Christmas, along with some snow. Christmas is a time where families gather with friends, loved ones, a time for lots of treats and gifts. We would like to share some popular Christmas homemade dishes that you can make with your family and have your children involved too!

Elegant Green Beans

TOTAL TIME PREP: 20 MIN. BAKE: 50 MIN.
MAKES 8 SERVINGS

INGREDIENTS

- 1 can (8 ounces) sliced water chestnuts, drained
- 1 small onion, chopped
- 1 jar (4-1/2 ounces) sliced mushrooms, drained
- 6 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 cup 2% milk
- 1/2 cup chicken broth
- 1 teaspoon reduced-sodium soy sauce
- 1/8 teaspoon hot pepper sauce
- Dash salt
- 1 package (16 ounces) frozen French-style green beans, thawed
- 1/2 cup shredded cheddar cheese
- 1 CUP CRUSHED FRENCH-FRIED ONIONS

DIRECTIONS

1. Preheat oven to 350°. In a small

skillet, sauté water chestnuts, onion and mushrooms in 2 tablespoons butter until onion is crisp-tender, 4-5 minutes; set aside.

2. In large skillet, melt remaining 4 tablespoons butter; stir in flour until smooth. Stir in milk, broth, soy sauce, pepper sauce and salt. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from heat; stir in green beans and cheese.
3. Spoon half of the bean mixture into a greased 1-1/2-qt. baking dish. Layer with water chestnut mixture and remaining bean mixture.
4. Bake, uncovered, 45 minutes. Top with french-fried onions. Bake until heated through, about 5 minutes longer.

Christmas Day Chicken

Total Time

Prep: 15 min. + marinating Bake: 30

(Continued on page 10)

PRESCHOOL/KINDERGARTEN

Dear Alpha Families, It has been a great start to the fall season this year! The children have been fascinated with the leaves changing colours outside, which has provided a lot of outdoor fun for the Preschool/Kindergarten children. The children were very excited to explore outdoors, as they got to enjoy a wide variety of fun fall leaf activities such as sorting and collecting various leaves.



related to the letter of each week. The children will begin to sound out 3 letter simple words to begin reading simple reader books and later work on reading sight words such as "I, you, the, from" etc. Through academic circles and the children engaging in play activities, the children are also enhancing their mathematics and patterning skills. Children can practice these math and literacy skills with tools such as coloured counters and letter puzzles and patterning blocks. The class will be encouraged to use these abilities moving forward in interactive group games and creative activities that involve counting materials.



Just a reminder that Academic Circle begins at 9am sharp, and parents are encouraged to drop off their child prior to 9am to sign in and get settled before the lesson starts. The Pre/Kinders have been focusing on colour, shape, and letter recognition. The children are active participants in numerous activities

As the weather continues to change, the children will be provided with seasonally

appropriate activities to spark their creativity in the natural world. Please ensure your child is provided with warm, fall appropriate clothing for outdoor exploration. By dressing appropriately for the weather, the children will remain comfortable, safe, and warm in engaging in play and learning experiences with their peers on the natural playground.

Ankita OCT and Jacqueline RECE
Preschool/Kindergarten Classroom



PRESCHOOL 3 CONT'D

(Continued from page 9)

mins Makes 16 servings

INGREDIENTS

- 16 boneless skinless chicken breast halves (4 ounces each)
- 2 cups sour cream
- 1/4 cup lemon juice
- 4 teaspoons Worcestershire sauce
- 2 teaspoons celery salt
- 2 teaspoons pepper
- 2 teaspoons paprika
- 1 teaspoon seasoned salt
- 1 teaspoon garlic salt
- 1-1/2 to 2 cups crushed butter-flavored crackers
- 1/2 cup canola oil
- 1/2 cup butter, melted

DIRECTIONS

1. Place the chicken in 2 large shallow bowls. In another bowl, combine the sour cream, lemon juice, Worcestershire sauce and seasonings. Pour over chicken; turn to coat. Cover and refrigerate overnight.
2. Preheat oven to 350; Drain and discard marinade. Coat chicken with



cracker crumbs; place in 2 greased 13x9-in. baking dishes.
3. Combine oil and butter, drizzle over chicken. Bake, uncovered, until a thermometer reads 165; 30-35 minutes.

Buttermilk Pie with Pecans

Total Time

Prep: 40 min. Bake: 50 min. + cooling
Makes 8 servings

INGREDIENTS

- Pastry for single-crust pie (9 inches)
- 1/2 cup butter, softened
- 1-3/4 cups sugar
- 3 large eggs
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 cup buttermilk
- 2 teaspoons vanilla extract
- 1 cup chopped pecans
- Sweetened whipped cream, optional

DIRECTIONS

1. Preheat oven to 425°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to 1/2 in. beyond

rim of plate; flute edge. Line the pastry with a double thickness of foil. Fill with pie with, dried beans or uncooked rice.

2. Place on a baking sheet; bake until edges are light golden brown, 15 minutes. Remove foil and weights; bake until bottom is golden brown, 5 minutes longer. Cool on a wire rack. Reduce oven setting to 325°.
3. In a large bowl, beat butter and sugar until blended. Add eggs, one at a time, beating well after each addition. Beat in flour and salt. Gradually stir in buttermilk and vanilla.
4. Sprinkle pecans into crust; add filling. Bake until center is set, 50-60 minutes. Cover top loosely with foil during the last 15 minutes to prevent overbrowning if necessary.
5. Cool completely on a wire rack. If desired, serve with whipped cream. Serve or refrigerate for 2 hours.

We hope these recipes will help with some baking ideas for the holiday season. HAVE FUN!

Until next time,
Ipsita RECE, Harneet RECE and Pre3 friends!