



# November/December 2023 Newsletter



## DATES TO REMEMBER

**Sunday November 05<sup>th</sup>** –  
Daylight Savings

**Saturday November 11<sup>th</sup>** –  
Remembrance Day

**Sunday November 12<sup>th</sup>** –  
Diwali

**Thursday November 16<sup>th</sup>** –  
Virtual PAC Meeting at  
7:00p.m.

**Monday November 20<sup>th</sup>** –  
National World Children's  
Day

**Friday November  
24<sup>th</sup>** – PD Day Both  
Boards

**Friday December  
08<sup>th</sup>** – Happy  
Hanukkah

**Thursday December 14<sup>th</sup>** –  
Christmas Concert at  
5:00p.m.

**Thursday December 21<sup>st</sup>** –  
Winter Begins, Christmas  
Luncheon, Virtual PAC  
Meeting at 7:00PM

**Sunday December 24<sup>th</sup>** –  
Christmas Eve

**Monday December 25<sup>th</sup>**  
– Christmas (Alpha is  
Closed)

**Tuesday December 26<sup>th</sup>**  
– Boxing Day (Alpha is  
Closed)

**Sunday December 31<sup>st</sup>** –  
New Year's Eve

**Monday January 1<sup>st</sup>** – New  
Year's Day (Alpha is Closed)

*Alpha Child Care Ltd.*

## WORD FROM THE OFFICE

Saturday  
November 11<sup>th</sup> is  
Remembrance  
Day. Please wear  
a poppy on Friday  
November 10<sup>th</sup> 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 12<sup>th</sup> 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 13<sup>th</sup>, 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!

On Thursday November 16<sup>th</sup>  
we are having our virtual PAC  
meeting at 7p.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 21<sup>st</sup> 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.

Monday November 20<sup>th</sup> 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 November 24<sup>th</sup> is a PA  
Day for both school boards  
and speak to your School Age  
Leaders to know what trip is  
in place for the day. Just a  
reminder to notify your  
Supervisor 2 weeks prior to  
the date if your child will not  
be attending the PA Day or  
Alpha will automatically  
assume your child(ren) will  
be attending and appropriate  
fees will be applied. Camp  
will also be offered when the  
boards are closed over the

*(Continued on page 3)*



## JUNIOR TODDLERS

Hello Junior Toddler and Alpha Families! We hope you are enjoying your fall season so far! The educators have been having such a blast in the classroom building upon our relationships with the children as well as the parents every day. We continue to observe and understand our toddlers as that is going to help us build a stronger and more trusting relationship.



In our Junior Toddler room, we are continuing to practice self-help skills, putting on our indoor and outdoor shoes as well as using the flip flop over the top method when putting on sweaters and

jackets. This too can be practiced at home when going out on the weekends. We truly appreciate all your help!

As the coldness comes upon us, we wanted to remind parents about the importance of the usual winter gear (snow pants, snow boots, winter jacket, winter hat) but also not forgetting neck warmers and proper gloves/mittens for their little fingers. Most often, toddlers do not like leaving their mittens on because they have a difficult time manipulating toys. Practicing both at home when going out for the weekend or bringing them in a couple weeks in advance can help bring some comfort to them in so many ways.

We want to wish everyone a happy and safe time for the upcoming holiday season. We hope it is filled with lots of joy and love, lots of making memories with your children and families as well as getting lots of rest and relaxation. Please keep well and take care of yourselves! The month of September and October was full of emotions and colours as many children joined and others graduated from Alpha. We hope that the months of November and December bring the same happiness and joy to you all.

Until next time,  
**Helena RECE, Pawan RECE and Jr. Toddlers**

## SENIOR TODDLERS

Welcome to the month of November and December. We hope everyone had a wonderful Thanksgiving, spending time with friends and family, and enjoyed a special Thanksgiving meal.

For the past few months, the Senior Toddlers have been working very hard to achieve one of their biggest goals: toilet training skills! The Sr. Toddlers are very excited to use the toilet to master this skill. Our next goal will be dressing/undressing with winter gear independently; therefore, we request parents when purchasing clothing or footwear please keep in mind to purchase attire that are easy for your child to put on and take off, independently.



looking forward to our annual Christmas concert. December is the month of joy, love, happiness and presents! Here are some ideas for a Holiday table master piece that you can make with your children.

### Winter White

White chrysanthemums and branches of white pine make a striking winter centerpiece. A birch-look pillar candle anchors the arrangement in the centre of a wooden bowl.

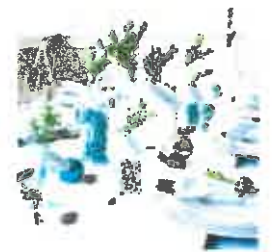
To create the arrangement, cut florists foam even with the top of the container, wet the foam and set it in the bowl. Push the candle in the centre, then insert pine branches and mum stems into the foam. Try white spider chrysanthemums, white football mums and white garden mums for a variety of blossoms. Tuck a bit of gray-green dusty miller around the edge for a finishing touch.

### Cranberry Candles



Halloween was a lot of fun showing off our costumes and going around to each classroom to collect treats. We are also

For a simple centerpiece, place five votive candles (in a variety of Christmas colours) in a line down a red rectangular serving dish. Fill the rest of the dish with cranberries, garnish with a few pine twigs and dust with artificial snow.



### Clear Glass Sparkles

Create a lovely centerpiece with an assortment of clear or lightly tinted glass bottles/water beads. Fill some with small glass balls, and add a sprig of boxwood or other greenery. Everyday white dishes look fresh and elegant with a coloured linen napkin on top.

### Pretty Platter

For an easy DIY tablescape, decorate a serving tray with silver ornaments. Tuck in boughs of evergreen for a



*(Continued on page 3)*

## WORD FROM THE OFFICE CONT'D

*(Continued from page 1)*

Christmas holiday and Alpha will charge appropriate fees to those attending. Please see Alicia to make arrangement for the Winter Break/Camp program!

Friday December 8<sup>th</sup> 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 Temples lantern which burned for 8 days and nights. Happy Hanukkah!

Thursday December 14<sup>th</sup> is Alpha's Annual Christmas Concert. We will be starting at 5pm starting with our

youngest group of children and finishing the show with the School Agers. Your child's educators will inform you of what to bring in for the concert day and the children will be busy making a special gift for their parents. There will also be a special guest appearance! Shh, don't tell your children, but Santa is coming!

On Thursday December 21<sup>st</sup>, Ida will be preparing a delicious Turkey Lunch 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 21<sup>st</sup>, 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 24<sup>th</sup> 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 25<sup>th</sup>, 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 26<sup>th</sup> 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.

Sunday December 31<sup>st</sup> 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 1<sup>st</sup> is New Year's Day (Or recovery day from last night). Alpha is closed and will reopen on Tuesday January 2<sup>nd</sup>, 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!

Until next time, my door is always open,  
**Alicia Emond**  
**RECE**  
Supervisor



## SENIOR TODDLERS CONT'D



*(Continued from page 2)*

simple yet elegant centerpiece.

### Oh, Deer

Create a pretty winter scene on a white plate covered with artificial snow. Set the plate on a shallow

bed of artificial pine twigs. Add tiny trees and deer statues or

other animal figures for a woodland look.

For more information visit Pinterest.

Until next time;

**Kulvinder RECE and The Sr Toddlers!**

# JUNIOR PRESCHOOL

Hi Alpha Families

Welcome to the months of November and December. We hope everyone enjoyed the beautiful fall weather.

In the Jr Pre room we are working very hard every day to learn our manners, self-regulation, turn taking, and expressing our emotions during interactive learning opportunities.

During the young preschool years, it is a normal part of life to express strong emotions. Children may throw toys or grab each other's toys because they don't have the vocabulary or social skills to express

what they're feeling and needing. Anger and aggression are normal, but parents and educators need to continue to be responsive to avoid future behavioural problems. Some ways to respond to the behaviour is to approach your child calmly when they are finished crying. Parents and educators can acknowledge their feelings by saying "I see that you are very angry, because you want the toy" Once their feelings are acknowledged and your child is calm they feel that their feelings are validated and perhaps offer a solution on how to handle the situation rather than throw toys or use hitting hands. These steps can be accomplished together for successful behaviour.

The preschoolers demonstrate their independence skills by getting dressed, undress before and after outdoor discoveries with little reminders. Most of the Preschoolers are toilet trained as well and some are working hard to get there. Their interaction with family and those around them will help to shape their personality and their own ways of thinking and moving. They will want to explore and ask about the

things around them even more.

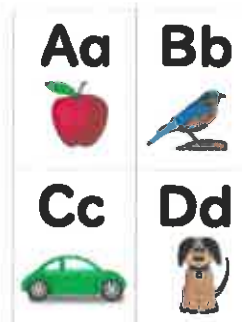
Academically, we are working on letter recognition through show-n-share, magnetic letters and creating letters with wooden sticks. They are also beginning to trace their names, count objects, explore

and label shapes, refining their fine motor and gross motor skills by using a variety of manipulatives. We also use the second step program to make appropriate approaches to play and dealing with conflicts. When children learn to notice and explain how they feel, they can use words to convey their frustration.

Parents can teach emotional words—patient, calm, happy, frustrated, angry, sad—and help kids link each term to the physical sensations that accompany the emotions. The role of parents in child development is responsive, responsible, and never-ending. It governs responses, actions, thinking, and decision making of a child in each area of development. Family rituals are also instrumental in the healthy development of children.

Here are some tips to help kids cope with anger and frustration:

1. Start early: Try not to rush with children so always give yourself extra time.
2. Connect: Being consistent and comforting will help you develop a secure attachment.
3. Talk and teach: When things are calm, find opportunities to talk about feelings and strategies for managing frustration.
4. Model good behaviour: Children learn by modeling what their parents are doing, not saying.
5. Stay calm: If you're about to lose



your cool, take a minute to breathe and calm down before you address the situation.

6. Plan options: When things are calm, talk about different choices they could make next time: They could tell the educator, ask their classmate to take turns, or find something else to play with.

This process can help your child develop problem-solving skills.

7. Act it out: Once you talk about possible options, it's time to practice. "Role play and rehearse.

8. Be a team: For kids who are struggling to learn emotion regulation, consistency is key. It's important for parents, grandparents, and educators to work together to address a child's self-regulation problems.

9. Check your expectations: Don't expect your child to behave perfectly, especially if they're genuinely scared or stressed.

10. Take a long view: Executive functions—skills like planning, organizing, problem solving, and controlling impulses—continue to develop into young adulthood. When you feel frustrated by your child's behaviour, remember that emotion regulation takes time.

If you have any question, please find me in the Jr Preschool classroom ☑

Until next time,  
*Jr Preschoolers and Manpreet Bahra (RECE)*

## 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 1<sup>st</sup> 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!

Now that the cooler 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

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



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](mailto:patriciaa@alphachildcare.ca)

WE'RE ON THE WEB  
VISIT  
[ALPHACHILD CARE.CA](http://ALPHACHILD CARE.CA)

# SCHOOL AGE

Hello Again School Age Families. Sam, Sabrina, and Terence hope you are all doing well as we step into the wonderful months of November and December!

With the holiday season and colder weather approaching, we would like to share some important information with you. As the temperatures drop and winter sets in, it's time to bundle up! Please make sure to send your children with appropriate winter wear. **Winter jackets, gloves, winter boots, warm hats, snow pants and neck**



**warmers** are essential to keep them warm during our walks to and from school and outdoor adventures in the snow. Please make sure your child always has a pair of indoor shoes to keep at Alpha.

The school agers will be busy for the next several weeks practicing for the Christmas concert and making special gifts for parents. This year, Alpha's Christmas Camp will begin on **Wednesday December 27<sup>th</sup>** and end on **January 5<sup>th</sup>**. We are looking forward to a fun – filled camp and cannot wait to create more memories with our school agers!

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We wish you all a delightful start to winter, filled with warmth, laughter, special moments, and learning experiences. If you have any questions or need assistance with winter clothing recommendations, don't hesitate to reach out!

Until next time,  
**Terence RECE, Sam RECE, & Sabrina, RECE**

# IDA'S KITCHEN

It truly has been a beautiful fall season with summer like weather for a few days. With that being said, we all know what's to come.... yes, winter. A few good months of shorter days and much cooler weather.



As we prepare lets take a moment to consider the importance of breakfast for both parents and children.

We understand that in the morning, it can get hectic but even a small portion of fruit with a glass of milk goes a long way. Plan ahead with, overnight oats,

fruit smoothie, healthy granola bars as they are quick and easy grab and go items. The children will benefit from this as the mornings are long and cold. We have introduced our fall and winter menu and the children are enjoying it. On the menu I have been busy cooking up warm homey meals such as, hearty soups, chicken vegetables & rice, butternut squash & chunky vegetables, meat loaf & garlic bread, spaghetti and meatballs, shepherd's pie etc. Stay warm and safe over the



cooler months. Wishing everyone a Happy Holiday Season filled with much love, health & happiness and all the best for the New year

*Chef Ida*

