

March/April Newsletter 2024



Alpha Child Care Ltd.

Word From The Office

Top of the mornin' to you all and Happy St. Patrick's Day. I wonder if March will come in like a lion or a lamb. I really hope it comes in like a lamb as I am really excited for the arrival of Spring and its beautiful mild weather.

Income tax receipts are in the main office ready for pick up. When you pick up your receipt you will be asked to sign beside your child's name for head office to keep track of who has picked up their receipt and who has not. There will be a minimum charge of \$10.00 for any duplication of the receipt.

March 18th to 22nd has been designated as Parent



Appreciation Week here at Alpha. We will be honouring all our great parents for all their support and contributions. Watch our bulletin boards for further details. A Parent Survey will also be sent via email as Alpha is always looking for improvement and wants to offer quality care all year round. Please be honest with your answers and we look forward to hearing from you!

On February 2nd you received a copy of your child's observation record (COR). If you wish to set up a time to discuss this document with your child's educator, please fill out the last page of the document and submit it to your child's educator so that

we can set up a time that is convenient for everyone.

Recently I sent out the follow up letters to our Kindergarten Information night. If you have not already returned them, please do so as soon as possible as we are now in the planning stages for September enrolment and want to ensure that your child has a spot reserved for them in the Kindergarten Program. If you were unable to attend our Kindergarten presentation and would like a package please feel free to ask Shivana or Patricia for one.

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



Infants

SPRING ACTIVITIES FOR INFANTS

Spring is a wonderful season where the weather begins to warm up (without getting too hot) and the flowers and trees also begin to bloom. This means that it is time for some extra fun activities to play with our babies.

Muddy Truck Sensory Bin

If you are not up for playing in actual mud, make your own with cocoa powder! Mix cocoa powder with cornstarch and water into a container until you get a muddy texture and then drop in some trucks and take your bin of "mud" outdoors! Children can move the trucks around so they make muddy tracks and can



explore the texture of the mud with their fingers. As play continues, you can add small scoopers and measuring cups for new ways to experience the mud. The container helps to contain the mess, but you may want to lay down a towel or plastic tablecloth underneath for an easier clean-up if you are doing this experience indoors (e.g. if it is raining outside).

All the Colours of the Rainbow

Does your little one put everything in their mouth? Not to worry, you can make a sensory rainbow by turning regular bread into a rainbow-coloured activity for your little one to crunch, smash, and

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Dates to Remember

- **Thursday March 07th** – PAC @630pm
- **Sunday March 10th** – Daylight Savings Time
- **Monday March 11th to 15th** – March Break (Alpha is Open)
- **Monday March 11th to 15th** – Fun Week
 - 11th – Backwards Day
 - 12th – Jersey Day
 - 13th – Costume Day
 - 14th – Rainbow Day
 - 15th – Pajama Day
- **Monday March 11th** – First day of Ramadan
- **Sunday March 17th** – St. Patrick's Day
- **Monday March 18th to 22nd** – Parent Appreciation Week
 - 18th – Parent Survey's go home
 - 22nd – Continental Breakfast
- **Tuesday March 19th** – First day of Spring
- **Thursday March 21st** – World Down Syndrome Day; Wear Mismatched Socks
- **Thursday March 28th** – Alpha's Easter Luncheon
- **Friday March 29th** – Good Friday (Alpha is Closed)
- **Sunday March 31st** – Easter Sunday

- **Monday April 1st** – Easter Monday (Alpha is Open)
- **Monday April 1st** – April Fool's Day
- **Tuesday April 09th** – Alpha's Annual Potluck @6pm to 730pm
- **Wednesday April 10th** - PAC @630pm
- **Wednesday April 10th** – Eid-al-Fitr (Ramadan Ends)
- **Tuesday April 16th** – Picture Day
 - Infants
 - Int Toddlers
 - Jr Preschool
 - Preschool 3
- **Wednesday April 17th** – Picture Day
 - Jr Toddlers
 - Sr Toddlers
 - Sr Preschool
 - Pre/Kinder
- **Monday April 22nd** – Earth Day

Infants

have fun manipulating! Because it is edible, you don't have to worry about your baby taking a nibble. You can also make a sensory rainbow by cooking different coloured rice! Mix different coloured food colouring into separate batches of rice to make several coloured batches. The colours will be aesthetically pleasing and inviting to young children who will be excited to play with it and you need not worry if they put it in their mouth as it has been cooked and coloured with edible dyes!

Gardening with Your Child

Young children love gardening and spring is a great time to get them involved. Buy some seeds, use ones you have, salvage them from fruits/vegetables you already have in your kitchen (researching which ones can grow from this method), or even ask your friends, family, or neighbours if

they would like to share any! Plant them together in small cartons or in your front or backyard. Watch them get bigger with your little ones as weeks go by, discussing the changes you see and the things you have been doing to take care of them. Keeping children involved in their maintenance (e.g. allowing them to water the plants while providing assistance if needed) is not only a great way to spend quality time with your loved ones but also a way to learn while you're doing this!

Scavenger Hunt

Create a list of items found in nature (e.g. rocks, leaves, birds, flowers) and head outside with your baby! Allow your baby to get close to the ground and examine natural details—different



types of grass, bark, moss, leaves, stones, pinecones, and soil may catch their attention. Ask your baby questions about what item you're looking for or what they see. Even if they may not have the language to give you an appropriate reply yet, they will still be introduced to language, critical thinking, and observation skills to name a few! Check off your items as you find them, collecting them in a bag, container, or even a stroller pocket if

you're on a walk with one. At the end of your hunt, you can give your little one all their found treasures, creating a fun, magical, and natural experience for them to explore and understand the beautiful world around them!

Areanna RECE, Fowsio RECE, PJ RECE and the Infants

Junior Toddlers

Hello again, everyone! We have been super busy this winter in the Jr. Toddler classroom, working on our self-help skills, such as dressing and undressing for outdoor play. The Toddlers have been doing a fantastic job taking off their mittens and hats and zipping and unzipping their jackets and snow pants. With Spring just around the corner, we all are excited to explore and discover fun outdoor activities like learning about birds, weather changes, bugs, and beautiful plants. Our Jr. Toddlers are fascinated by animals, and the Spring season will give them the perfect opportunity to learn more about the animals around them, like squirrels, birds, and bugs, in their natural environment. We can't wait to ask them questions about where the animals live and what they eat and see where the conversation takes us!

Ouch! No Biting Please. We have had concerns over the past couple of months regarding biting. The educators have been working closely with the children by implementing diverse strategies, such as using gentle hands, helping them express themselves with words, discussing biting during circle time, and even reading books about it. Biting is a common behaviour in many toddlers. Infants and Toddlers bite for a variety of reasons, such as teething or exploring new objects with their mouths. It can also be a way for toddlers to seek attention or express their emotions, as they may have difficulty communicating their feelings with words. Strong emotions like

frustration, anger, and fear can be challenging for toddlers to handle. However, as children mature and develop self-regulation skills, they typically outgrow this behaviour.

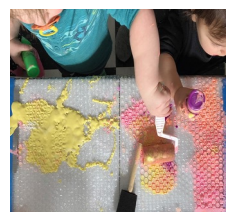
Here are some activities we will continue to implement in the classroom and can be practiced at home. We will later hand out documents with further guidance and information about the biting behaviour.

- **Emotion Activity:** This activity involves showing children different facial expressions, using flashcards, and singing songs such as 'If You're Happy and You Know It.' After demonstrating these expressions, it is important to explain the corresponding emotions to them. By doing this, children can gain a better understanding of how to identify and express their own feelings, such as when I am frustrated, I feel like stomping my feet, and give them the vocabulary they need to express themselves.

- **Playdough:** It is an engaging group activity that will help them to interact with others and develop longer concentration spans while also providing therapeutic value by promoting relaxation and calmness. It is a wonderful activity for a child who is very anxious and easily gets irritated and then bites someone. Self-made playdough can be used, which can be made by simply mixing flour and oil together

until thoroughly blended, then slowly adding food colouring and water until the desired consistency is achieved. Overall, this activity is an excellent way for children to have fun, express themselves, and develop important social and emotional skills.

- **Bubble wrap painting:** It is a fun-filled and engaging activity that allows children to explore their creativity using simple, easily available materials. This activity involves giving children paint colours and bubble wrap paper, allowing them to express themselves by creating unique works of art. One of the many benefits of this activity is that it engages all a toddler's senses while they paint. They



can see their paintings taking shape, feel the texture of the bubble wrap, smell the vibrant colours, and hear the bubble wrap paper as it strokes against the paper. This multi-sensory experience is enjoyable and helps promote the development of a child's sensory senses. Additionally,

this activity promotes relaxation and calmness, providing children with a fun and therapeutic outlet to express themselves creatively.

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

Intermediate Toddlers

Encourage Self-Help Skills

Self help skills are always things the educators work with the children, and we want to encourage you all to practice these skills at home too. These skills include feeding, washing hands and dressing themselves. This helps them to develop their large and small motor skills. It's also about learning the everyday life skills they need to gradually give them more independence. Keep it fun and simple!

Here are four simple self-help activities that you can try with them today:

1. Teach your toddler how to feed themselves

Self-help skills for a toddler can be learning how to eat food independently. You can start with finger foods that are easy to grasp but not big enough for them to choke on. As they continue to develop, you can introduce eating with a spoon. Model for them how to do it and then give them as much independence during mealtime as possible. Mealtimes will be messy, but the reward for learning a new skill is worth the clean-up.

2. Teach them how to put their clothes on

Encourage them to put on their clothes independently. You can start by teaching them how to take their clothing off. Then, help them label and identify



different parts of clothing by using simple words. These simple self-help tasks can help them build confidence and create a stronger sense of independence. Next, you can try getting dressed together. Children like to imitate what they see. Make it a fun experience to get dressed together. Schedule it on a day when you are not in a rush to leave the house. Let them learn from you and allow them to try it on their own. It might be easier and faster to dress them but it's crucial that we allow them to try things for themselves.

3. Establish good hygiene habits with your child

Teach your child to practise good personal hygiene. Encourage them to wash their hands after using the toilet and before eating. Help them understand how germs can affect their health and the importance of having good hygiene. We can help them recognize the difference between dirty and clean. After they come in from playing outside, have them look at their hands and face. If there's visible dirt, then you can help them wash their face at the bathroom sink. If not, then hand them a tissue or baby wipe and encourage them to wipe their hands or face.



4. Task them with simple chores

Children who learn how to help

around the house early on, will become more independent as they grow older. We can show them simple ways they can contribute around the house. For example, ask them to pick up their toys and place them in a designated space. Or ask them to help set the table during mealtime. After eating their meal, have them bring their plate to the sink and clear it. Bring them to the garden with you and show them how to water and care for plants. Teach them how to make their bed and the importance of having a tidy space. Give them a sense of control over their environment and allow them the opportunity to take pride in their space.

Remember to keep it fun and simple- Learning and growing is fun. Remember to practice patience and manage your expectations when it comes to children. Keep your instructions clear and simple enough to ensure positive communication. Give them the space to learn, fail, and grow. Be there to support them and reassure them when they need it. Positive reinforcement and rewarding them for their efforts will help encourage them to try new things.

Amritpal RECE, Niketta RECE, Jeremiah RECE and the Int. Toddlers

Senior Toddlers

Hi Senior Toddler Families, we hope everyone is doing well, enjoying the weather, and are keeping warm and safe.

In the Sr. Toddler room, we are encouraging children to share every day with our friends. Dancing is part of our daily routine; your toddlers have some cool moves! Movement is such an amazing way to help strengthen their gross motor skills. Jumping, walking, running, reaching, are all other ways to strengthen these skills as well, but the list doesn't end there! Your toddlers are learning to tidy up after themselves when playing with toys. This is a great benefit in your household when your child becomes independent and cleans up all by themselves! Now that the weather is getting nicer, going



outside twice a day for an hour each is another part of our daily routine. Holding hands and using their walking feet is a really great way to keep the toddlers still for a moment when getting ready. Walking feet is always a reminder in the room because these toddlers are always on the go but at Alpha, we know safety comes first.

Here are some fun activities you can do with your children during spring outdoors:

1. Blow bubbles outdoors
2. Fly a kite (Choose an open field and run around with the children and try to get the kite up in the air)
3. Make a bird feeder together and place it outdoors together.
4. Ride a bike.
5. Feed the ducks (It's migrating

- season! All the ducks and other birds are heading back home, so bring a bag of bread to a pond near you and feed them!)
6. Visit a Farmers market near you. (Pick out fruits or vegetables with your children to have for a snack later!)
7. Get gardening! (Now is the time to start **planting flowers** in the yard. Your little ones will love getting messy in the fresh soil and being on garden hose duty.
8. Go for a hike! (What better way to explore the fresh outdoors than to go on a hike through a forest or trail? Try to stay quiet as you venture through to see if you can hear or see the animals coming out of winter hibernation.

Until next time,
Anamika RECE, Kelly, Rupinder RECE and the Sr. Toddlers

Junior Preschool

Hello once again from the Junior Preschool classroom. We hope that the next few months (March & April) comes in like a lion and out like a lamb because we want the winter weather to be over soon, so that we can enjoy the warmer weather and welcome Spring.

The Junior Preschool children are continuing their hard work on every task they endure daily! They are sitting longer during our academic circles and are more focused on the different topics discussed weekly. The children enjoy learning new letters taught through the Jolly Phonics, such as

sounding out the first initial letter sound (Ssssss...for ssssssnake) and the jingle that accompanies each letter each week. They like to learn about different math concepts such as patterning, counting with one-to-one correspondence, learning about prepositions and spatial awareness and the difference between less and more. Plus they like to play simple games like "I spy" using the different shapes and colours we see around the classroom.



The Junior Preschool children love to be physically active and explore the natural playground. They enjoy shovelling the snow, filling the big dump trucks with snow and pushing them up the hill, pulling each other on the toboggans and going down the slide to see who goes down faster. There are many outdoor activities that you can do as a family to help you stay fit and have fun.

Here are some ideas:

1. Go for a nature hike/walk with the family and look at all the different nature items you see. Make a list of the different items and then when you get back home draw pictures of the different items you saw.
2. Go on an Easter Egg hunt in the backyard. Place different easter eggs around the backyard and then later go outside and have the children try to collect them in their easter basket/bag.
3. Go on a scavenger hunt around the neighbourhood, or in your backyard and create a list of things to find such as something shiny, something rough,

- something soft etc.
4. Clean up the backyard and garden to help get them ready to plant seeds in the garden. Give the children a pair of gloves, rake to get them to help you rake up the lawn put any garbage in a plastic a bag. Or let them rake the garden up and turn up the soil to help prepare it for planting seeds in the garden.
5. Go for a picnic at the local park if the weather is warm enough and it is a nice day.
6. Make your own kite and decorate it. Then once it is dry and ready to fly take it out in the backyard or to the park and try flying your kite to see how high it will soar.
7. Go for a family bike ride around the neighbourhood.
8. Make your own bird feeder and hang it up in the backyard and see what different kinds of birds visit the feeder. Record and chart your findings of how many different birds come to the feeder.

Until next time,
Lynda RECE, Sukhneet RECE, Theresa & The Junior Preschoolers!

Sheila's Kitchen

Healthy eating at home and childcare centre adults and children each have a responsibilities.

While Canadian food Guide requirements are an important part of our healthy eating there are many others healthy eating factors that help build healthy eating habits in children.

Adults and children each have a responsibility when it comes to feeding and eating. Allowing the children to make decisions about the food helps them build healthy eating habits that will last a lifetime.

The adult responsibilities are to decide:

- What food is to be offered
- When it is offered and
- Where it is offered

Offer meals and snacks at a regular time every 2 to 3 hours. Offer nutritious and

safe foods. You can provide pleasant meal and snack times by eating at the same table with your children and eating the same food.

Be a role model for a healthy eating.



Offer foods that you may not enjoy or prefer. The children can decide whether they want to eat them or not. Give children enough time to eat - 15 minutes for snack 30 minutes for a meal. Avoid television, toys and other distractions when eating. At the

end of the meal or snack remove any food not eaten food without comment.

The children's responsibilities are to decide.

- Whether or not to eat
- How much to eat

Adults need to respect the child's choices. It helps children develop positive feelings about food and mealtimes.

Let the children decide how much to eat,

even if that means leaving food on the plate not eating at all or asking for more food. This this will help to listen to the hunger and fullness cues and eat the amount that's right for them and their individual growth pattern.

Pressuring children to eat can have negative consequences. Some children respond by eating less and some children eat more to please their parents or caregivers.

Respect their appetites by avoiding these comments:

Just take one more bite to please me

- No dessert until you eat your meat.
- Good boy you ate all your peas.
- No more bread until you eat some meat.
- Finish your milk it's good for you.
- How do you know you don't like it unless you try it?

Hopefully these notes will be helpful.
Chef Sheila

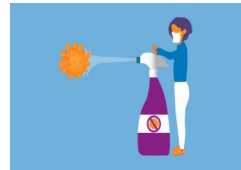
Word From The Manager

As the mild weather approaches we are hoping the children can explore the outdoor environment and decrease the spread of germs when engaged outside on the playground for a minimum of 2 hours per day. Alpha had its challenges with children being sick and excluded for a minimum of 48 hours or longer to prevent the spread of germs. Alpha appreciates all families for keeping their sick child at home and appreciates families leaving work to pick up their child when an educator has called to report the symptoms their child is experiencing. Alpha abides by the rules of Peel Public and Health and excludes children with fevers, diarrhea, and or vomiting for **48 hours** after the symptoms have diminished. We know that this is a real inconvenience for families, but Alpha must follow this directive, and we have seen the positive effects of doing this as flu like systems seem to be distinguished within a very short period of time after starting. As a parent you can appreciate other children being kept home longer to ensure that they do not return to Alpha too soon where they can continue to spread germs to your child causing them to become sick and then you have to keep them home for 48 hours. If we all take responsibility and follow these guidelines as set out by the Region of Peel Health Department we will continue to see great improvements in this area. Upon arrival each morning when your child's greeted by an educator, they do a quick visual health check to ensure that your child is



well enough to remain at the centre for the day. If your child's educators feel that your child is not well enough to participate in all the daily activities of the classroom, they have the right to refuse to accept your child for the day. Often times we are also asked to keep a child in doors for the day as they are not feeling well. If a child is unwell and not able to participate in all aspects of the program, then they are not well enough to be at centre. Daily outdoor activities is an important part of your child's development, therefore it is necessary for them to partake in outdoor activities one hour in the morning and one hour in the afternoon, weather permitting. We also encourage the children to wash their hands after each washroom routine, before and after lunch and snack and after they wipe their nose. We encourage the children to sneeze into their sleeves versus covering their mouth with their hand as this is the fastest way to spread unwanted germs. Both children and educators are encouraged to wash their hands as often as possible throughout the day.

In addition to children being excluded from the centre for 48 hours Alpha also has very strict disinfecting policies and procedures. When there is a sickness going through the classroom everything in that classroom is disinfected immediately. This includes washing all



cloth items including all dramatic centre clothing, blankets and toys and equipment. Daily the washrooms are disinfected after each use and again at the end of the day. All tables and chairs are disinfected after every use, lunch, snack and playrooms and whenever necessary. Throughout the centre there are several hand sanitizer stations for educators, parents and visitors to the centre to use as they wish, and we strongly encourage everyone to use it upon arrival at the centre and when exiting the centre. The educators disinfect high contact areas such as shelves, light switches, handles, walls etc.

If you would like more information about Infection prevention and control in childcare settings please visit [Infection prevention and control in child care - Region of Peel \(peelregion.ca\)](https://caringforkids.cps.ca/handouts/health-conditions-and-treatments) Here you will find resources and details on how childcare settings should manage illnesses and outbreaks. If you would like more information about conditions and treatments such as pink eye, chicken pox, hand, foot and mouth disease, febrile seizures, fevers, strep throat etc., please click on the link <https://caringforkids.cps.ca/handouts/health-conditions-and-treatments> and it will tell you how to prevent the infection, how it spreads and the incubation period.

We hope these links will help answer some questions you may have and if you have further questions please feel free to see us in the office!

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

Senior Preschool

Welcome back Senior Preschool families. We hope everyone is fine and staying warm and cozy in this cold, and not too cold at times weather. The groundhog predictions are in, and it looks like we are headed towards an early spring. Yay! How 'cool' is that. With that being said, we would like to share some things that the winter season taught us. First and



foremost, dressing up for outdoor discoveries independently, with little to no assistance from the educators. It always seems like a daunting task at the onset of winter, but with the consistency and practice, children master the skill of getting fully dressed from head to toe all by themselves, promoting independence and self-help skills amongst children.

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Senior Preschool cont'd

(Continued from page 5)

Next comes, children often running towards the tissue box to clean their running noses. The educators were always on top of this regarding this issue, giving children gentle reminders about staying clean, wiping their noses, and washing their hands for good hygiene. This not only fosters health and safety in the classroom, but it prevents the spread of germs, and it also teaches some valuable early life lessons about personal hygiene.

Next, how could we talk about winter without talking about its essence- the snow. The other motivating factor behind the children eagerly getting dressed quickly for the outdoors was to explore snow on the playground or as some of our friends call it 'Winter Wonderland'. Children manipulated the snow in a variety of ways such as making a snowman, snow cupcakes, snow castles, loading snow in trucks to deliver to the 'Snow Factory', aiming the snowballs at the fence to see whose snowball goes higher, collecting snow in buckets to make snow soup and of course, shoveling the snow and talking about how their mommy and daddy do the same at home. All this, in one way or another, facilitated problem solving, conflict resolution, turn-taking, fine and gross motor abilities and imaginative play among children. With winter being a major interest to children recently, the educators introduced them to the concepts of freezing, melting and states of matter (solids and liquids) through fun and easy science experiments. Water was added to a mug with other toys from the classroom of the children's choice and was placed outside in the morning. The children observed it throughout the day to notice changes through the window and when it was brought back inside for the children to see during afternoon circle, it led the way for so many interesting conversations about why and how water turned into ice, what happened to the materials inside it and how the water and ice felt before and after. The same mug of ice was then left to slowly turn back to water at room temperature, allowing kids to retrieve the toys they had added into it before.

Here are some other fun and easy science experiments to try with your children at home:

Make Snow Inside

Make snow with your child INSIDE! They will be thrilled to see how a couple of basic ingredients create a pile of snow that they can play with on the table or inside a bin. They will not even have to worry about it melting! Best of all, you will only need two ingredients and this activity will result in hours of play time.

Materials:

- 3 cups of baking soda
- ½ cup of white hair conditioner

Instructions:

1. Combine the baking soda and white hair conditioner.
2. Let your child explore their pile of snow! Let them create igloos, snow angels or even get little cars and other figures to play with in the snow. The possibilities are endless!

Talk to your child about what they like to do in the snow and why. Ask them how the snow they created feels and how it looks. How does it compare to the snow they play with outside? What is the same? What is different? Is your child learning their letters? Spread the snow out on the table and ask them trace letters with their finger!

Blubber Experiment

Teach your child how animals with blubber stay warm even in the icy ocean water, using a simple science experiment!

Materials:

- Plastic baggies
- Lard
- Bowl of ice water

Instructions:

1. Put the lard in one baggie.
2. Place your child's hand in a clean baggie and put it into the ice water for



a couple of seconds.

3. Then place your child's hand inside the baggie with lard and put it into the ice water for a couple of seconds.

4. Ask your child what difference they felt between the two times they put their

hands in the water.

5. Explain to your child that when they placed their hand with the "blubber" in the ice water it stayed warm. People wear warm clothes to stay warm in the winter, but animals don't wear clothes, they have blubber, and that's how they stay warm even in icy cold water!

After doing this experiment, read books about and look at photos of animals that live in cold climates and have blubber to keep them warm! Seals, whales and walrus are great examples of animals that have blubber to keep them warm in cold water!

Until next time,
Harnoorpreet Singh RECE, Janice Thompson-Nelson and the Senior Preschoolers



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

Preschool 3

Hello Parents, we hope everyone is doing well. The long winter is almost over and we are all looking forward to Spring. Our Preschoolers have been working hard to identify numbers up to 20, fundamental shapes as well as letters and learning the phonetic sound. They also have been exploring a lot of natural objects outside on the playground.

Outdoor play is a fantastic method for children to burn off energy, develop mobility skills, increase muscle strength, and improve control and balance. It is a fantastic approach to discover nature and grow in love with it.

Here are some enjoyable outdoor activities that you can enjoy as the spring weather approaches:

HOPSCOTCH- On the driveway or sidewalk, play your own version of



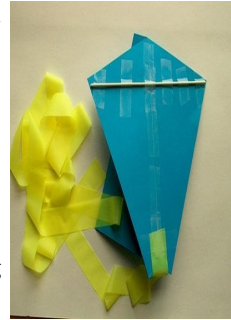
hopscotch with chalk. Have them collect rocks to roll on the number you need to move to and also label the numbers as you land on them.

GO ON NATURE SCAVENGER

HUNT- A scavenger hunt is a great way for children to learn about new plants and animals they haven't seen in a while as all the wildlife emerges from their long winter's nap. For example insects, birds, leaves, and so on.

BUILD A KITE- A fun way to welcome the warmer spring

breeze is to fly a kite. The process includes all aspects of making a kite. Utilizing popsicle sticks, tissue paper, construction paper, wooden dowels, string, yarn, stickers, glue, tape, scissors, and any other household



materials. On a windy day you can help your child construct a kite and then test fly it.

DECORATE FLOWERPOTS: Why not get the children involved by decorating flowerpots since the season offers opportunities for planting? By making crafts with paint, glitter, stickers, googly eyes, pom poms, glue, and other household materials. Once complete you can plant seeds and help your child nurture them and watch them blossom.

Enjoy the spring weather!
Ipsita RECE, BA, Harneet RECE, and the Preschool

friends

Like Us On Facebook

Special Events

Hello everyone, and a warm welcome to any new families that have joined Alpha! I hope the winter blues are finally over and everyone can enjoy the nicer Spring weather as we enter March and April 2024.

On Thursday March 7th, we are having our monthly PAC meeting. We hope to see all our committee members there and thank you for your contributions. Your opinions matter, and we are always looking for ways to continuously improve Alpha. Just a reminder that our committee members are posted on our parent board. If anyone has a concern or anything they would like to share to be brought up at PAC, please don't hesitate to speak with the members or supervisors.

Sunday March 10th is Daylight Savings Time, please remember that we are Springing forward, and clocks will be set an hour ahead.

From Monday March 11th to the 15th is March Break, Alpha will be open, and participating in Fun Week.

- Monday March 11th will be Backwards Day. Children can wear their clothing backwards or parents can model how to walk backwards to class.
- Tuesday March 12th will be Jersey Day. Children can show their team spirit and wear their favourite Jersey to Alpha!
- Wednesday March 13th will be Costume Day. Children can come as their favourite character and engage in different dramatic roles/scenarios. Please ensure your child has extra clothing as well to change into.
- Thursday March 14th will be Rainbow Day. What a way to spread cheer through the colours of the rainbow after having a bleak winter. Children can

wear their brightest and most colourful clothing to the centre.

- Friday March 15th will be Pajama Day. A great way to end the week is being in your coziest and comfiest pajamas!

On Monday March 11th, it is also the first day of Ramadan. This is a day that's observed by the Muslim community, celebrated on the 9th month of the Islamic Calendar. Ramadan begins on this day and lasts for a month where Muslim's worldwide partake in fasting, prayers, and reflection, while coming together as a community. On Wednesday April 10th, it is Eid-al-Fitr which is celebrated as the last day of Ramadan where prayers take place, fasting ends and families get together to celebrate while sharing a meal.

On Sunday March 17th, it is St. Patrick's Day. It is a day

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Special Events cont'd

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observed by the Irish community to celebrate their culture with parades, food, music and dancing, and wearing lots of green! It is also a day in remembrance of St. Patrick who was a patron saint of Ireland.

From Monday March 18th to 22nd, Alpha will be celebrating Parent Appreciation week. This week, we recognize and value our parents and all the hard work that they do.

- Monday March 18th, a virtual parent survey will be sent out to families. Parents can anonymously share their input about Alpha. We value your opinions, suggestions and ideas as it encourages Alpha's growth in development and community building.
- From Tuesday March 19th to Thursday March 21st, children will be creating gifts and crafts to give to their parents. Children are shown how valuable a parent's role is in their lives and teaches them to appreciate all the hard work they do in raising them, while a little kindness and gratitude can go a long way.
- Friday March 22nd, Alpha will be hosting a Continental Breakfast for parents to enjoy. This will include croissants, muffins, tea, coffee, fresh fruit, etc. Please come a few minutes early from your regular drop-off time to get some breakfast to go!

Also on Tuesday March 19th is the first day of Spring. Say hello to the warmer weather and hopefully some more sunshine! Please remember to dress your child accordingly, including rubber boots, waterproof splash pants and a light jacket, with extra clothing. Spring is known for its rainy weather and at times, the older children might enjoy their outdoor play in light rain. It would be great for them to experience the outdoors in a different weather setting as the environment does look different compared to snow or sunshine.

Thursday March 21st is also World's Down Syndrome Day! Please show your support to the community by wearing mis-matched socks. This is a day to recognize and educate the world on what Down Syndrome is and how people with Down Syndrome are valued in our community. The idea of mis-matched socks was created because chromosomes also look like socks. People with Down Syndrome have an extra chromosome, so wearing mis-matched, funky, colourful patterned socks was a way to get noticed and raise awareness.

Thursday March 28th is Alpha's annual Easter Luncheon. The entirety of Alpha will be celebrating Easter as a family while enjoying a turkey lunch in the atrium. Not only is turkey being served, but also potatoes, veggies, gravy, stuffing, and pasta. There will be a vegetarian option available as well.

On Friday March 29th, it is Good Friday, a statutory holiday observed by the Christian community. It is to commemorate the sacrifice Jesus made on the Cross. Alpha will be closed.



Sunday March 31st is Easter Sunday. This is a Christian observed day for the resurrection of Jesus and the New Testament. Easter is often celebrated with hiding decorative eggs for children to find. The eggs represent new life and rebirth as a part of Jesus' Resurrection.

Monday April 1st is Easter Monday. Alpha is open on this day. Easter Monday is the last day of the Holy weekend observed by the Christian community. It is another day of celebration for Jesus' Resurrection. Monday April 1st is also April Fool's Day. It is a day for innocent pranks, jokes and overall a day filled with laughter and joy. It is a way to remember that sometimes you just need a good laugh or something silly to make you smile and have a great day ahead. We become caught up in life and April Fool's is there to remind us that it's okay to have fun too!

On Tuesday April 9th, Alpha will be hosting our annual Potluck event in the atrium from 6pm to 730pm. We ask that families bring in a dish of their choice to share with others. The food that is being brought in should only be enough to serve your family as there will be a lot of variety available. Whether food is being made or bought, Alpha does require a list of ingredients to help others identify food restrictions and allergies. We also ask that dishes remain peanut and nut free as well. We hope to see a lot of families there as it is a great way to get to know others and build relationships with the community.

Wednesday April 10th will be our monthly PAC meeting. This month it does fall on a Wednesday due to Alpha's second location having their Potluck. We hope to continue seeing our committee members attend, and we look forward to your feedback and opinions.

On Tuesday April 16th and Wednesday April 17th, it is Picture Day at Alpha. Please have your child dressed and ready for their pictures as it will take place in the morning. Children will not be going out in the morning either. Also, please have an extra set of clothes for your child to change into before lunch, to prevent their nice clothing from becoming dirty and having a comfortable nap time as well. Classrooms will have a specified date on which day they will take pictures; keep in mind that siblings will take their pictures on the youngest sibling day.

- Tuesday April 16th – Picture Day for Infants, Intermediate Toddlers, Junior Preschool and Preschool 3
- Wednesday April 17th – Picture Day for Junior Toddlers, Senior Toddlers, Senior Preschool and Preschool/ Kindergarten

Monday April 22nd is Earth Day. This day celebrates and honors the environmental movement achievements while raising awareness to protect Earth's natural resources for future generations to come.

Happy Celebrations Everyone!
Padmini (Shivana) Seedeyal RECE
Assistant Supervisor

Preschool/Kindergarten

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Hello families, we are almost through the long winter, and we are sure that everyone is looking forward to the upcoming spring season. The Preschool/Kindergarten class has been watching the outdoors for weather and seasonal changes and tracking them during our group times. We are almost finished with the first three groups of the Jolly Phonics sounds with the children. The class will continue to review the alphabet but now the focus is on the individual sounds the letters make in preparation for reading. The class is continuing to work on math concepts such as shapes, numeracy, measurement, data management and time. These concepts are introduced during group activities as well as play activities such as a shape scavenger hunt.

We celebrated our 100th day of the school and children participated in many activities enhancing their learning about numbers and counting. Celebrating the 100th day of school was a fantastic way to engage students in fun and educational



activities centred around numbers and counting. It's clear that the children's enthusiasm and interest made the celebration even more special. Engaging in projects and bringing them into the

classroom not only demonstrated the creativity of the students but also enhanced their understanding of numerical concepts. Such hands-on experiences contribute significantly to their overall learning and development.

As the season is turning from winter to spring the temperature is beginning to warm up, warming the earth and allowing the children to spend more time outdoors. Outdoor discovery time is a very important part of Alpha's curriculum as it can encompass all the areas of How Does Learning

Happen. Children will develop a sense of belonging by having a connection to the natural world. Engagement happens when children use their natural exuberance and curiosity to explore the playground and the possibilities they find there. Outdoor play also contributes to the children's well being by encouraging physical and mental health and wellness. The educators will continue to plan activities for outdoors that will encourage learning beyond the classroom such as searching for colours, listening, and labeling the sounds we hear and other outdoor challenges.

The outdoor environment allows for more unstructured play and imaginative thinking on the children's part. It also means that the children are exposed to



various elements such as water and mud. The children will be participating in outdoor play morning and afternoon each day, wet weather will not stop our outdoor play. In

fact, the educators believe it will enhance their play, allowing the children to experience the elements, observe water droplets and mud developing. This means that appropriate outdoor clothing is very important. The educators encourage that each child have rain boots, splash pants, a jacket, a hat, and an umbrella so that they can enjoy outdoor play regardless of the weather.

The educators encourage families to contact them if there are any concerns or questions regarding their children's progress or the program.

Ankita OCT, Jacqueline RECE and the Pre/Kinders

