

March/April 2024 Newsletter



Alpha Child Care Ltd.

Word From The Office

Hello Alpha Families. It's undeniable that the month of February brought the whole Alpha community some very devastating news as we lost our dear Ida unexpectedly and suddenly, on Friday February 9th. The educators at Alpha appreciated the tremendous support and love for one another as we all grieved and still continue to grieve. I wanted to dedicate my newsletter blurb to Ida and what she meant to everyone at Alpha. Ida was sent to us by chance as we were just giving up hope of finding a new chef for Alpha and out of the blue, Patricia received a phone call at the Peter Robertson location, and it was Ida asking if we were hiring. Patricia spoke with Ida over the phone for an hour and they instantly connected and the rest is history!

The delicious meals Ida cooked, and the smell of her baking was welcoming the moment anyone walked into the centre. It also was a big selling point to enroll new clients as tours were booked during these times and "This is where the magic happens" when Ida was introduced to new families looking for care. The children and families at Alpha adored Ida as she built strong relationships with each single one of them. Each day the children would flock to her as she entered the classroom, feeling her warm, meaningful, and genuine embrace.

Not only was she a passionate chef but she was an amazing friend and colleague to all the educators at Alpha. She was always there to listen and give her best advice,



reassuring others that "All is good," and to be grateful for the life we have.

Ida had a beautiful family, a loving husband, 3 young adult children and a Nonna to multiple grandchildren. She loved to share stories about her family, her smile showed how incredibly proud she was of them.

Her presence will be greatly missed, and she will always be remembered and honoured at Alpha. This was a great example of how the

Alpha family always pulls together to be there for one another, to live each day to the fullest and enjoy your loved ones a little more each day.

I was provided with some resources to share with families and the children as it has been difficult to process for all. Everyone grieves in many ways and the children may have some hard questions. The educators will continue to support the children and will be there to provide emotional support and comfort. My door is always open to chat, grieve, cry, laugh or to share fond memories of Ida.

For the children/families:
[Kids Grief](#)

[Grief Support | Centre For Grief And Healing \(BFO-H/P\) | Ontario](#)
[\(bereavedfamilies.ca\)](#)

[Whats your Grief - A Grief Website for the Rest of Us](#)

[WhereToStart.ca](#)
(Specific to general mental health for children 0-18)

[Alicia Emond, RECE](#)
alicae@alphachildcare.ca
Supervisor

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 (Calendar TBA)

Monday March 11th – First day of Ramadan

Sunday March 17th – St. Patrick's Day

Monday March 18th to 22nd – Parent Appreciation Week

March 18th—Parent Survey's go out
March 22nd—

Continental Breakfast Tuesday March 19th – First day of Spring

Thursday March 21st – World Down Syndrome Day; Wear Mismatched Socks

Wednesday March 27th – 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

Thursday April. 11th – Alpha's Annual Potluck @6pm to 730pm

Thursday April. 21st- PAC @7pm via Microsoft Teams

Wednesday April 10th – Eid-al-Fitr (Ramadan Ends)

Friday April. 19th- Picture Day at 9am (Graduation Photos for Sr. Preschool)

Monday April 22nd – Earth Day

Junior Toddlers

Hello Alpha Families! We would like to welcome Eliana to the Junior Toddler room! We are so happy to have her, as her brother Isaac has been with Alpha for a couple of years and now, she is joining the toddler room. We also want to welcome back Daman, who is the new Junior Toddler educator. She was away visiting family back home, but has resumed her title as an Early Childhood Educator with us and we are so happy to have her back.

As the winter months move behind us, we must say how lucky we were for some of those cold days that we usually see which were much milder. As we step



into March and April, we hope to continue to see the sun. We want to encourage our toddlers' independence when self dressing. This is such an important concept for building their foundation as it promotes self help, self regulation, and their overall confidence.

Using a hand over hand method as well as giving extra time for toddlers to do this, helps them build the confidence as well as teaching them in small steps.

As the spring weather is approaching, please remember to bring in splash pants. As they will come in handy for those wet mornings.

The Junior Toddler room

would also like to provide a healthy but delicious recipe for families to make and enjoy with one another.

BANANA SMOOTHIE:

- 1 Banana
- ½ Orange (peeled and quartered)
- ½ cup Greek Yogurt
- ¼ cup Milk (or water, dairy or non-dairy)
- 2 teaspoons Honey (optional)

An educator in the Toddler room has made this recipe, and it is delicious as bananas are found all year long! Enjoy!

Helena RECE, Daman RECE and the Jr. Toddlers

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

Senior Toddlers

Hello Alpha families, we hope everyone is doing well. The Senior Toddlers continue to achieve their self-help skills which include dressing/undressing from their winter gear independently. Our next goal is to be toilet trained which the toddlers have been working on and some of our peers have already mastered this skill!

The Senior Toddlers had so much fun making snowballs and shovelling snow with the bare minimum snow we had this winter. In February they loved creating Valentine's Day artwork, making cards, and delivering treats to their peers. We are looking forward to an early spring as Mr. Ground Hog predicted some nice weather soon. The toddlers are looking forward to Easter and here are some Easter activity



ideas for the little ones that they can enjoy at home.

Simple Easter Sensory Bin with Funnel

MATERIALS

- Funnels (I bought mine at Home Depot)
- Large plastic tub
- Duct tape
- Scissors
- Sensory bin filler (rice/rice crispies)
- Plastic eggs

To set up, use Duct tape to secure your funnels into the corners of your sensory bin. You could use more intense tools to make them more secure. Once your funnels are secure, pour in some rice crispies and plastic eggs and ask the children to start playing! With sensory bins you can set up rules for older kids and encourage toddlers to follow along. Children can then use the plastic eggs to pour the cereal down the funnels.

Egg Scoop Easter Activity for

Toddlers

MATERIALS NEEDED:

- Plastic eggs
- Scoops (whisks, ladles, etc.)
- Large plastic tub
- Smaller plastic containers
- large vinyl tablecloth (to contain the mess)



To get started, set up a big plastic bin (under bed storage tub) and then added some smaller plastic containers into the big bin. Next, add some plastic Easter eggs to the smaller containers and pour some water into them too. You do not need to put any water into the big bin. Lastly, add some scoops. You can use ladles, whisks, and some sifters to help the children mix and scoop. .

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Senior Toddlers cont'd

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Egg Roll Materials

- Scissors
- Clear packing tape
- Plastic eggs
- Cardboard tri-fold display board

Start by cutting up your tri-fold display board into three long pieces (2 sides, and 1 larger center piece). Next, push the



flaps on your big box inside of the box so that you have one big open side. Tape the cardboard tri-fold pieces onto the top of the box to create three ramps coming down the sides. Once all of the sides are taped, you're ready to play! Grab a bunch of plastic eggs and put them inside the box so that your toddler has easy access to reach

For more information go to: <https://busytoddler.com/easter-activities>

Until Next time:
Kulvinder RECE and The Senior Toddlers

Junior Preschool

Hi Alpha families, welcome to the months of March and April. We hope everyone enjoyed the mild weather and stayed warm on the colder days. The children at Alpha explore the outdoors for a minimum of 2 hours each day unless the weather exceeds -15 degrees. The children enjoy exploring snow and ice patches, so please remember to send extra mittens, socks, and clothes, as they often get wet or a little damp when removing their outdoor clothing. The preschoolers are becoming very independent, getting dressed and undressed for outdoor discoveries. They attempt to place their personal belongings in their cubby but at times, clothing ends up in someone else's cubby. So please remember to label your child's belongings before you send them to Alpha.



problem. Consistency in routine and in the way we as adults approach transitions is important for nurturing independence.

Children love to help! In addition to building

independence, this is a great tool for calming, for redirecting behaviour by giving them a sense of control. When you allow your child to help, you foster their confidence and give them an opportunity to learn something new. While this may involve adding an extra step or two, it is also a great way to involve your child in daily routines and activities. For example, when making scrambled eggs, an adult might pour the milk directly into the bowl and dispose of the shells directly in the garbage. As an alternative, consider pouring milk into a small cup or pitcher and asking your

child to pour it in to the bowl. Likewise, collect the eggshells in a small bowl and ask your child to help dump them in the garbage.

At Alpha, when children are reluctant to transition tidying up or moving outdoors, we try

to guide them with positive words. As well, offering children choices can inspire a sense of autonomy and willingness to participate. For example, if a child is hesitant to get ready, we can involve them in deciding what to wear, what to play or who to play with. Providing children choices, alongside positive encouragement will foster independence and motivation to cooperate. This ends up being more successful than bribing in the long run for the children's independence and cooperative behaviour.

The best way to motivate a child would be to trigger his interest in doing the desired activity. This would make the child get involved in the process, help him learn, and teach him to accept the favourable or unfavourable outcome of his actions.
- *Dr Ravi Samuel

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

Until next time,
Manpreet RECE and the Jr. Preschoolers

Many children have difficulty transitioning to a new activity or moving on from something they are engaged in. With strong-willed preschoolers, it can seem easier to offer rewards for children to follow our directions. This might work in the moment but doesn't fix the



Like Us On Facebook

Ida's Kitchen (In Loving Memory)

Prior to Ida's sudden passing, she had written and submitted her newsletter article. It only seemed fitting to publish it in memory of her.

Hello friends and greetings from Alpha's kitchen.

It's been a wonderful winter with a few cold days and a few snowy days, but overall we have been very lucky.

As spring arrives, I am sure we are all looking forward to longer days and more sunshine. Which means it is time for our spring cleanup and time to start planning for the garden season ahead. This would be a great time to plan an outdoor project with the children. We have noticed the children are quite



interested in gardening and what a perfect time to get them involved. Planting seeds, watering, and watching them grow. The children would really take pride in that! Try a few vegetables, or a small little flower bed -something that will be low maintenance and easy for the children to look after. They will be so happy to see the progress from their hard work. I am looking forward to our Easter Luncheon, a wonderful day when we all enjoy lunch as a big family.

Wishing everyone a Happy Easter.

(In loving memory) Chef Ida

Senior Preschool

Hello again Sr. Preschool families! We hope you're feeling excited for springtime as much as we are. March and April are going to be filled with so much fun and excitement, and we can't wait to dive into all the adventures ahead.



journey of learning and discovery.

First off, a big congratulations to everyone who made our 100th Day celebration such a blast! It was fantastic seeing all the creativity and enthusiasm from our little ones. Also, we'd like to welcome Jayden to our classroom! We're thrilled to have him join us on our

The educators have been focusing on fostering cooperation and turn-taking skills. We are encouraging the preschoolers to be supportive friends to one another, by setting the timer as a time limit to share a toy and using our manners when a toy is shared by saying thank you. We have also been focusing on letter recognition, by labelling letters in books and around the classroom and helping them recognize their name in print, especially

in the cubby area where their baskets are labelled.

St. Patrick's Day and Easter are coming up, so get ready for some green-themed fun, leprechaun stories, egg decorating, and an egg-citing Easter egg hunt. These are just some of the fun things we will be working on during the spring months. Let's all hope for some warmer weather and if you have any questions, don't hesitate to ask us.

Sarmini RECE, Terence RECE, Ramandeep CYCW and the Sr. Preschoolers

School Age

Hello parents and welcome to the months of March and April!

During the last couple of weeks, our children have shown many interests within the classroom. Some of their favourites have been creating and running their own restaurants, grocery shopping, cooking food, camping, and of course creating art.

Looking ahead, we will continue to support the children's interest which will be outlined in our weekly program plan. As usual, we are always happy to take any recycled materials and loose parts off your hands that our children can use

within the classroom.

This year's March Break camp will be filled with fun activities for the children who may be attending. The theme for the week commencing Monday March 11 - Friday March 15 will be The Circus. Some of the activities to look forward to will be making popcorn, cotton candy, fun games, art, and a special magic show from "WonderPhil" who will be attending Alpha on Thursday March 14 at 10:00 am.

Sam, Michelle, and Sabrina have been starting to plan for Summer Camp (yes, it



is that time of year again!!). We have asked for the children's opinion and input on what trips they enjoyed last year and which trips were their least favourite. If you haven't signed up yet, please do so as spots are limited.

We would like to end off, by letting you all know that our door is always open if you have any concerns or questions.

Until next time,
Sam RECE, Michelle, Sabrina RECE, and the School Age gang!

Word From The Manager

Alpha Child Care

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://www.peelregion.ca/health/infection-prevention-and-control-in-child-care/) 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

