



Dates To Remember:

Thurs May 9th-
Spring Concert @
5pm

Mon. May. 20th -
Victoria Day-
ALPHA CLOSED

Wed May 22nd - Last
PAC Meeting. via
Microsoft Teams at
7pm

Fri May 24th-
Alpha's Annual
Awards Dinner @
7pm

Mon May 27th NEW
Spring/Summer
Menu starts

Mon June 10th - PA
Day for both boards

Thurs June 13th-
Father's Day BBQ
@4pm

Thurs. June. 27th-
Preschool Graduation
@5pm

Fri. June. 28th -
Child Observation
Records go home

Word From The Office

Hello Alpha Families and welcome spring! It's certainly been a long, cold winter and we are so excited for the warm weather. With the summer months approaching, the educators will be taking some much-needed vacation time therefore you may see different educators covering in the classrooms. Please see the white boards outside of your child's classroom to see which educator is covering for the day/week. We have welcomed 3 new educators to the team, Clare RECE, who is working in the Sr. Preschool room, Babita and Abay RECE, who are the Program Support educators, covering breaks, lunches and planning time in the classrooms.

We wanted to again thank everyone for their support with our Jamie's Cracked Corn fundraiser and together we raised \$773. With the money raised, we will be purchasing playground equipment and materials. With the summer months approaching, we will again be going back to Water Play Fridays. Every Friday (weather permitting) we will be having water play in the front grass area with all the children together. Please be sure to send your child in with a swimsuit/water clothes, water shoes (NO CROCS OR SANDALS ALLOWED) as well as a towel. To help the educators maximize the children's water play time, please have your child come to the centre wearing their swimsuits under their clothes

and bring extra clothes to change into after play.

Just a reminder that summer camp registration is available and there are limited spaces available in some weeks, this is also open to outside clients. Due to the high demand for school age programs in the Peel Village community, we are asking our school age families to let us know if their child will be returning to the program for the upcoming 2024-2025 school year so that we can plan accordingly for September.

On Thursday May 9th we are happy to announce that we will be hosting our annual Spring concert in the upper hall at 5pm! This concert has been an on-going tradition for Alpha to honour the amazing Moms/caregivers of the children as it always takes place prior to Mother's Day. You will also get a special gift sent home on this day.

On Friday May 24th Alpha will host its Annual Awards Dinner for the educators, honouring milestones and special awards will be given to certain educators, including a co-workers choice award. This year Sarmini and Sam (Samantha) will be celebrating their 5 year milestone and

Helena will be celebrating her 1 year milestone. We take this night to honour our amazing educator and recognize them for all their hard work. It's always a great night and everyone is looking forward to it.



On Thursday June 13th we will be hosting our Annual Summer BBQ. This will be hosted in the back parking lot, starting at 4pm until 6:30pm, to honour our amazing dads/

caregivers. Greg will fire up the grill with hamburgers/Veggie burgers, A cool pasta salad will be served along with Freezies and watermelon.

On Thursday June 27th we will be having our Preschool Graduation. A very bittersweet day for the educators as we celebrate our graduates who are off to JK/SK this coming September. This will take place in the upper hall at 5pm and this year's theme is "Rumble in the Jungle"



Prepare yourselves for special moments and memories that the preschoolers have created over the year!

Until next time, my door is always open.
Alicia Emond, RECE
aliciae@alphachildcare.ca

Junior Toddlers

Hello Alpha Family! A warm welcome to our new junior toddlers joining us – Grayson and Alessia. We are so happy and excited to have them with us.

With the warm weather approaching, educators are continuously working to encourage toddler self-help skills during cloakroom routine; taking off and putting on their shoes; using a flip-flop over the top method to put their jackets on, as well as putting on their splash plants.

As we wrap up those cooler winter days, we look forward to those sunny brighter days in May keeping in mind, sunscreen and summer



hats are essential for outdoor play. The spring weather comes with some uncertainty. Please ensure your child is prepared for all weather types as we strive to get outside each day. We ask our families to bring in light jackets/sweatshirts, spare clothes including socks, hats/light mitts, and a pair of rain boots, for the wet playground after and spring shower.

As the spring season has arrived, we'll be exploring all things spring! We'll discuss how rain nurtures our city trees to blossom into beautiful luscious trees and animals returning to Canada from the long cold winter back to their summer

natural habitats. As well as helping to plant in the gardens on the playground.

Alpha will be closed on Monday May 20th to enjoy a long weekend with family and friends. To enjoy the long weekend there are many events in town that are taking place for you to enjoy with family. A few family places that may interest you, are, Downey's Farm (opening May 17th); Centre Island – taking the ferry across the lake to enjoy the beaches, corn maze, fun rides; Canada's Wonderland (opening May 7th), Gage Park with multiple activities and music to enjoy!

Until next time enjoy the weather
Daman, RECE, Helena RECE and the Jr. Toddlers

Senior Toddlers

Welcome to the months of May and June as the Sr. Toddlers are very excited and looking forward to future events such as the spring concert, Mother's Day and Father's Day. They are very busy practicing for the concert, making gifts and cards for their mom's and dad's.

Over the past few months the Sr. Toddlers have achieved many goals such as self-help skills, sharing and turn taking skills. We are looking forward to the warmer weather and we would like to share some tips for outdoor safety:

Fireworks Safety

- Fireworks can result in severe burns, blindness, scars, and even death.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.



- The AAP recommends prohibiting public sale of all fireworks, including those by mail or the internet to prevent severe injuries from occurring.

Bug Safety

- Don't use scented soaps, perfumes, or hair spray on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- If possible, eliminate stagnant water, such as in bird baths or fishponds, in your yard. Dump any buckets or tires that may contain standing water. Check that your window screens are tightly fitted and repair any holes to keep bugs out of your home.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card (wiped clean), tweezers or if no choice your fingernail. .
- Avoid using combination sunscreen/insect repellent products because sunscreen needs to be reapplied every two hours, but the insect repellent should not be

reapplied that often.

- Use insect repellents containing DEET when needed, to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.
- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- 10% DEET provides protection for about 2 hours, and 30% DEET protects for about 5 hours. Choose the lowest concentration that will provide the required length of protection.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when they return indoors.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants, and socks to

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Senior Toddlers cont'd

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prevent bites.

- Children should wear hats to protect against ticks when walking in the woods, high grasses, or bushes. Check hair and skin for ticks at the end of the day.

Playground Safety

- When playing at a park it should be inspected by a 3rd party to ensure mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) are maintained to a depth of at least 9 inches (6 inches for shredded rubber). The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Opened "S" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic, or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it, or call the playground operator to remove it.

- Make sure your children remove helmets and anything looped around their necks.
- Metal, rubber, and plastic products can get very hot in the summer, especially under direct sun, so be sure to check these items before having your child use the equipment
- Make sure slides are cool to prevent children's legs from getting burned.
- Do not allow children to play barefoot on the playground.
- Parents should supervise children on play equipment.
- If children are jumping on a trampoline, they should be supervised by an adult, and only one child should be on the trampoline at a time; 75% of trampoline injuries occur when more than one person is jumping at a time.

Bicycle Safety

- A helmet protects your child from serious injury and should always be worn. And remember, wearing a helmet always helps children develop the helmet habit.
- Your should wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you



ride, put on your helmet.

- When purchasing a helmet, look for a label or sticker that says the helmet meets the CCPSA (Canada Consumer Product Safety Act) safety standard.
- A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.
- Take your child with you when you shop for a bike, so that he or she can try it out. The value of a properly fitted bike far outweighs the value of surprising your child with a new one. Buy a bike that is the right size, not one your child must "grow into." Oversized bikes are dangerous.
- Your child should ride on the right, facing the same direction as traffic, and should be taught to obey all stop signs and other traffic control devices.

We hope these tips can help on your next purchases.

Until next time!

Kulvinder K Singh RECE and the Sr Toddlers

Sabrina's Kitchen

Hi to all! It has been so much fun settling into my new role in the kitchen. Although at times I reflect on our very loved Ida and what she would do. I



learnt so much from her that I feel that all the knowledge she distilled into me is now being put to good use with daily tasks. I have been experimenting with new recipes as I've been gradually introducing them to the children. A couple weeks ago I had made broccoli cheddar soup from scratch and with all my little friends'

feedback it was a hit that I will continue to make it. It has been so rewarding to watch the children explore new spices and textures of food. Watching their little faces light up when I come into their classroom with the lunch bin has

been a heartwarming experience and I am so grateful to be cooking for them everyday. Please don't hesitate to say hello or even some tips and tricks for my particular friends, all feedback is welcomed and greatly appreciated.

Broccoli Cheddar Soup Recipe

Here is an easy copycat panera recipe

Broccoli cheddar Soup. This Broccoli and Cheese soup recipe is easy

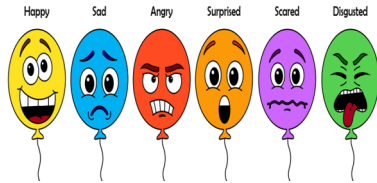
- 1 tablespoon melted butter
- ½ medium onion chopped
- ¼ cup melted butter
- ¼ cup all purpose flour
- 2 cups heavy cream
- 2 cups chicken broth
- ½ lb fresh broccoli (chopped into bite size pieces)
- 1 carrot (peeled and shredded).
- ¼ teaspoon nutmeg

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Junior Preschool

Hi Alpha Families, welcome to the months of May and June. We hope everyone enjoyed the mild winter days and are beginning to plan for the summer.

Here at Alpha our preschoolers are doing amazing things, they love to do their tasks independently all the time. They are learning to transform shapes into simple shapes and some children are demonstrating interest in printing and tracing letters. At times, they create letters with blocks and demonstrate pride in their work. They especially enjoy hands on experiences such as making playdough, mixing all the ingredients, and asking questions such as why we need salt in the mix. We are still working on self-regulation skills, as some children are quick responders to hitting hands rather than using their words, when experiencing strong emotions. The preschool children are at a fascinating stage of development, where they're learning to navigate their emotions. As parents and



educator, we play a crucial role in helping them understand and manage their feelings. Each child develops at their own pace, influenced by genetics, environment, and individual temperament. By fostering emotional awareness and providing a supportive environment, we empower preschoolers to navigate their feelings and build essential social skills. Here are 5 important steps to help children regulate their emotions:

1. Ensure your child feels safe and supported: When your child feels secure and accepted, they are much more able to reflect on how they feel, and to focus their attention.
2. Start with the basics and don't be too prescriptive: With younger children, it can be helpful to start with labels that are either very basic – such as happy, or sad, Alpha using the Second Step Social Program and works on identifying these feelings through visuals and puppets.
3. Use labels that invite connection:

Labelling an emotion as 'worried' or 'sad' invites reflection, whereas 'annoyed' or 'angry' or 'irritated' can shift attention away from your child's needs. This doesn't mean you can't use these labels; anger has an important place in your child's emotional world, but it needs to be balanced with labels that allow a child to come back to the more vulnerable feelings.

4. Prioritise your child's preferences: The best conversations are those your child initiates. This is often when you have least space. It might be just as you're rushing to get dinner on the table, or about to wash the dog. But as soon as your child shows an interest in talking, try to stop what you're doing and go for it. Talk less than you would normally and don't push for information.
5. If you have any question, please find me in Jr Pre classroom on how we can work together as a team for setting the stage for successful behaviour.

Manpreet Bahra, RECE and the Jr. Preschoolers

Senior Preschool

Hello families! Welcome to the months of May and June! We would like to welcome Clare the third Sr. Preschool educator in the classroom. Over the past couple of months our preschoolers have been working on turn-taking with peers and tidying up the classroom before entering a new area to play in. The educators will continue to work with the preschoolers on printing their names and we will begin implementing the sign in book upon arrival. As spring has begun the Sr. Preschoolers have been practicing singing their songs for the Spring Concert.

The Sr. Preschoolers have been so creative over the past few weeks in expressing their creativity at the art centre with Easter craft activities and creating projects.

To further enhance their interest in crafting here are some ideas to do at home with them.

- Take them to crock a doodle
- Enjoy a kid's workshop at Michaels (located on Kennedy & Steeles)
- Enjoy a Kids Project for free at Home Depot every first Saturday of the month at 9am
- Visit Pinterest for any DIY ideas with materials you can use at home



Here are some ideas for Mother's and Father's Day:

- Have a movie night
- Go on a picnic
- Go camping
- Go bowling
- Visit an arcade
- Enjoy a board game
- Go out for ice cream
- Go out to eat
- Make breakfast together
- Go-kart racing
- Go for a bike ride

To end off, we would like to ask parents if you have any diversity and loose part materials such as nature, metal, ceramic, glass, wood, packaging, ribbons etc. Please bring them in to the Sr. Preschool classroom for your children to explore further.

If you have any questions, feel free to ask any of the educators in the classroom or Alicia and Sam in the office.

Until next time!

Sarmini RECE, Raman CYCW, Clare RECE and the Sr. Preschoolers

Sabrina's Kitchen

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- 8 ounces grated sharp cheddar cheese
- salt and pepper to taste

INSTRUCTIONS

- In a large pot, sauté the onion in 1 tablespoon melted butter until onions are soft. Add in the flour and ¼ cup melted butter.
- Stir with the onions over medium heat for about 3-4 minutes until the onions are soft.
- Slowly whisk in the half and half and chicken stock.
- Add the broccoli and carrots. Simmer, covered on medium-low for about 25 minutes until the broccoli and carrots are tender.



- Add nutmeg, salt, pepper and sharp cheddar cheese. Let the cheese melt and then serve.
- Enjoy!

RECIPE NOTES

For a smoother soup, you can puree this soup with an immersion blender or regular blender.

Refrigerate the leftovers in an air tight container for up to 4-5 days.

I used fresh chopped broccoli for this recipe but you can use a bag of frozen broccoli instead.

Chef Sabrina

We're on the web visit
www.alphachildcare.ca

Word From The Manager

April has brought along several refreshing rainstorms, which signals the arrival of May flowers. This is an enchanting time of year where tiny buds are sprouting, and soon they will be in full bloom, creating a mesmerizing sight. As the season changes, it's crucial to ensure that your child is well-equipped with appropriate clothing in their cubby to make the most of their outdoor time. Please ensure that your child has splash pants to keep their pants dry, a light spring jacket to keep them warm, rain boots to splash around in puddles, and a hat to cover their delicate ears and protect them from the sun's harsh rays. Hats are a crucial part of any sun protection plan as they block up to 97% of the sun's UVB rays. Additionally, we kindly request that you start bringing sunscreen marked with 30SPF so that our educators can apply it to any exposed skin when the weather starts to warm up. For those parents who worry about their child looking untidy, a pair of rain boots and



splash pants will help protect your child's clothes while they are exploring Alpha's natural elements, and they can have a great time without any worries.

I am pleased to remind you that Alpha will be hosting its annual Awards

Dinner for our educators on Friday, May 24th. We are thrilled to celebrate the hard work and dedication of our educators who are making a significant impact in the lives of our children. This year's theme is "Enchanted Garden" at Professor's Lake, and dinner will be provided by Gregory's Catering. We will be recognizing and honoring our employees for their growth and development, congeniality, leadership, and co-workers' choice award, among other categories. Additionally, we will be honouring retired employees who have contributed to our organization's success over the years and honouring our beloved friends Chef Ida and Kim who are keep in our

thoughts daily.

Celebrating 1 year of service with Alpha at the Peter Robertson is Komal, Harnoor, Ankita, and Rupinder and from our Cathedral location is Helena. Celebrating 5 years of service at Peter Robertson are Shivana and Janice and at Cathedral Sarmini and Samantha (aka Sam). Our educators are looking forward to some early relief time to prepare for the evening event and to showcase their best selves. We kindly request parents to pick up their children before closing time to allow our educators to get ready for the special evening. We are excited about this year's event and the opportunity to celebrate our educators' milestones from January to December 2023. A special slide show will be presented to showcase all our memories over the past year! Thank you for your cooperation in ensuring that our educators have ample time to prepare for the event. We appreciate your



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Word From The Manager

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continued support in making Alpha a great place for learning and growth.

Alpha is excited to announce the launch of their new Spring/Summer Menu, which will begin on May 27th, 2024. The menu is designed to provide nutritionally balanced meals and snacks from all food groupings in Canada's food guide, including vegetables and fruits, whole grain foods, and protein foods. To ensure transparency, Alpha will be sharing a copy of the new menu with families so that parents can see what will be served on a day-to-day basis. If there are any changes to the menu, all substitutes and adaptations will be posted on the menu board, which is located outside the kitchen door at Peter Robertson and at Cathedral on the board in the front entry. During snack time, one choice each from the vegetables and fruits group, protein foods (AM or PM), and whole grains foods (AM or PM) will be provided. For lunch, the chefs will include two choices of the vegetable and fruits food groups, one choice of whole grain foods, and one choice from iron-rich protein foods. Alpha encourages children to select their own amount of food by offering family-style



meals, allowing all children, including infants and toddlers, to serve themselves with assistance from an educator. Alpha understands that children's appetites vary from meal to meal and from day to day. Therefore, they provide different amounts of food depending on age, activity level, stage of growth, appetite, and illness or fatigue. Alpha's chefs look for the % DV (percentage daily values) when serving items from the menu. The % DV helps to determine if a serving of food is high or low in a nutrient. When reading labels, the chef looks for 10% DV to serve the children. This number reflects the daily recommended value for nutrients and ensures that the food served has lower amounts of added sugar, salt, and saturated fat and it is a good source of nutrients, such as fibre, calcium, and iron. Finally, Alpha is committed to providing the best possible nutrition for children and is always looking to improve. While attending Alpha's Parent Advisory Council (PAC) Meetings, the topic of finding a registered

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dietician was discussed. However, there have been no leads thus far. If you know of someone who can look at Alpha's menus and approve them, please send them Alpha's way. Alpha currently follows the recommendations by Canada food guide, which is approved by Peel Public Health.

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

Like Us on Facebook

School Age

Hello Alpha families, as we welcome the warmer months ahead, we want to ensure that our children are fully prepared for outdoor activities here at Alpha. Please remember to equip your children with essential items such as sunscreen, hats, weather appropriate clothing and footwear suitable for the changing weather conditions. Thank you!

With our Spring concert just around the corner, our School Agers have been diligently practicing their songs and crafting heartfelt Mother's Day gifts. Over the past few weeks, the children have been immersed in various creative activities



during the mornings and afternoons. From exploring gross motor skills, to setting up mini shops like hair salons, and dentist offices, their imaginations have truly soared. They have also delved into topics like space and science, culminating in collaborative projects such as creating rocket ships and painting beautiful moon lamps.

In response to the growing interest in painting activities, we would like to bring to your attention the local venues such as Crock-a-Doodle, which is located on Financial Dr. in

Brampton, and Visual Arts Brampton located on Bartley Bull Pkwy for additional creative experiences.



A heartfelt thank you to everyone who participated in our recent potluck gathering. Your presence added warmth and joy to the occasion. As always, we value open communication with our parents and welcome any feedback, ideas, or concerns you may have.

Until next time,
Michelle, Sam RECE, and the School Agers