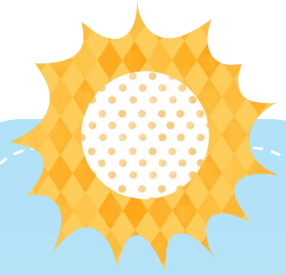


# July /August 2025 Newsletter



## Word from the Office

It's officially summer! I hope everyone can enjoy the warmer weather and soak up some vitamin D from the Sun!

Speaking of the Sun, to protect the children from its harmful rays, please ensure your child has sunscreen at the centre that has an SPF of 30 or higher. The educators will be applying it both morning and afternoon before outdoor discovery. Also, please ensure your child has a hat and appropriate footwear. Crocs, sandals, and flip flops are unsafe and should not be worn out/indoors at the centre. Running shoes are the best choice for children to use as they can play freely while protecting their toes and heels.

Starting the first week of July to the end of August, every Friday we will be having Water Play. During this time, your child will be outdoors in the morning enjoying water-based activities (weather permitting) which includes various sensory bins, water sprinklers, etc. Please provide your child with a swimsuit, towel, water shoes, and extra clothing to change into after. They will also have a picnic lunch outdoors.

Over the summer months, the educators will be taking some well deserved time off. With this being said, you may see some new faces around the centre, as supply educators will be relieving the educators to enjoy their vacation time. Please don't hesitate to introduce yourself if you are not familiar with them as we also hope they will introduce themselves to you as well. Outside each classroom has a message board where you can see any updates weekly/daily to indicate who is working in the classroom. We will try to maintain consistency as much as possible to minimize changes, within the classroom. Thank-you for your understanding!

### Just a few dates to remember:

On July 1<sup>st</sup>, Alpha will be closed due to Canada Day! I hope everyone can enjoy celebration and see the fireworks!

Monday August 4<sup>th</sup> is Civic Holiday and Alpha will be closed. Enjoy the long weekend!

I hope everyone has a fantastic summer, enjoy the warm sun, stay cool, and remember my door is always open!

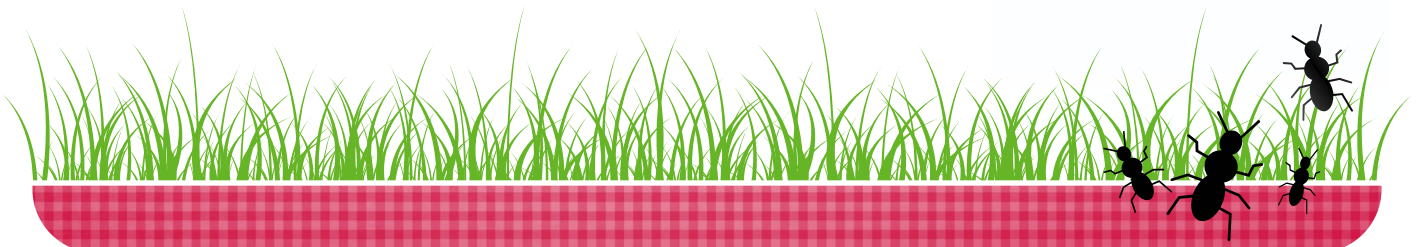
**Shivana Seedeyal RECE, Supervisor**

shivanas@alphachildcare.ca

### Important Dates

Tuesday, July 1<sup>st</sup> closed  
for Canada Day

Monday Aug. 4<sup>th</sup> closed  
for Civic Holiday



## Junior Toddler

Hello from the Junior Toddler room, and hello to your little explorers and their big helpers! Summer is here, and it's the perfect time to step outside and enjoy the sunshine. Our Junior Toddler class is really enjoying the outdoor discoveries, we have been enjoying looking for different types of creatures in the grass and garden, watching and observing their movements and having conversations about where they are going, how many legs they have and what they like to eat. When it is hot outside, we fill up watering cans to show the toddlers how to take care of the plants and flowers. We have been adding water to the sand to create mud pies, such as pasta, meatballs, and castles. They really enjoy creating new structures and then dump and squish the sand with their bodies. The toddlers also have been enjoying pulling children in the wagon. This is a great way to build on their core strength and gross motor skills. We have brought new toys out on the playground for the toddlers to discover, such as tools and construction hats. This is an area that can be brought inside or outside, and a great way to discuss how to handle tools safely. Using a hammer appropriately can help strengthen and control hand eye- coordination. Let's discover some fun and easy outdoor activities that are just right for your toddlers!

### Nature Explorers

- **Leaf and Flower Hunts:** Go on a treasure hunt to find different leaves and flowers. You can collect them in a basket and even make a nature crown to wear proudly!
- **Bug Safari:** Look under rocks and leaves to find tiny bugs. Remember, they're our little friends—be gentle and observe them quietly.

### Creative Play

- **Mud Kitchen Fun:** Mix dirt, water, and leaves to create mud pies. It's a messy but magical way to play!
- **Spray Bottle Painting:** Fill a spray bottle with water and a little food colouring. Spray it on paper or the sidewalk to make beautiful designs.

### Water Wonders

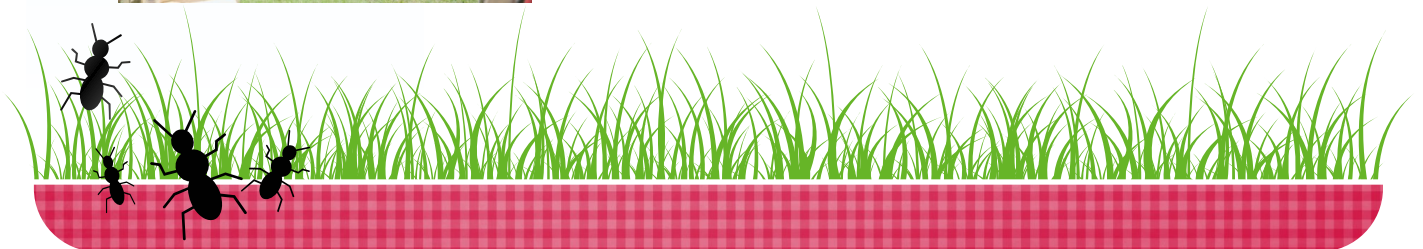
- **Water Table Play:** Fill a shallow table with water and add cups, spoons, and toys. Pour, scoop, and splash to your heart's content.
- **Bubble Bonanza:** Blow bubbles and watch them float away. Try to catch them before they pop!



### Backyard Adventures

- **Picnic Time:** Pack a snack and enjoy a meal on a blanket in the backyard. Don't forget to bring your favourite stuffed animal!
- **Tent Camping:** Set up a small tent or make a fort with blankets. Pretend you're camping under the stars.

*(Continued on page 3)*



# Senior Toddler

Hello Alpha families!

Welcome to the warm and sunny months of **July and August**—a time for adventure, learning, and summer fun! Over the past few months, our Toddlers have been working hard on using their words instead of expressing frustration through actions or loud reactions when a peer takes a toy without asking. It's heartwarming to see them developing these important communication skills. They have also been thoroughly enjoying the *Jolly Phonics* jingles, eagerly making letter sounds and strengthening their early literacy skills.

With summer in full swing, the children are making the most of the beautiful weather! Outdoor discovery time has become a daily highlight, filled with excitement as they explore nature up close. From observing birds and bugs enjoying their meals to spotting butterflies and bumblebees fluttering around the flowers, their curiosity is boundless. Each walk to the playground turns into a mini adventure, where every creepy crawler and rustling leaf sparks their sense of wonder.

To make the most of this wonderful season, we've put together some delightful **summer picnic recipes** for you to enjoy with your little ones. Whether it's refreshing fruit skewers, homemade sandwiches, or easy-to-make snacks, these recipes are perfect for a fun outdoor gathering.

Wishing you a joyful and memorable summer! Let us know how your family is celebrating the season.

## Healthy Fruit Wrap Recipe

### Ingredients

- 8 oz. Cream Cheese softened
- 1 ½ cups Powdered Sugar
- 1 cup Blueberries
- 1-2 cups Strawberries
- 1 Large Mango
- 2-3 Kiwi
- 6 Flour Tortillas (10" round)

### Directions

1. In a small bowl, beat the cream cheese and powdered sugar together until smooth.
2. Spread 2-3 tablespoons of the cream cheese mixture on each tortilla.
3. Peel and thinly slice the mango and the kiwis. Cut the tops off the strawberries and slice those thin as well.
4. Lay pieces of fruit all over the tortillas.
5. Carefully roll up each of the tortillas as tight as you can. Slice the tortillas in half and serve right away. You can refrigerate these for a few hours before serving if you'd like.



## Easy to Make Fresh Fruit Popsicles

### Ingredients

- 1 Popsicle Mold

# Junior Toddler cont'd

(Continued from page 2)

- **Obstacle Course:** Use cushions, cones, and ropes to create a fun course. Crawl under, jump over, and run around!

### Music & Movement

- **Dance Party:** Play your favourite songs and dance around. Twirl, jump, and clap to the beat!
- **Nature Instruments:** Use sticks as drumsticks and rocks as tambourines.



Make music with the sounds of nature.

- **Animal Yoga:** Stretch and move like animals. Can you be a cat, a dog, or a butterfly?

Remember, the most important thing is to have fun and explore safely. Always wear sunscreen, and drink plenty of water. Summer is a time for laughter, learning, and making wonderful memories. Enjoy every sunny moment! ☀️

*Kelly, Roopneet RECE and the Jr Toddlers*



# Senior Toddler cont'd

(Continued from page 3)

- 2 Kiwi
- 2 Peaches
- 5 Strawberries
- ½ Cup Blueberries
- 2—16 oz. Bottles Flavored Water



## Directions

1. Cut the kiwi and strawberries into slices, and cut the peaches into bite-sized pieces.
2. Layer the fruit into the popsicle molds until each one is full, but about ½ inch from the top.
3. Pour the flavored water into each mold filling within ½ inch from the top.
4. Place the stick down into each mold and put into the freezer until frozen, about 4-5 hours or overnight.

## Pizza Biscuits

- Pepperoni - sliced into thin strips or use mini pepperoni
- Mozzarella - shredded
- Parmesan - shredded
- Sour cream - helps keep the biscuits extra moist
- Italian seasoning - adds extra flavor



## Directions

1. Combine flour, sugar, baking powder and seasonings in a bowl
2. Add butter and incorporate butter into flour using a pastry blender or your hands. Mixture should be crumbly.
3. In a separate bowl, combine milk and sour cream
4. Add to flour mixture and stir just until mostly combined
5. Add mozzarella cheese and pepperoni. Fold in until well distributed
6. Use a cookie/ice cream scoop to form large mounds of dough on a greased baking sheet. Two spoons can also be used to form the dough.
7. Top each biscuit with parmesan cheese

8. Bake in a preheated 450° oven for 15 minutes

## Pasta Salad

### Ingredients

- Cavatappi Pasta (or any shape; shells, bow tie, etc.)
- extra-virgin olive oil
- white wine vinegar or red wine vinegar
- fresh parsley chopped
- fresh basil leaves chopped
- orange bell pepper chopped
- yellow bell pepper chopped
- fresh red onion or pickled onion diced finely
- kosher sea salt
- Monterey jack cheese ½" cubes



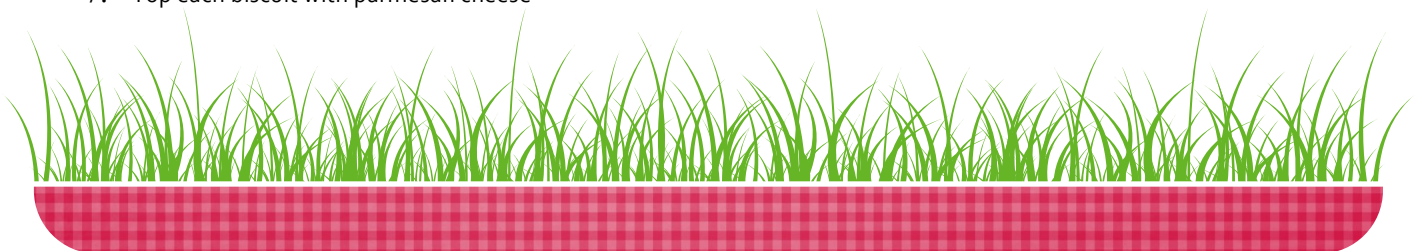
### Directions

1. In a large pot, bring cold water to boil then add the pasta. Stir to keep water moving, 5-8 minutes.
2. Drain pasta, shake, and rinse (so it's not sticky).
3. Place pasta in a large bowl, and add extra virgin olive oil and sea salt immediately to the hot pasta. Toss well to coat. Cover and chill for 30 minutes.
4. Meanwhile, finely chop the red onion, parsley, and basil. Slice the yellow and orange bell pepper into small pieces. And cut the Monterey Jack cheese into small ½" cubes.
5. Into the chilled bowl of pasta, add the diced red onion, vinegar, chopped parsley and basil, diced orange, and yellow bell pepper. Add the cheese cubes toss well, and chill again for at least 2 hours. It will hold overnight really well.
6. Store leftovers in a covered small bowl or airtight container for up to 5 days

Wishing you a joyful and memorable summer! Let us know how your family is celebrating the season.

Until Next time:

**Kulvinder RECE and the Senior Toddlers!**





## Junior Preschool

Hello again everyone! We hope you're all enjoying the beginning of summer and soaking up the beautiful weather!

Our Junior Preschoolers have been busy learning and practicing the important skills of sharing and turn-taking, both indoors and outdoors. When a new toy is introduced into the classroom, we use a timer set to 5- or 10-minute intervals to help ensure that everyone gets a turn. This strategy has been a great addition—providing a visual aid that helps the children better understand and navigate the concept of taking turns and sharing toys.

The educators in the Jr. Preschool room will continue to model positive language around sharing, gently guide children through conflict resolution, and encourage empathy by helping them recognize how their peers may feel while waiting for a turn. We'll also continue using visual tools like timers and providing consistent, age-appropriate reminders to reinforce these skills throughout daily routines.

Parents can support this learning at home by encouraging turn-taking during play, using timers for popular toys or activities, and praising cooperative behaviour when they see it. Reading books about sharing, playing board games, or involving siblings in simple group tasks (like setting the table or tidying up together) are also great ways to reinforce these social-emotional skills. Working together between home and Alpha helps create a consistent and supportive environment for your child's development.

To help you make the most of the season, here are some exciting events happening around Brampton that you and your family can enjoy together!

Toronto Zoo

Date: All summer

Location: Toronto

Price: General admission



ROM – T. Rex: The Ultimate Predator

Date: All summer

Location: Royal Ontario Museum, Toronto

Price: Included with admission

Weekend Nature Play

Date: Saturdays, all summer

Location: Evergreen Brick Works, Toronto

Price: Free



CN Tower – Look Out Level

Date: All summer

Location: CN Tower, Toronto

Price: Included with admission

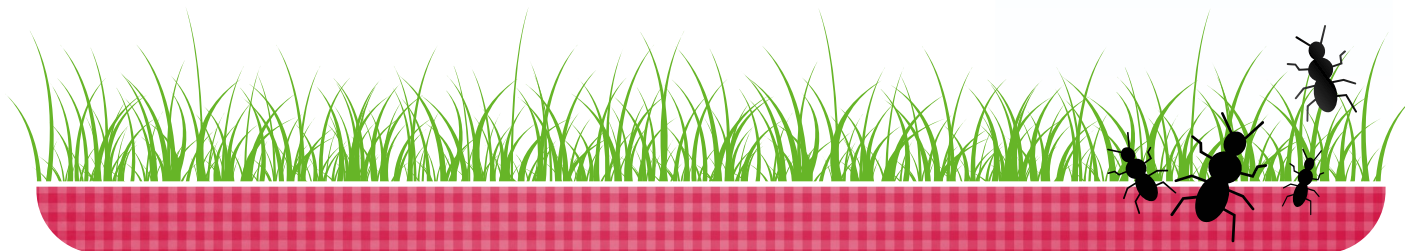
Mississauga Movie Nights

Date: Thursdays, May 26 – September 1

Location: Celebration Square, Mississauga

Price: Free

*(Continued on page 7)*



## Senior Preschool

Welcome to the warm and wonderful months of July and August! We hope you are enjoying this vibrant summer season with your loved ones. Summer is a perfect time to create lasting memories with your children, and here at Alpha, we're making the most of it through fun and meaningful learning experiences. In the Preschool classroom, our focus remains on hands-on learning, outdoor exploration, Jolly Phonics, and name tracing. The children are thriving and enjoying the summer to its fullest! The preschoolers recently explored paper mâché, and it quickly became a favourite! The process captured their attention and inspired lots of creative expression.

Our little gardeners are absolutely delighted to explore the garden, checking daily for ripened fruits, and observing changes in nature. They've noticed how flowers change colour, from yellow to white and love spotting worms after the rain and snails resting on rocks and plants. The children continue to grow in independence. We are encouraging them to express their wants and needs with words and to consistently use their manners throughout the day.

Our preschoolers have shown great interest in insects and nature, and we encourage families to extend this learning at home. Here are a few summer activity ideas to enjoy with your child:

### 1. Nature Walks and Local Trails

Take your child on a walk-through local trails to observe plants, flowers, and small animals. These walks not only boost curiosity but also help strengthen your bond with your child.



### 2. Bring Along Exploration Tools

Pack a small bug jar, a clear (non-airtight) container, or a magnifying glass to help your child explore safely and closely. Look under rocks, leaves, flower petals, and around tree bark.

### 3. Ask Open-Ended Questions

Encourage curiosity by asking questions like:

"What do you think this bug eats?"

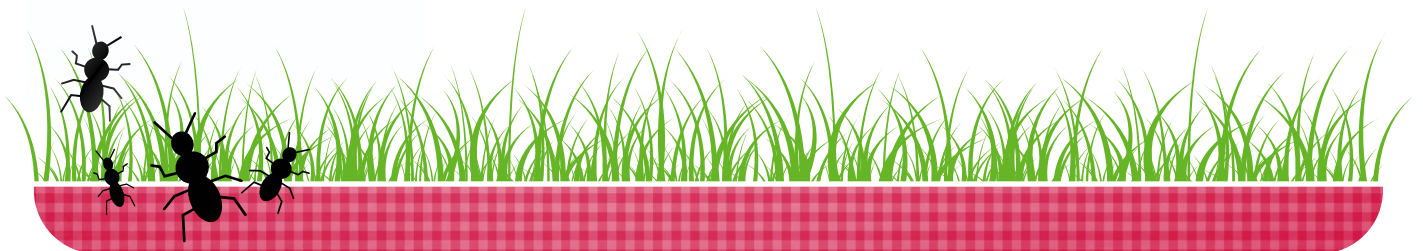
"Where do you think it sleeps?"

"Why do you think it lives under the rock?"

This builds their critical thinking and observational skills.

### 4. Visit Gardens or Nurseries

*(Continued on page 7)*



## Junior Preschool cont'd

(Continued from page 5)

Toronto Railway Museum  
Date: Summer; train rides from late June to October  
Location: Roundhouse Park, Toronto  
Price: \$20 individual / \$60 family pass (includes 12 train ride tickets)

Family Sundays at Gardiner Museum  
Date: Sundays, all summer  
Location: Gardiner Museum, Toronto  
Price: Kids free; adults pay general admission

Downey's Farm – Pick-Your-Own  
Date: All summer  
Location: North of Brampton  
Price: Varies by activity

Salsa in Toronto  
Date: July 8–9  
Location: St. Clair Ave West, Toronto  
Price: Free

KidsFest at Toronto Fringe  
Date: July 5–16  
Location: 620 Spadina Ave, Toronto  
Price: \$5 per ticket

Toronto Outdoor Art Fair  
Date: July 7–9  
Location: Nathan Phillips Square, Toronto



Price: Free

Taco Fest  
Date: July 14–16  
Location: Toronto (exact venue varies)  
Price: Admission required; food priced separately

KidZfest at Canada's Wonderland  
Date: July 15–30  
Location: Vaughan  
Price: Included with park admission

Canadian Food Truck Festival  
Date: August 4–7  
Location: Woodbine Park, Toronto  
Price: Free entry; food priced individually

Canadian National Exhibition (CNE)  
Date: August 18 – September 4  
Location: Exhibition Place, Toronto  
Price: \$20 admission (advance purchase)

Voyage to the Deep – Ontario Science Centre  
Date: Until September 4  
Location: Ontario Science Centre, Toronto  
Price: Included with general admission

We hope you take advantage of some of these fun adventures! Have a fantastic summer!

Until the next school year,  
**Niketta RECE and the Jr. Preschool**

## Senior Preschool cont'd

(Continued from page 6)

Preschoolers love exploring plants—visit a local plant nursery or community garden to show them a variety of flowers and let them interact with nature in a new setting.

### 5. Nighttime Adventures

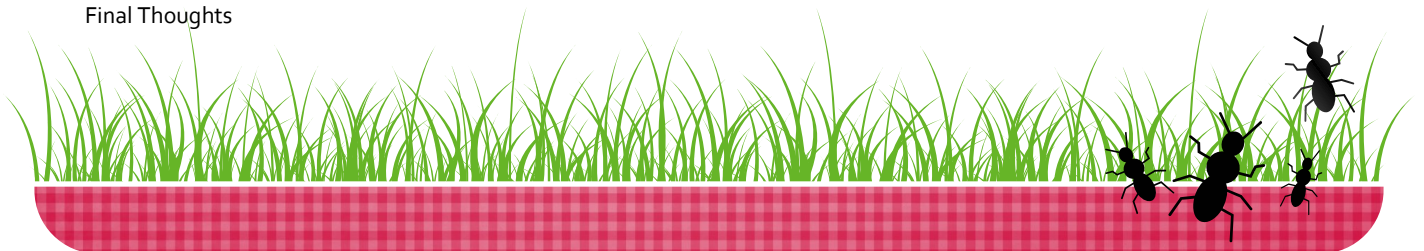
Try stargazing or go on a quiet walk to listen for nighttime insect sounds or squirrels rustling in trees. These small moments help children tune into the world around them.

### Final Thoughts

We are so proud of how independent and curious our preschoolers have become. We will continue to support them in expressing themselves, developing their social skills, and learning about the world through exploration and play.

If you have any questions, ideas, or feedback, please don't hesitate to reach out. We're always here to support you and your child.

**Manpreet RECE, Ritika RECE, Gurpreet RECE and the Sr. Preschooler**



# School Age Summer Camp

Hello school age families, It has been a very busy past couple of months. With our spring concert and annual BBQ behind us we would like to say thank you for attending and showing your support to us as well as your children, they worked very hard in the weeks leading up to the concert and we are so very proud of their performance. They all spent a lot of time on their specially crafted Mother's Day and Father's Day keepsakes, both projects turned out so beautifully. In between concert practice and working on your special gifts the children also engaged in gross motor and fine motor activities, learned about hospitality, had a great time using their wits, singing voices, talents and imaginations during our entertainment week, explored sensory stations and as always, a lot of different art forms. We have had so much fun joining in on their learning adventures. We would like to thank Coach Leron for all his time spent with the children teaching them the art of MMA here in our class over the last several weeks, we are grateful for the opportunity and wish him well moving forward. Some of Our children got to experience "We Rock The Spectrum" over the P.A day that took place in May, what a fun time and great way to keep the children active while having a great time. We will be returning there in the future. As we welcome the months of July and August, we are excited to see some of our current school Agers in attendance and we welcome all new children to our summer program. We can't wait to begin our summer camp program.

Regarding this we would like to remind parents to pay attention to their emails as we will be sending out reminders or information about items or specifics that may be needed for the weeks ahead in relation to specific field trips.

## UPCOMING SUMMER TRIPS:

July 3<sup>rd</sup> – High Park  
July 10<sup>th</sup> – Mad Science (In House)  
July 17<sup>th</sup> – Downey's Farm  
July 24<sup>th</sup> – Disney Movie at Cineplex  
July 31<sup>st</sup> – Famous People Player  
August 7<sup>th</sup> – Bake Off Thursday (In House)  
August 14<sup>th</sup> – Ripley's Aquarium  
August 21<sup>st</sup> – African Lion Safari  
August 28<sup>th</sup> – Glow Zone

Please ensure your children have their summer hats,

swimsuits, towels, water bottles, water shoes, sunscreen and indoor/outdoor shoes with them daily.

If your family is looking for some summer treat ideas for your children here are some suggestions below:

### 1. Homemade Lemonade or Limeade

Ingredients: Freshly squeezed lemon or lime juice, water, and a bit of sugar or honey to taste. Serve over ice.



2. Frozen Fruit Popsicle, Ingredients: Fresh fruits like berries, watermelon, mango, and kiwi, blended with a bit of coconut water or juice. Pour into popsicle molds and freeze.

3. Fruit Salad with a Citrus Dressing, Ingredients: A mix of watermelon, pineapple, berries, and kiwi, topped with a light citrus dressing (lime juice, honey, and mint).

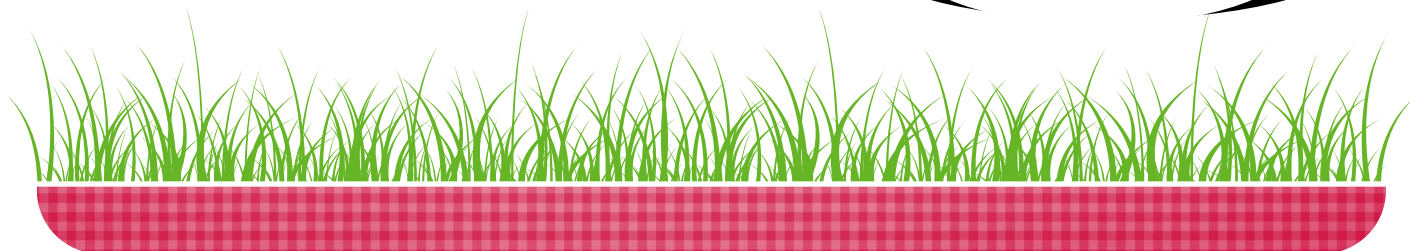
Thanks again for your continued support and if ever you have any questions or concerns don't hesitate to ask.

Your School Age Educators

***Sarmini REC, Michelle and the School Age Gang***



**We're on the web visit  
[www.alphachildcare.ca](http://www.alphachildcare.ca)**





## A Moment with the Manager

As we approach the height of the summer season, we would like to extend our gratitude for your continued partnership in your child's early learning journey. At the end of June, each family received a copy of their Child's Observation Record (COR), along with the documentation and social stories that highlighted and supported the skill development outlined in the COR. We are pleased to hear that many of you took the time to review and enjoy the documentation, particularly the comments section, which offered a personalized glimpse into your child's unique learning journey. Your positive feedback is truly appreciated.

The COR assessment uses an eight-level scale ranging from 0 to 7 to evaluate children's development. These levels are designed to reflect a developmental continuum that allows for overlap and flexibility. Infants and younger toddlers are most often scored in the lower ranges (0–2), while older toddlers and preschoolers may begin to show development across levels 2 to 4. Preschoolers approaching kindergarten readiness may even be scored in the higher levels of 5, 6, or 7. This scoring approach supports children of all developmental stages, including those who may have advanced skills in certain areas and those who may need more time and support in others. It ensures that each child's abilities are acknowledged and nurtured in a way that meets them where they are.

As always, Alpha's leadership team remains committed to maintaining the quality and purpose of the documentation process. Based on your feedback, we are reviewing our practices to ensure they continue to meet our high expectations while remaining meaningful and engaging for families.

With the arrival of the warm summer months, we would also like to take a moment to highlight the value of taking time away, both for you and for your children. Just like adults, children benefit from a break in their daily routines. For children, attending childcare each day is equivalent to a full day's work, it can be joyful, yes, but also filled with effort, new challenges, and emotional learning. Add to that the energy required to keep up with evening activities such as swimming lessons, soccer practice, or dance, and it's easy to see how little ones can become physically and emotionally drained.

Summer offers a wonderful opportunity to slow down. Whether it's a few days away or simply a "staycation," time spent away from regular routines can refresh and restore both you and your child. A short getaway or dedicated time together at home can become a treasured memory and help to strengthen your bond.

We encourage you to involve your children in the planning of your summer experiences. Let them help choose the destination, select the activities, or even browse travel brochures and books from the library to spark ideas. And most importantly, follow their lead whenever you can. If they'd rather splash around at the splashpad, than visit a museum, that's okay too, what matters most is that you're connecting and enjoying each other's company.

Keep in mind that quality time doesn't always mean elaborate outings. It can be as simple as reading a book together, playing a game, or just sharing stories and laughter. These are the moments that will stay with your children for years to come.

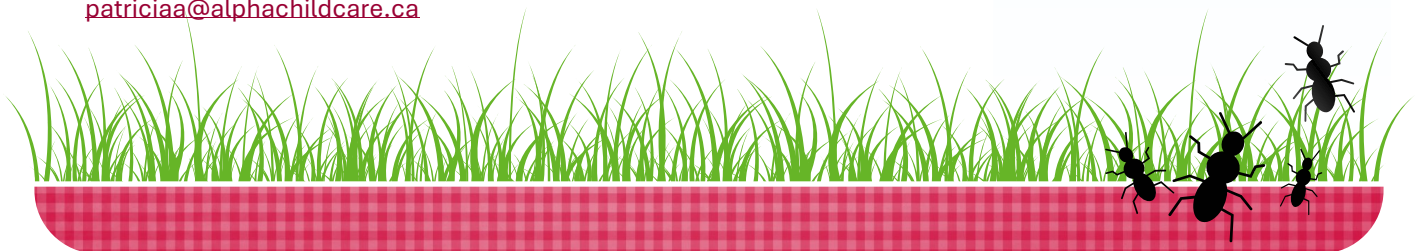
Wishing all our Alpha families a safe, joyful, and restful summer.

Until next time, my door is always open

**Patricia Andrade RECE**

Manager/Supervisor

[patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)



## Dorenda's Kitchen

Summer is here, and so are our cool and refreshing seasonal recipes! In the kitchen, we're focusing on preparing light, wholesome meals and snacks that help keep the children energized, nourished, and comfortable throughout these warm and sunny days. Our summer menu highlights fresh, nutrient-rich options designed to support both hydration and active play.

At home, we encourage families to explore refreshing options such as fresh-cut fruit, yogurt-based popsicles, and fun frozen treats made with real, simple ingredients—perfect for beating the heat in a healthy way.

Back by popular demand from our Spring Concert, we're excited to announce that our crowd-favourite Trail Mix is now a regular feature on our summer snack menu! This kid-approved combination of Chex cereal, raisins, and a sprinkle of pretzels was added by special request from families—and we're thrilled to see how much the children are enjoying it.

As always, we continue to prioritize nutritious choices that are both delicious and fun to eat!

Here are some recipes that are simple to make and healthy to serve to your family!

### One-Bowl Banana Bread

- 3 ripe bananas
- 1/3 cup butter, melted
- 1/2 cup sugar
- 1 egg, beaten
- 1 tsp vanilla extract
- 1 tsp baking soda
- Salt to taste
- 1 1/2 cups all purpose flour
- 1/2 cup chocolate chips (optional)

Preheat oven to 350F. In bowl add bananas and mash until smooth. Add in melted butter and until well combined. Add sugar, egg, vanilla, baking soda, salt, and flour, stir until batter is smooth. Fold in chocolate chips (if using) and pour batter into greased loaf pan, top with additional chocolate chips Bake for 50 minutes to an hour or until toothpick comes out clean. Cool completely before serving.

Tips If your bananas are unripe or not brown, bake them



in the oven at 300 on a parchment lined baking sheet until browned (about 15 minutes)

### Chex Trail Mix

- 1 bag pretzels
- 1 container raisins
- 1 box Cinnamon Chex cereal

Add to a bowl and combine. Adjust Chex flavour and amount of each ingredient based on personal preference

### Frozen Banana Pops

- 3/4 cup strawberry yogurt or melted chocolate
- 2 cups crunchy topping (cereal, nuts)
- 4 medium bananas peeled and cut crosswise in half
- 8 wooden popsicle sticks

Place yogurt and cereal in separate bowls. Insert popsicle sticks through cut side of banana Dip bananas in yogurt then roll in cereal to coat Transfer to waxed paper lined baking sheet. Freeze until firm, about 1 hour. Transfer to airtight container, seal and return to freezer.

### Frozen Berry and Yogurt Swirls

- 10 3oz plastic or paper cups
- 2 3/4 cup fat free honey Greek yogurt
- 1 cup mixed fresh berries
- 1/4 cup water
- 2 tablespoon sugar
- 10 wooden popsicle sticks

Fill each cup with about 1/4 cup yogurt. Place berries, water and sugar in a food processor, pulse until berries are finely chopped. Spoon 1 1/2 tablespoons berry mixture into each cup, stir gently with popsicle stick to swirl. Top cups with foil, insert popsicle stick and freeze until firm

We hope you enjoy these simply recipes.

Keeping things tasty and nutritious in the kitchen, hope everyone has a fantastic summer!

**Chef Dorenda!**

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