



May/June 2024 Newsletter

DATES TO REMEMBER

Tuesday May 7th – Spring Concert @4:00pm

- 4:00pm Infants (Classroom), Jr Toddler (Classroom)
- 4:20pm Int Toddler (Classroom), Preschool 1 (Atrium)
- 4:40pm Jr Preschool (Atrium)
- 5:00pm Sr Preschool (Atrium)
- 5:20pm Preschool 3 (Atrium)
- 5:40pm Pre/Kinder (Atrium)

Wednesday May 15th – Final PAC Meeting @630pm

Monday May 20th – Victoria’s Day (Alpha is Closed)

Friday May 24th – Staff Award’s Dinner @7pm (No Late Care, Alpha closed 6:00pm sharp)

Monday May 27th – Summer Menu #1 Starts

Friday May 31st – Graduation Photos

Tuesday June 11th – Summer BBQ @4:30pm

Tuesday June 25th – Preschool 3 Graduation @4:00pm, Pre/Kinder Graduation @5:00pm

Wednesday June 26th – Jr Preschool & Sr Preschool Graduation @4:00pm

Friday June 31st – CORs go Home



Word From The Office

Over the upcoming weeks I will be dedicated to scheduling vacation time for the educators. This will include

supply educators who will cover the program to ensure consistency and a smooth transition for the children and families. To make things easier

for you, we will be posting a class list outside your child’s classroom door with dates for July and August to notify us if your child will be absent for the week. This will help us plan according to reduced ratios and avoid interrupting your time off with calls from educators.

In case of reduced ratios, management may not need to find additional supply to cover the classroom, and instead, work with 1 or 2 educators while still meeting Ministry requirements. The educators deserve some much-needed time off with their family and loved ones, and we appreciate your hard work. Thank you for your support!

We would like to remind you that if your child is eligible to enter kindergarten in

September 2024, we require you to inform us of your intended withdrawal date. The

intended withdrawal date was due April 15th, 2024. If we have not received a withdrawal date from you, Alpha will assign a date

for your child. On May 17th, 2024, you will receive a letter assigning you your withdrawal date. We encourage you to read through this information carefully and to contact us if you have any questions. We have 55 children who are eligible to enter kindergarten this year. To ensure a smooth transition into September, Alpha must give staggered withdrawal notice to you prior to the end of August. This is to help us plan and prepare for the upcoming school year. We kindly request your cooperation in this matter. We would like to express our gratitude to those who have already returned the letter and provided us with earlier withdrawal notice over the summer. Alpha greatly appreciates your cooperation and understanding. Thank you for your attention to this matter.

We are excited to announce that we will be switching our educators around in the classroom at the beginning of

the summer and the new school year. Our educators are knowledgeable in their field and have a deep understanding of early childhood development. We believe that it is time for our educators to share their expertise and work with other colleagues and age groups. We understand that some educators have been in a classroom for 2+ years, and it is important for them to broaden their horizons and work with new students and colleagues. We are confident that this change will help our educators to grow and develop their teaching skills, which will ultimately benefit your child's education. We will provide you with updated information regarding when and where educators will be moved to. We encourage you to support our educators during this transition period, as they work hard to provide the best possible education for your child. If you have any questions or concerns, please feel free to speak to myself or Shivana. We will be happy to answer any questions you may have.

Until next time my door is always open
Patricia Andrade RECE
Supervisor

patriciaa@alphachildcare.ca



Infants

As the weather warms up, we're excited to announce that our infants will be spending more time outdoors. Outdoor experiences provide a wonderful opportunity for our little ones to explore, discover, and appreciate the natural world around them. Through their senses, they can see, listen, touch, and even taste, gaining invaluable sensory experiences.

Beyond the sensory joys, outdoor play offers numerous educational benefits, social interactions, developmental growth, and physical health enhancements. We're thrilled to facilitate these enriching experiences for our infants.

Our infants will have the opportunity to explore our natural play space. Here, they can crawl on the soft grass, feel the gentle breeze, and observe the sights and sounds of nature. From walking to climbing, running, and even riding a tricycle (with assistance, of course), kicking, rolling,

throwing, and catching balls. Our little explorers will have a blast exploring the great outdoors.

We'll also have fun activities such as popping bubbles, using magnifying glasses to examine bugs, reading books under the shade of a tree, and engaging in interactive storytelling sessions. Music and games will further stimulate their senses and encourage movement.

Sensory activities are essential for infant development, and we have an exciting line up planned for this spring/summer. From sand and water play to exploring flowers, engaging with recyclable and loose parts, and making playdough, our infants will be immersed in activities provided.

They'll have the chance to experiment with

water sponges, splash in the water bin, play with sensory ice, explore ice sensations, experience wet and dry sand, and engage with sensory bottles and squishy bags. These activities not only stimulate their senses but also encourage cognitive development and fine motor skills.



On hot summer days when the weather becomes too warm for outdoor play, we have plenty of exciting indoor activities planned to keep our infants engaged and entertained.

We're looking forward to the nicer weather days ahead, filled with exploration, discovery, and fun for our infants.

Until next time
Fowsio RECE, Arcanna RECE, PJ RECE, Kiran RECE and the Infants

Junior Toddlers

Finally, spring is here, and we are so excited to welcome the warmth of the sun. With it, comes rain, sprinkle showers and we certainly enjoy going outdoors after a rainstorm because it gives us an opportunity to explore what the storm has left behind, which often leaves your little ones with wet clothing. Please remember to leave plenty of extra

clothes such as pants, sweaters, shirts, and socks in your child's cubby, just in case they need a change of clothes after playing outdoors. Providing rain boots, a raincoat and splash pants will also help keep your child dry as they love to splash in puddles and dig in the mud. There

is no reason that we cannot enjoy rainy days outdoors especially when children are bored and anxious and need to run around the open space. Here are some fun activities that will keep your child active and engaged on those damp, wet days.

- Rain painting – On construction paper



sprinkle food colouring onto the paper and take it out in the rain to create fun artwork.

- Dig in the mud for worms and observe them as they dig holes in the ground and slither around.
- Make coloured rivers by dripping food colouring in puddles.
 - Fill a puddle with rocks and leaves and use twigs to go fishing.
 - Paint with mud – use twigs and sticks to paint with mud on paper.

So, the next time you see a rainstorm coming, we hope you can get

outside and embrace the outdoors as a family.

Nail trimming is an important part of personal hygiene and we wanted to find a way to make it as painless (and quick) as possible! Place your child in your lap and sing the tune of “This

Little Piggy” as you trim your child’s nails. It will distract your child enough to allow you to get the job done quickly. Since the children recognize the rhyme, it will help keep them calm and allow you to trim nails from start to finish. Alternatively, you can countdown from 10 to 1 or 1 to 10. We hope these tips help!

See you next time,
Smiledeep RECE, Komal RECE, Simran RECE and the Jr. Toddlers

Like Us on Facebook

Intermediate Toddlers

Hello again to all families of the Intermediate (Int.) Toddler classroom! We hope this newsletter finds you well and in good spirits as the warmer months are now here. Over the past two months in our classroom, we have been busy encouraging self-help skills with our toddlers. Currently, there are a handful of children who can put on and take off their own shoes, boots, and jackets. There are also several children that enjoy helping the educators tidy up the classroom - this includes putting toys and books away, and even sweeping or wiping down the table at times.



During this time, we have also noticed that some children are beginning to share and some who still find it challenging. This, however, is not a concern as this is a typical behaviour in toddlers. They still do not understand the concept of sharing/turn taking, but with positive reinforcement and encouragement they will soon master this skill in their early years. To continue develop this skill, the

educators will ensure that the children will be provided with plenty of opportunities to practice sharing with their peers, by playing games such as passing a ball back and forth or working with them one on one by saying “My turn”, “Your turn”. Feel free to implement these opportunities at home too. Here are some other ideas that we can all do to further develop this skill:

Baking

Baking with children in the classroom allows for numerous opportunities of turn taking, where each child will have a turn to either dump the ingredients into the bowl or mix it. This can also be done at home with the whole family taking turns.

Pass the _____

This is an activity in which children can take one item from a basket and pass it to their peers. This can be done in the classroom during concept circle time. We will say “Can you give one to (child’s name), to have a turn?” and so on until each child has received an item. Similarly,

this can also be done at home by saying “Can mommy have a (item)?” “Can daddy have a (item)?”

Using a Timer

A timer is a useful tool to have both at home and in the classroom. This will allow children to have a visual and auditory warning that their turn with a toy is over and it is now time for their peer to be able to play with it. Along with the timer, we can also say “You have two more minutes, and then can we let your friend have a turn” A cooking timer can be used anywhere or a timer on your phone.

Acknowledgement

On the occasion we do see the children sharing their toys, it is important that we acknowledge it. We can do so by saying, “I like the way you shared your toy with your friend. That was very kind of you” to continue encouraging them to share.

Until next time,
Jeremiah RECE, Niketta RECE, Amrit RECE and the Int. Toddlers

Preschool 1

As we welcome the blooming flowers and warmer weather, we are excited to spend time outdoors and soak up the sunshine. Spring is a season of growth, exploration, and new beginnings, and we can’t wait to embark on various adventures with your little ones. While outdoors the children will connect with nature and develop a deeper appreciation for the environment.

As the sun shines brightly and summer beckons, we’re thrilled to share a list of delightful outdoor discovery activities that you can enjoy with your children. At Alpha, we believe in the power of shared experiences, and what better way to make lasting memories than exploring the wonders of the great outdoors with your little ones. Here are some engaging activities to add a sprinkle of joy to your spring days:

1. Nature Walk and Collecting

Treasures: Take a leisurely stroll through a nearby park or nature reserve with your little one. Encourage them to collect natural treasures like leaves, rocks, and flowers. This activity not only promotes physical activity but also sparks curiosity about the world around them.

2. Bubble Bonanza: Create a magical world of bubbles in your backyard! Preschoolers love to chase and pop bubbles, and it’s a fantastic way to enhance their hand-eye coordination. You can even make your own bubble solution at home for some bubbly DIY fun.

3. Sensory Play with Sand and Shells: Transform a small area of your outdoor space into

a mini beach. Let your Preschoolers explore the sensory wonders of sand and shells. Digging, scooping, and building sandcastles together will not only entertain them but also provide valuable sensory experiences.

4. Picnic in the Park: Pack a picnic basket with your child’s favourite snacks and head to a local park. Enjoy a relaxing afternoon under the shade of trees, indulge in some yummy treats, and engage in simple outdoor games. It’s a wonderful way to bond and savour the beauty of nature.



5. Water Play Extravaganza: Turn your backyard into a water wonderland! Fill up kiddie

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Special Events

As we leave behind the April showers, let's welcome all the May flowers! We hope everyone will enjoy the nice weather that May and June have to offer.

On Tuesday May 7th, Alpha will be having their annual Spring Concert starting at 4:00pm. The children have been practicing vigorously to display their amazing talents for their family! Concert timings are posted in the Dates to Remember section of the newsletter, and educators will do friendly reminders closer to the time. As for parking, patrol will be making an exception for this day.

Wednesday May 15th will be our final Parent Advisory Committee meeting. We will be starting up again in the fall. Thank-you to the parents who have participated throughout this year. Alpha values your commentary, suggestions, and insight!

Monday May 20th is Victoria's Day. Alpha will be CLOSED for the stat holiday. We will re-open on Tuesday May 21st. We hope that everyone has an amazing long weekend!

On Friday May 24th, Alpha will be hosting their annual Awards Dinner for the Staff. It is a formal night where staff can celebrate their milestones and receive special awards for their hard work while

dinner is provided. We ask parents to pick up their children prior to 6:00pm as Alpha's doors will be closed by 6:00pm sharp, and there will be no late care on this day. This is to allow staff ample time to get ready for their special event.

Alpha's summer menu will begin on Monday May 27th. Menu's will be posted beside the kitchen, as well as included in the newsletter.

On Friday May 31st, Picture This Image will be back for Graduation Photos. Children who are starting JK in September will get their pictures taken, and packages for purchase will be available after edits. Please ensure that your child is dressed their best and come with an extra pair of clothing to change into after. Don't forget their smiles!

Going into June, on Tuesday June 11th, Alpha will be having their annual Summer BBQ starting at 4:30pm. It will be held by the back parking lot weather permitting, or in the atrium. Alpha will be providing the food, so please come out to enjoy, relax and engage with other families as a community. Parking patrol will be making an

exception for this day.

June 25th and 26th will be our Preschool and Kindergarten graduating. Timings are posted on the Dates to Remember section of the newsletter. It's a bittersweet day, as

we know your children's journey at Alpha is coming to an end, however watching their growth and knowledge blossom into who they are now

is truly rewarding! Parking will also be an exception from patrol today. This year we do have a larger crowd of graduates, please be mindful of timing on Tuesday as we have 2 groups graduating.

Lastly, on June 31st, Child Observation Records will be sent home. Please see your child's educator for the report.

Hope everyone is able to enjoy the warmer weather.

Happy Mother's Day and Father's Day!
Shivana Seedeyal RECE
shivanas@alphachildcare.ca



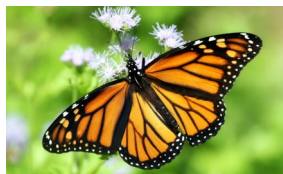
We're on the web visit
www.alphachildcare.ca

Preschool 1 cont'd

(Continued from page 3)

pools, provide water tables, and let the splashing begin. Water play is not only refreshing but also supports the development of fine motor skills. If you don't have any kiddie pools, then a sprinkler or water hose will do. Don't forget sunscreen for a safe and enjoyable experience.

6. Butterfly Watching and



Release: Introduce your Preschoolers to the world of butterflies. Spend time observing these enchanting creatures in your garden or a nearby butterfly garden. Create butterfly-themed crafts and release a few butterflies together – a captivating experience for little ones.

Remember, the goal is to have fun, explore, and create special moments together. We encourage you to share your outdoor adventures with us,

whether it's through photos, drawings, or simply by telling us about your favourite moments.

We are looking forward to a fantastic couple of months filled with fun, learning, and exploration with our little learners! As always, feel free to reach out if you have any questions or concerns.

Until Next time,
Anamika RECE, Kelly and the Preschool 1 Class

Junior Preschool

Hello again, everyone! We hope you are all doing well! The Jr. Preschoolers are so excited that the weather is *finally* getting warmer. This means we are now able to bring out the summer hats and summer shoes. Just a friendly reminder - the sun is becoming very warm, so please ensure your children are ready to tackle the heat with sunscreen, sunhats and appropriate clothing when coming to Alpha.



in sand to make mud. They've been using their imagination to cook food for their peers and educators and have even set up a shop for their very own restaurant! It has been an occurring theme throughout the month.

Our class has been enjoying sensory play in the classroom, and outside on the playground as they can be seen engaging in play with the new *mud kitchen*! They love to fill up buckets and bowls of water and mix

The Junior Preschoolers thoroughly enjoy being physically active and exploring all the natural elements on playground. The educators continue to plan for and implement active games for the children to enjoy. For example – *Tag, Red Light Green Light, Popping Bubbles and Dancing.*

Below you will find some activities you can enjoy with your children at home, to encourage their gross motor skills after childcare, or on the weekend.

Here are some ideas:

- Hopscotch
- Playing Catch
- Dance Parties
- “Simon Says”
- Bike Riding
- Animal Walks
- Runs
- Hula Hooping
- Nature Scavenge Hunt
- Skipping

Let us know how it goes! We can't wait to hear all about your adventures!

Until next time,
**Lynda RECE, Sukhmeet RECE,
Theresa & The Jr. Preschoolers**

Senior Preschool

Hello family and friends, it has been a very eventful couple of months, and we look forward to more exciting adventures as we welcome Spring. Firstly, we would like to extend our appreciation to you for your continued support in all our activities so far. Parent Appreciation Week is something we take pleasure in doing and we are grateful that you have left your children in our care. Your presence at Alpha's Potluck demonstrates how important you are to us.

The preschoolers continue to do well in developing their self-help-skills, toilet training and being adaptable to transitions. They have great interest in building their inquiry skills as they have been engaged in various science experiments such as sink and float, adding baking soda to vinegar to watch a volcano reaction, making rock treasures and sculptures, manipulating magnifying glasses and magnets. Science teaches your children not only how the world works, but also how to think critically and interpret information. Science develops children's observational, organizational, and problem-solving skills,



and gives them the confidence they need to ask questions and find the answers.

As we welcome Spring, the Preschoolers continue to engage in various activities to promote their holistic development. While the weather might be a little unpredictable this time of year, outdoor play is essential for children. Here are some reasons why spring outdoor play is important for your children:

Building Your Child's Endurance

Think about your own body, and how it begins to change when you go from being active to not for a certain period. Our children can experience the same sort of feeling. They don't have as much stamina after being indoors during the winter months. To be prepared for spring activities, think of spring as a way to get their little bodies ready. The body needs vitamin D from the sun and if we wait until the summer to head outside, the children will be covered in sunblock to avoid the risk of sunburn. Spring time sun exposure can help children develop a bit of a base layer, making it safer for their skin to

absorb at least a little vitamin D throughout the summer months.

In the winter the children are exposed to darker days, and this could affect children's moods and eating behaviours. We produce vitamin D when our skin is exposed to the ultraviolet B (UVB) rays in the bright sunlight and when exposed to outdoors, children are less sick as they are not contained indoors with various germs on surfaces although surfaces are disinfected thoroughly. Beyond the established immune-enhancing benefits, raising vitamin D levels is also known to activate the production of leptin, which helps us to stop snacking by signaling our brain and stomach.

Spring is Great for Discovery

Springtime promises some of the most amazing sights! Flowers are blooming, animals are having babies, bugs are coming out, birds are



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Senior Preschool cont'd

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making nests, and buds are budding. Before we know it, summer will be here, and we will be melting in 25-to-30-degree weather. So, enjoy the spring! Soak up all the educational, social, and physical health benefits of outdoor playtime. Here are some spring science activities that you can do at home with your child:

Making Rain:

Fill a cup with water (*air*)
Add a thin layer of shaving cream (*clouds – water vapour*)
Place drops of blue food coloring on top of the shaving cream (*water droplets*)
Wait for the “rain” to fall!

How to make a Rainbow on Paper Towel

Materials: Paper towel, Washable



marker, two identical glasses with water

Directions

1. Fold the paper towel in half (horizontally)
2. Cut off about 1/3 of the paper towel. Save the smaller section for later
3. Draw the rainbow colours on one end of the paper towel in rectangular blocks with your markers. (Purple, blue, green, yellow, orange, red)
Make sure to go over the colours a few times with the markers so there is enough dye to travel up the paper towel
4. Repeat the same on the other end. Make sure the colours line up on both ends.
5. Pour water

into the two glasses until they are about 3/4 full

5. Place the two ends of the paper towels into the cups. 1/2 of the rainbow blocks should be in the water. Do not fully submerge the entire colored portion of the paper towel in the water.
7. Watch the colors travel up the paper towel

We hope you enjoy these easy fun activities and enjoy the outdoors.

Until next time

Janice, Harnoor RECE and the Sr. Preschoolers

Preschool 3

Hello Alpha parents! We hope this message finds all the loving and caring parents, well and in good health.

The Preschoolers

are working hard with the Jolly Phonics program. They are learning about the phonetic sounds of the letters while identifying them. Also, they are participating in the Handwriting Without Tears program, which will help develop the children to form a proper tripod grip for printing.

The children have continued to develop their interest in learning about the indigenous culture with the help of Wanda, who is an Indigenous Child and Family outreach worker.

We must all be looking forward to Mother's and Father's Day in May and June! This day is a precious day to spend quality time with your children, because

life can get really busy, and routine based.

Here are some fun activities you can do with your children on Mothers and Fathers Day:

- 1- Go for a nice walk.
- 2- Have a picnic in the park.
- 3- Visit relatives.
- 4- Watch a movie together.
- 5- Do some gardening or fishing.
- 6- Visit a place that had some special meaning to your family.
- 7- Make a scrapbook together (Visit the dollar store to help keep your costs down).
- 8- Go out for ice cream.
- 9- Do a puzzle together.



- Get some photographs done together
Visit High Park and a mini zoo
- Ripley's Aquarium

There is nothing more rewarding than spending time with family. Whatever you decide to do on Mother's or Father's day, enjoy it!

Until next time,

Ipsita, BA, RECE, Harneet RECE, and our Preschool Friends

Things to do in Toronto on Mother's or Father's Day

- Go out to lunch or dinner in unique places.
- Visit the Toronto Zoo.
- Visit the museum or the Art Gallery of Ontario.
- Head over to the Toronto Islands, to enjoy natural space.



Preschool/ Kindergarten

Greetings, everyone! Spring has arrived, bringing relief from the chilly temperatures and the hassle of bundling up in snowsuits. However, it's important to remember that spring weather can be quite unpredictable. Therefore, it's wise to have a range of clothing options on hand. Mornings may still require a winter hat, but by the afternoon, a summer hat, should suffice. Stay prepared for the fluctuating conditions! Throughout these months, we will be revising our Jolly Phonics program and maintaining our Handwriting Without Tears program to reinforce and enhance the skills our students have been cultivating through the school year. We have begun introducing blending and sight word recognition as it is an integral part of the curriculum. Some children have already started recognizing a few words, and all of them are demonstrating an eagerness to read. Encouraging shared reading experiences with your child is an excellent way to foster this skill.

We will continue to integrate a diverse range of books and stories into our daily routine, including beginner reader books for those demonstrating interest in



reading.

Additionally, our playground tends to become muddy during rainfall, so we recommend wearing splash pants and rubber boots.

Despite the wet conditions, we make an effort to embrace outdoor activities.

Two special days are approaching in the upcoming months and here are some exciting activities to celebrate Mother's Day/Father's Day with your family:

- **Organize a delightful picnic:** Prepare your child's favourite meals, pack a picnic basket, and head to their preferred outdoor spot, like a nearby park.
- **Explore a farm:** Spring offers a fantastic opportunity to visit farms and witness adorable baby animals like horses and cows. If a farm is too far away, consider volunteering at an animal shelter to care for cats or dogs.
- **Host a backyard movie night:** Transform your backyard into a cinema by setting up a projector and a large screen (or a large white flat



sheet). Treat your child to a memorable movie experience right in the comfort of your home.

• **Enjoy a family bike ride:** Take advantage of the splendid weather of early summer by going on a refreshing bike ride together.

- **Plant something together:** Foster a sense of teamwork and growth by planting a garden together.
- **Read aloud a favourite book:** Make time for quality family bonding by reading a beloved book together. For added fun, encourage your child to act out scenes as you read.

We eagerly anticipate the arrival of warmer weather. As a friendly reminder, please ensure your child is equipped with appropriate clothing for the season, including a spring jacket, splash pants, rain boots or outdoor shoes, a summer hat, and sunscreen. Don't forget to label your child's belongings!

Until next time, enjoy the adventures that await.

Jacqueline RECE, Ankita OCT and the curious Pre/Kinder Gang!

Sheila's Kitchen

How to picnic like an event planner.

Pointer for you and your family.

1. 24 hrs. before the picnic you need to review food choices so that you can keep all things cool or frozen during the day of.
2. Park coolers under a tree this helps to stay cool.
3. Some drinks can be frozen before hand (drinking boxes) so they are part of the cooling system.
4. Have two coolers one for drinks and one for food this way the food cooler stays closed until you need it.
5. Premade salads in jars are your best bet. Layers for eye appeal just place dressing on the bottom and shake up to mix when ready to eat.
6. Paper plates, napkins and plastic forks



and knives are the easiest.

7. Eat sooner than later and have wet naps on hand so the bugs won't follow you around all day.
8. Take temperature on BBQ food items
9. Internal temperature for; Chicken 74C Ground meat 71C. Fish 70C
10. Have fun toys to play with on the beach and in water. Your children will be sleeping like baby's all the way home.

Strawberry and Avocado Salsa

- Stir 3 diced medium avocado
- 2 cups of chopped strawberries
- 2 tsp finely chopped cilantro seeded
- 1 seeded minced jalapeno pepper\1tbsp lime juice add to taste
- ½ tsp salt in medium bowl.
- Serve with tortilla chips. Serves 4

Summer Berry and Spinach Salad

Whisk 4tbsp lime juice. 3 tsp each maple syrup and Dijon mustard and ½ tsp salt in a small bowl. Slowly whisk in 1/2 cup olive oil until combined.

Layer Dressing on the bottom of the mason jar and load in order.

- Baby spinach, (142 g pack)
- 2 sliced avocados
- 2 cups berries
- 2 tbsp sunflower seeds
- 4 Diced hard-boiled eggs
- Green onions
- Shake and enjoy (Serves 4)

Wishing all our family's a safe and fun summer.

Sheila Jenkins, Chef

Word From The Manager

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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, Ankit, 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 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 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
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