



# July/August 2024 Newsletter



## Word From The Office

July and summer are here once again, bringing lots of sunshine and vacation time—a season filled with fun and laughter. The holiday schedules are posted, and we kindly ask that you indicate when or if your child will be away on vacation. This information will greatly assist our educators in scheduling and planning special events for the children.

As the summer begins, we enter the first stage of transitioning our preschool classes. While this means saying goodbye to some friends, it also welcomes new friends to our Alpha family. We appreciate your patience and understanding as we navigate this transition once again.

Please ensure your child is dressed appropriately for the summer weather. The dress code includes:

- Shorts and t-shirt
- Long pants and sweaters
- Underwear and socks
- Indoor and outdoor shoes, or shoes with rubber soles for climbing apparatus
- Sun hat and sunscreen with a minimum SPF 30

Please note that open-toed shoes (sandals, flip-flops) and CROCS are not safe for playground activities, as they can lead to serious injuries. Safety is our top priority.

To keep our educators stimulated and fresh, we rotate them among different age groups. Effective July 2nd, 2024, the following changes will take place:

**Infants:**

Ipsita, RECE  
PJ, RECE  
Cathedral location)  
Fowsio, RECE  
Kiran, RECE

**Jr. Toddlers:**

Areanna, RECE  
Damanjit, RECE (transferred from the  
Komal, RECE

**Int. Toddlers:**

Amritpal, RECE  
Jeremiah, RECE  
Niketia, RECE

**Preschool 1:**

Anamika, RECE  
TBA

**Jr. Preschool:**

Smiledeep, RECE  
Theresa  
Sukhneet, RECE

**Sr. Preschool:**

Harnoor, RECE  
Janice

**Pre 3:**

Lynda, RECE  
Harneet, RECE

**Pre/K:**

Rupinder, RECE  
Ankita, OCT

**Program Float Educators:**

Jennifer  
Parminder  
Annie  
TBA

While our regular educators enjoy their well-deserved vacations, familiar faces and new additions will be in the classrooms to maintain the high standards of Alpha. Please welcome Antonietta, Arshdeep, Meghna, Ariana, Muhammad, Khushi, Paige, Alvinder, and Komalpreet. Many of these educators are already familiar with Alpha’s routines and standards. As newer educators work more frequently, they will become more acquainted with Alpha’s high expectations. Please introduce yourself and welcome them into your child’s program.

I will be on vacation from July 22nd to 26th, and from August 18th to 30th, 2024. During my absence, Shivana will be available to answer any questions you may have.

Enjoy the summer, and we look forward to seeing you in September. Let's make this summer memorable with fun, laughter, and special moments shared with our children.

**Patricia Andrade RECE**

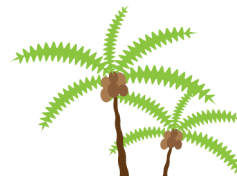
Supervisor  
[patriciaaa@alphachildcare.ca](mailto:patriciaaa@alphachildcare.ca)

## Dates To Remember

Monday July 1<sup>st</sup>, 2024 - Alpha is Closed for Canada Day!



Monday August 5<sup>th</sup>, 2024 - Alpha is Closed for Civic Holiday!



# Infants

## Look at All the Things I Can Do! Encouraging Self-Help Skills in Infants

Hi infant classroom families,

Let's just admit it, your child is adorable! That sweet smile, cooing sweet nothings, and not to forget those tiny fingers and toes! Our infants are so cute, we sometimes don't even realize how capable they are! Even at such a young age, infants develop lots of impressive skills! There are many ways families and educators can help our little ones discover their potential!

It doesn't need to take expensive educational toys, materials, and classes or an enormous amount of time to be able to make some adjustments to your child's routine, add in some strategies when you're already engaging with them, or use conscious and intentional language when communicating with your infant that will support their growth and development. With this said, each child will move at their own pace towards developmental milestones, however, both families and staff can assist them along the way.

Providing safe and supervised opportunities is a free but invaluable way to support infant development. The more an infant practices a skill, the more those muscles and neural development strengthen! Allow your little ones to do what they can! When infants are showing you that they are eager to participate in whatever activity you two are engaging in, allow them opportunities to take part as much as they can. This may seem like a small moment but will yield big results over time with continued opportunities. Furthermore, encourage them with lots of verbal and non-verbal feedback! As younger children understand non-verbal communication before verbal communication, utilizing nonverbal aspects of communication, such as facial expressions, tone of voice, and gestures (like clapping or throwing one's hands up in the air), send a message of positive encouragement that reinforce them to reproduce that behaviour again. In terms of verbal feedback, exciting and enthusiastic celebratory vocabulary, such as "Yay!", "Woohoo!", or "You did it!" paired with a positive facial expression help your infant understand that they have just engaged in a desired behaviour.

Supporting our little ones in their self-help skills builds confidence, independence, and resiliency. These skills do not just help them during this developmental stage in strengthening their overall development but rather are carried with them throughout life; therefore, focusing on such foundational character qualities has long-term beneficial impact.

The following are some ways families can work with their infants on promoting self-help skills:

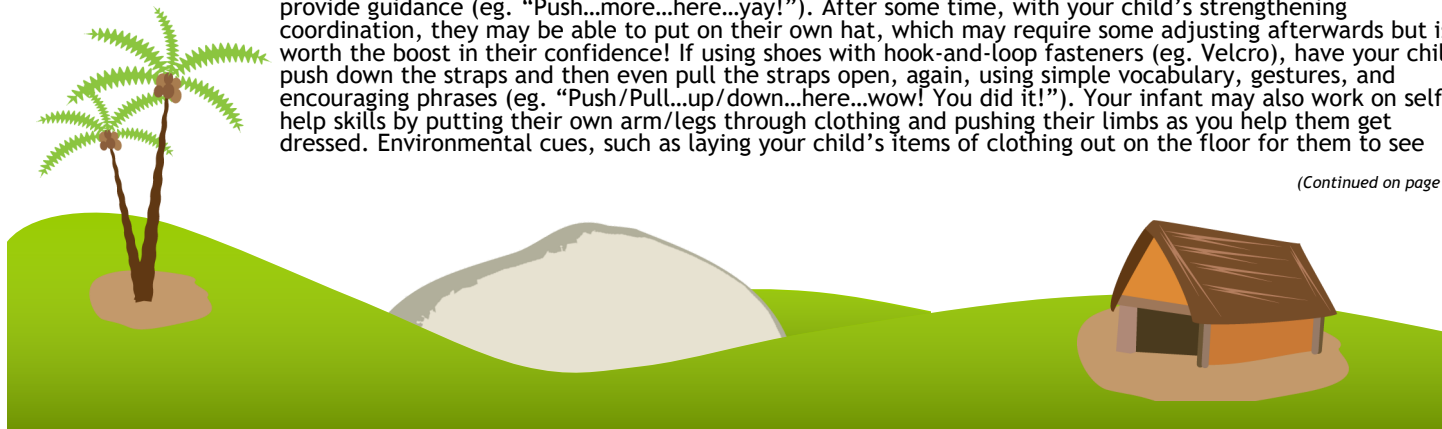
**Mealtimes** - Your infant can be encouraged to self-feed by using their first feeding tool, their own hands! By around 9 months your infant is likely sitting up on their own, reaching and grabbing objects, putting things in their mouth, having more purposeful movements, and even looking for dropped items! All of these abilities are precursors to self-feeding. You may still support your little one in eating by feeding them, however, placing appropriately sized and quality (eg. firm/soft) foods on their tray for them to practice self-feeding will provide opportunities to develop their fine and gross motor skills needed to eventually use other feeding tools, such as a spoon. Introducing a spoon during meal and snack times can begin as early as 10 months! Again, you may pair this with feeding your child so that you have a spoon and so do they. You can role model it's function as well as use your hands to help scoop up food and guide it into their mouth. Your infant can even begin practicing holding their own bottle at 6 months! Begin by providing hands on support to wrap their little hands around their bottle with your hands on top, holding the bottle upright, and eventually scaffolding your support by removing your hands and guiding their bottle back up to an upright position as needed. Again, all such activities should be done with supervision and guidance. It is very likely these learning experiences will get messy, however, with patience and support from you, your infant will begin developing life-long skills.



**Gross Motor** - children demonstrate a wide range of gross motor skills. Observe where your infant is at and provide opportunities accordingly. For example, if your child is sitting up and beginning to place their weight over both their hands when placed on the ground then ensure they have a safe surrounding to practice this. If your child is beginning to crawl, place items of interest some distance away from them to encourage more practice crawling. If your child is pulling themselves up to a standing position, positively reinforce them with verbal and non-verbal encouragement! If your child is beginning to cruise (hold on to furniture and walk), place preferred toys at a distance to encourage more movement. When your child is free-standing, hold your hands out near them to encourage first steps. At this point, holding both their hands and walking with them is also great practice. Morning drop-offs to childcare are a great opportunity to build this self-help skill! Allowing, encouraging, and supporting your child to take steps/walk into their classroom in the morning, is not only a convenient opportunity to develop their gross motor skills but also works on their socio-emotional skills as this can become a very positive experience with both educators and family members celebrating their success in doing so. This can also make the transition during drop-offs smoother and more pleasant!

**Getting Dressed/Hygiene** - Have your child participate when getting dressed/undressed to the best of their ability. Begin with having them take off their own hat, mittens, shoes and eventually socks. Use simple one-word directions and gestures, such as pointing, to provide guidance (eg. "Push...more...here...yay!"). After some time, with your child's strengthening coordination, they may be able to put on their own hat, which may require some adjusting afterwards but is worth the boost in their confidence! If using shoes with hook-and-loop fasteners (eg. Velcro), have your child push down the straps and then even pull the straps open, again, using simple vocabulary, gestures, and encouraging phrases (eg. "Push/Pull...up/down...here...wow! You did it!"). Your infant may also work on self-help skills by putting their own arm/legs through clothing and pushing their limbs as you help them get dressed. Environmental cues, such as laying your child's items of clothing out on the floor for them to see

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## Infants cont'd

and pick-up, is yet another strategy to encourage their involvement in helping themselves get dressed. Your little one may even participate in hand hygiene before/after meal and snack times by washing their own hands! Again, with your support, supervise them as they either climb up a stool/learning tower or as you hold them up to the sink. Role model rubbing of hands and utilize the hand-over-hand technique while labeling steps and products used along the way (eg. “Soap...rub, rub, rub...bubbles...wash...water...dry hands...paper towel”). Over time and with repetition, you will likely see your infant knowing what to do during this routine (and sometimes even reminding you!).

**Play** - During play, there are many ways you can encourage your child to help themselves! You can empower your little one to make their own choices by offering two play items and letting them pick. Sometimes with younger children, their preference may be demonstrated more subtly by, for example, staring longer at one item over the other. This will help them build confidence in themselves, which is foundational to feelings of self-efficacy. Depending on your infant's development, even something as small as encouraging them to reach for a toy or setting up opportunities for them to promote this skill (eg. strategically placing toys nearby) assists in growth of self-help. When reading with your child, have them turn the page! Get them to have as much hands-on participation as possible during play. This can also be accomplished by demonstrating different ways in which toys/materials can be used, however, keep in mind that this should be balanced with open-ended play, in which children use and explore toys/materials in whatever ways their imaginations guide them. For example, if introducing cause-and-effect toys to your infant, such as a pop-up toy, demonstrate how to push down on the toy to produce an effect and pair this with gestures (eg. point to where they would need to push down to have the toy pop-up), the hand-over-hand technique, and motivating words. Encouraging your child to try and to put forth an effort is something that can be applied throughout their day, even during play, and this consistent encouragement will support them in building their confidence in self-help skills.



**Communication** - Communication is utilized by all humans, regardless of their age! However, it may look different depending on one's developmental level. Communication includes both verbal and non-verbal expression. Encourage your little one to express! The more a child is empowered with skills of communication, they are in a better position to communicate their needs in a prosocial manner that sets them up to develop better self-help skills. Observe the context of your child's situation and provide vocabulary appropriately (eg. “I see you're reaching! Are you trying to get your shoes? You want to put on your shoes? Do you need help? Say, 'Help please!'”). Role modelling the use of words supports language skills. Not only are they getting exposure to vocabulary but also get an opportunity to engage using babble or even begin repeating simple words around 10-12 months. Again, encourage as much participation as possible, this may include the use of gestures (eg. pointing, waving) or even sign language (eg. signing for “more,” “milk,” or “all done”). Using gestures/signs allows children to participate in communicating their needs and in making choices, both of which promote their ability to be able to help themselves.

**Problem Solving** - Finally, by 10-12 months, children are able to follow and understand simple requests, directions, and questions. These can be utilized to support and guide children through problem solving. If you see a problem arise for your infant and either see them repeating an action or using trial and error to solve a problem, use simple 2-3-word phrases to direct them through solving their problem (eg. “Open strap,” “Pull!” etc.). These can also be utilized when your child shows signs of frustration, comes directly to you for help, or does not make any attempt at solving their own problem. Using requests, directions, and questions like, “Get shoe please,” “Push down!” or “Where is your hat?” guides them into taking actions towards solving their own problems. Pointing out strategies also role models different ways in which problems can be solved, for example, highlighting the use of tools (eg. “It's too far? You can't reach the toy? Pull string! Pull!”). Showcasing admiration for achievements and even attempts towards their goal (in this case, solving a problem) positively reinforces continued exploration towards problem solving.

We hope you will find these tips and strategies useful and look forward to seeing your little one blossom into their highest potential!

Kind regards,  
*PJ RECE, Ipsita BA, RECE, Fowsio RECE, & Kiran RECE and your sweet Infants*

## Junior Toddler

Hello again, everyone! We hope you're all doing great and enjoying the beautiful summer weather just as much as we are. This summer has been amazing, with all the vibrant greenery and enchanting flowers in full bloom. We've been busy welcoming new children and families to the Jr. Toddler classroom, and we're delighted to see that our new children have settled well into the daily routines. With some sadness, we did have to say goodbye to Smiledeep as she moved to the Jr. Preschool classroom, but we're super excited to welcome Areanna to our class! Areanna was previously part of the Infant room team and looks forward to working with our families. Our days have been so full of excitement, especially with the toddlers who have been eagerly exploring both indoors and outdoors. So, day after day, the toddlers are making new discoveries, whether it's learning to follow routines, building relationships with their peers and educators, or exploring new concepts by getting hands-on with the materials in the classroom and on the playground. It is incredible to see how much they are growing and developing, and we are committed to nurturing their potential and helping them reach new heights. With the weather getting sunnier, we're making



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## Junior Toddler cont'd

sure to take advantage of the outdoors and have lots of fun. Please remember to bring a summer hat, indoor-outdoor shoes, and sunscreen to apply before going outside so that our toddlers can safely enjoy the warm weather. Here are some enjoyable activities that children can do to stay active and engaged during this lovely weather.

**Sidewalk Colouring:** The children will surely love to participate in this activity on the hot summer day. Let the kids unleash their creativity with a variety of colourful chalk and watch their imaginations come to life. Not only will this activity keep them entertained, but it will also help develop their hand-eye coordination and colour recognition skills.

**Dinosaur Rescue Experiment:** This is a cool and exciting activity that children will surely enjoy! Wrap pipe cleaners around some dinosaurs, place them in the bin and let the children have fun saving the dinosaurs from the trap. This activity will help enhance their fine motor skills, language development, and observation skills.

**Alphabet Soup:** Why not turn a beautiful summer day into a learning opportunity? Place letter sponges in a container of water, and don't forget to mix in some vibrant food colouring for an extra splash of fun! Equip the children with spatulas and bowls to encourage their creativity. This super engaging and thrilling activity will not only help them recognize letters but also spark their imagination.

**Watermelon shape learning:** How about making learning fun using their favourite summer fruit? Cut up the watermelon into different shapes like circles, squares, rectangles, and triangles. Then, as you give them the yummy treats, teach them the names of the shapes and encourage them to say them back to you. It'll be a fun way to learn!



Until next time,  
*Komal RECE, Areanna RECE, and the Junior Toddlers*

## Intermediate Toddlers

Hello once again to everyone! Hope you all are enjoying the hot weather and have wonderful activities planned for the summer days ahead. With that being said let's talk a bit about self-starting behaviours with your little ones.

Self-starting behaviours plays a crucial role in executive functioning and self-regulated learning, enabling children to be more independent and responsible for their growth and education. Cultivating this proactive attitude in children can lead to improved academic performance, problem-solving abilities, and overall success in the future.

Promote self-starting behaviour in your child by:

- Assigning tasks they can begin independently and praising their efforts.
- Spending quality time listening, encouraging exploration of interests
- Helping them set goals, break tasks into steps and stay motivated
- Supporting their passions with relevant resources to foster self-motivation
- Modeling trying new things, problem-solving, and persistence
- Teaching resilience through natural consequences and reflection
- Building confidence with praise and encouragement to nurture self-esteem and leadership.



Until next time, have a wonderful summer!  
*Intermediate Toddlers,*  
*Niketia RECE, Amrit RECE, Jeremiah RECE*



# Preschool 1

Hello Alpha Families. We hope everyone is enjoying the beautiful summery days; it feels like a long time coming. We are so happy to have the sun shining and being able to shake off some layers of clothing for the next few months.

We're thrilled to announce that many of our little ones are showing signs of readiness for potty training! It's an exciting time as we support them in this important milestone of independence. We understand that potty training can sometimes feel overwhelming for parents, but we want to reassure you that we're here to support you every step of the way. Potty training - two simple words that can evoke a mix of excitement and apprehension in parents and guardians. It's a milestone that marks a significant transition in a child's life, signaling their journey towards independence and self-sufficiency. While it may seem like a daunting task, with the right approach and mindset, potty training can be a rewarding and empowering experience for both children and caregivers alike.

### Understanding Readiness:

One of the first steps in successful potty training is recognizing when your child is ready. Signs of readiness vary from child to child but may include showing interest in the bathroom, staying dry for longer periods, and being able to communicate their needs effectively. It's essential to be patient and wait until your child exhibits these signs before embarking on the potty-training journey.

### Creating a Positive Environment:

Creating a supportive and encouraging environment is crucial for successful potty training. Start by introducing the concept of using the potty in a positive and relaxed manner. Use books, videos, or dolls to demonstrate how to use the potty and make it a fun and exciting experience.



### Establishing a Routine:

Consistency is key when it comes to potty training. Establish a regular potty routine and stick to it as much as possible. Encourage your child to sit on the potty at regular intervals throughout the day, such as after meals, before naps, and before bedtime. Consistent reminders help reinforce the habit and make it easier for your child to recognize when they need to go.

### Choosing the Right Equipment:

Invest in age-appropriate potty-training equipment to make the process comfortable and accessible for your child. Whether it's a standalone potty chair or a seat adapter for the regular toilet, choose what works best for your child's needs and preferences. Let your child pick out their own special underwear and potty training supplies to make them feel involved and excited about the process.

### Celebrating Success:

Celebrate every success, no matter how small! Positive reinforcement boosts their confidence and motivates them to continue trying.

### Handling Setbacks with Patience:

It's essential to approach potty training with patience and understanding, as setbacks and accidents are inevitable. Instead of getting frustrated or upset, reassure your child that accidents happen and that it's all part of the learning process. Encourage them to keep trying and offer support and encouragement every step of the way.

### Seeking Support:

Remember, you're not alone on this journey. Reach out to other parents, caregivers, or professionals for advice, support, and encouragement. Share your experiences and learn from others who have gone through or are going through the same journey.

As we navigate the exciting journey of potty training together, we want to remind parents not to stress or feel pressured about the process. Every child progresses at their own pace, and with patience, encouragement, and support, they will eventually master this skill.

Until next time,  
*Anamika RECE and the Preschoolers*



# Junior Preschool

Hello again everyone! We hope your summer is off to a fantastic, and sunny start! The Junior Preschoolers would like to take this time to welcome all of our new Families that have recently joined our Alpha Family, and specifically our classroom! We can't wait for all of the exciting new memories we will make this year!

The Junior Preschoolers are having a great summer so far! They are really enjoying the outdoors as they get the chance to explore the all-natural playground daily. We see the children's bright smiles and active bodies having a great time! Just a reminder - sunscreen, a summer hat and shoes, as well as light and airy summer clothing are essential during these warm months, as it ensures your children are comfortable and can remain cool and dry.

With summer FINALLY here, now is the time you will find that you are always in the mood for outdoor summer activities. Picnics, BBQ's and going to the pool all sound like so much fun! The Junior Preschoolers thought what better way to help you prepare for those hot days while enjoying the outdoors with your family, than with some fun, easy and tasty summer recipes. We would love to hear about it, if you've given them a try! Feel free to let us know!

Below you will find some of our favourite summer recipes. Enjoy!

## Juicy Turkey Burgers with Zucchini

### Ingredients:

- 6 oz grated zucchini, when squeezed 4.25 oz
- 1 lb 93% lean ground turkey
- 1/4 cup seasoned whole wheat or gluten-free breadcrumbs
- 1 clove garlic, grated
- 1 tbsp grated red onion
- 1 tsp kosher salt and fresh pepper
- oil spray



### Instructions:

1. Squeeze ALL the moisture from the zucchini with paper towels. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, salt and pepper. Make 5 equal patties, 4 ounces each, not too thick so they cook in the center.
2. Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan and reduce the heat to low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through.
3. If grilling: Clean grill well before cooking and spray with oil spray to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side, or until no longer pink in the center.

## Grilled Chicken Chickpea Salad

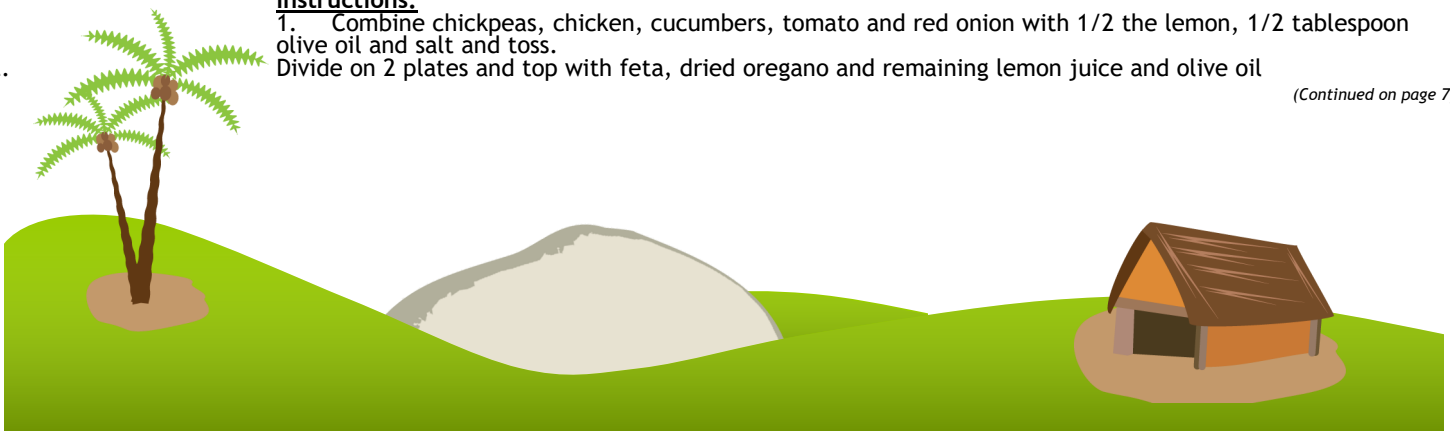
### Ingredients:

- 15 oz can chickpeas, rinsed and drained
- 4 oz grilled chicken, or leftover breast from a rotisserie, diced
- 1 tablespoon extra virgin olive oil
- 2 mini cucumbers, chopped
- 2 small tomatoes, sliced
- 1/4 cup red onion
- Juice from 1 lemon
- 2 oz feta, crumbled
- 1/4 tsp kosher salt
- 1/8 teaspoon dried oregano

### Instructions:

1. Combine chickpeas, chicken, cucumbers, tomato and red onion with 1/2 the lemon, 1/2 tablespoon olive oil and salt and toss.
2. Divide on 2 plates and top with feta, dried oregano and remaining lemon juice and olive oil

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## Junior Preschool cont'd

### Easy Grape Tomato Sauce

#### Ingredients:

- Olive Oil to cook the garlic and tomatoes in (extra virgin)
- Garlic: An Italian grape tomato sauce wouldn't be complete without plenty of fresh garlic!
- Grape Tomatoes: Since tomatoes are the star of the show, make sure they're in season and good quality. Cherry tomatoes can be used instead.
- Salt and Pepper season this grape tomato pasta sauce.
- Herbs: Use fresh oregano or basil, or other herbs, like rosemary or thyme, if you have them in your garden.
- Crushed Red Pepper Flakes for a little spice.

#### Instructions:

1. Garlic: Cook the garlic in a nonstick pan until golden.
2. Tomatoes: Add the tomatoes, salt, red pepper, and black pepper and reduce the heat to low.
3. Simmer the sauce, covered, until the tomatoes burst.
4. Herbs: Add the oregano or basil and cook, uncovered, for 5 more minutes.

#### Serving Suggestions:

- Pasta: Serve this grape tomato sauce over any pasta, ravioli, or gnocchi.
- Vegetables: Top zucchini noodles or spaghetti squash with the sauce for a lighter option.
- Protein: This sauce would be fantastic over chicken, shrimp, or fish with a green salad for a low-carb, high-protein meal.
- Add Other Ingredients to the Sauce: You could cook chicken, shrimp, or other vegetables, like zucchini or mushrooms, with the tomatoes and serve it over pasta for a complete meal.
- Cheese: Grate fresh parmesan over the tomatoes before serving.



#### Storage:

Refrigerator: This easy grape tomato sauce will last 5 days in the fridge.

Freezer: If you love grape tomatoes or have a ton of them in your garden, this grape tomato sauce is excellent for freezing so you can enjoy the flavors of summer into the fall. Double or triple the recipe and freeze in freezer-safe containers for 3 months.

Freezer Tip: If you often only cook for a couple of people, store the sauce in smaller 2-cup containers. If you plan on feeding a big group, put it all in one large container.

Until next time,

*Lynda, RECE. Theresa, Assistant. Damanjeet, RECE & The Junior Preschoolers*

## Special Events

Hello Alpha Family! With the warm weather and sunshine, I hope everyone is enjoying their time outdoors.

On Monday July 1<sup>st</sup>, 2024 is Canada Day. Alpha will be closed. Hope everyone enjoys the fireworks!

On Monday August 5<sup>th</sup>, 2024 is Civic Holiday. Alpha will be closed as well. Enjoy the long weekend with loved ones outside.

Happy Summer and soak up the sun!

**Shivana Seedeyal RECE**

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



# Senior Preschool

Welcome back Senior Preschool families. We hope you enjoyed the spring season as the children sure did! This past month, we have begun to review and recap the academic parts of the curriculum. The children have really come a long way since the beginning of the school year. Thanks to the Jolly Phonics Program, they continue to learn to label and recognize letters along with the phonetic sounds. They have transitioned from printing straight to curved lines in the Handwriting Without Tears Program as they continue to master their pincer grasp. After reviewing all the lessons in the Second Step Social Program, we have been asking children to share about a time that they felt a certain feeling such as sad, happy, angry, excited among others and they have shared incredible stories. Other academic components that children have demonstrated immense improvement are number recognition, learning complex shapes and speaking basic French after their educators.

A crucial area of interest for the children recently has been nature. They leave no stone unturned exploring what outdoors have to offer. There has been a lot of conversations around the weather phenomena as they question about different weather patterns, what causes rain and thunderstorms, and other climatic changes. They have also been interested in wildlife lately; going on to search for worms, caterpillars, snails, bugs, getting excited to see butterflies, honeybees and carpenter bees, spotting squirrels and birds. During all of this, they want to know all about where these organisms live, what they eat and if they are friends with each other. All of this has given educators an opportunity to talk about the ecosystem and how our mini measures of caring for birds and animals by feeding them breadcrumbs, leaving water pots out for them and respecting their existence can prove vital for our planet. Many insightful conversations around trees, leaves, flowers and other plants felt like an amazing learning opportunity as educators and children planted cauliflower, corn, and other flower seeds together in the classroom and outside on the playground. Children take turns watering the plants and caring for them. The smiles on their faces when they see a seedling grow and a flower bud are just out of this world!

Here are some fun outdoor activities that you can try with your kids at home.

1. For an miniature indoor garden, make a terrarium.

#### WHAT YOU WILL NEED

- Clean wide-mouth jam jars with lids
- Small pebbles
- Activated charcoal
- Soil
- Small plastic figurines
- Cuttings from small succulent plants

#### SETTING UP

Place all of the materials in containers on a table.

Step 1: Scoop the small pebbles into the jar.

Step 2: Scoop the charcoal into the jar.

Step 3: Scoop the soil into the jar.

Step 4: Add 2 figurines.

Step 5: Snip off pieces of the succulent plant and poke them into the soil.

Step 6: Using a spray bottle, give the plants some water.

Step 7: Place the lid on the jar.

They are now ready to take home and enjoy!



2. Use a coffee tin to make a bug house.

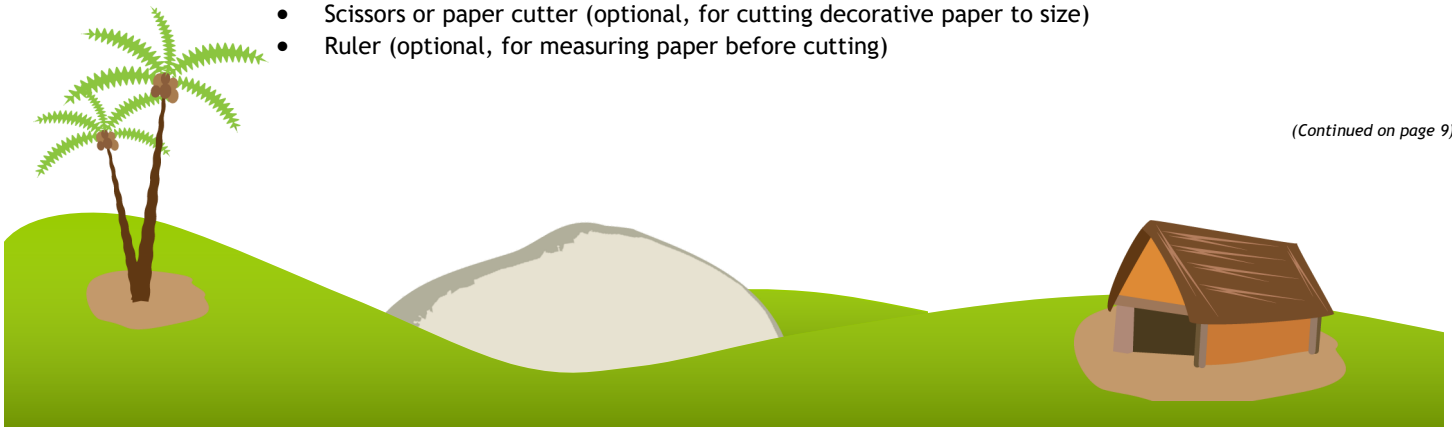
#### Materials:

An empty container with a lid

- Small piece of mesh for covering windows
- Decorating supplies like paper, markers, stickers, etc. (totally optional, your bug isn't going to know the difference)

#### Supplies & Tools:

- X-acto knife
- Glue stick
- Packing tape
- Scissors or paper cutter (optional, for cutting decorative paper to size)
- Ruler (optional, for measuring paper before cutting)



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## Senior Preschool cont'd

### Instructions:

1. Cut windows in the container using the X-acto knife.
2. Cut out some windows  
Decorate paper using markers, stickers, or other craft supplies and cut it to size.
3. Cut paper to fit container  
Attach decorative paper to container. You may need to use more than one piece depending on the size of your container.
4. Glue paper onto container
5. Cut "X"s in all the windows with the X-acto knife.
6. Cut X's in windows
7. Fold flaps in and glue onto the inside of the container.
8. Fold over flaps and glue them down
9. Cut a piece of mesh slightly bigger than each window.
10. Cut mesh slightly bigger than window
11. Tape the mesh onto the inside surface of the container around each edge.
12. Tape the edges of the mesh
13. Now your containers are ready for a bug hunt!
14. Bug Houses Completed

Before placing your captured bugs inside, first put some into the container to make your guest feel more at home. Fill with nature  
Now you're ready to catch some bugs.



dirt, grass, leaves, sticks, and other bits of nature home.

### 3. Juice Carton Owl Bird Feeder

#### Materials:

a juice carton

- enamel paints for the garden
- knife
- plastic bottle lids
- googly eyes
- craft stick/lollipop stick/stick
- hot glue gun or glue

#### Steps :

Paint the Juice Carton

Use enamel paints (for flowerpots etc), as these are waterproof. Acrylics are water based and won't last as long. Though you could use acrylic and then add a coat of waterproof varnish.

Cut out your owl feeder shapes

Once dry, using your knife, cut out a "tummy and wings" into the bottom half of your juice or milk carton. Use the tummy piece, to then cut a beak shape. As to the wings, don't cut them all out, you want to keep the "flaps" attached. This keeps the seeds a little bit more sheltered and gives you those lovely owl wings!

Add the bottle top Owl Eyes

Finally, take your juice carton and glue on your bottle top eyes. And done. Later punch a little hole and hang the bird feeder outside.

Fill with bird food  
Hang and enjoy.

Until September,

*Hanoor RECE, Janice and the Sr. Preschoolers*



# Preschool 3

Hello Preschool, 3 families, welcome to the months of July and August. We hope you all enjoyed the beautiful spring weather. Towards the end of the academic year, children in the Preschool 3 class will be participating in more outdoor activities that combine experimentation, hands-on and joyful learning. In addition to incorporating science experiments to spark their curiosity and interest in critical thinking, preschoolers will continue to review academic subjects taught throughout the year to keep the memory fresh and challenged over the summer months. They will also be encouraged to use all their senses to gather information while they observe by making verbal predictions at random.

Below are some science experiments, that parents and children can do together at home:

## Learn what dissolves in water

Looking for few things in the pantry that might dissolve, along with a few that wouldn't dissolve:

- Flour
- Sugar
- Brown Sugar
- Orzo Noodles
- Cornmeal
- Oatmeal
- Colored Sprinkles



Start setting out two pitchers of water. One would be for things that your child can thought might dissolve and the other was for things they think would "disappear."

Making predictions is a great critical thinking skill for preschoolers to start developing!

## Balloon Rocket

### Materials

- A Balloon
- A Straw
- String
- Sticky Tape



Tie a length of string in a straight line between two objects such as door handles or chairs. Before tying one end of the string, thread a straw through the string. Blow up a balloon and pinch the end tight with your fingers. Tape the straw to the balloon, release your fingers and watch your balloon rocket fly! If you can set up two strings side by side, this can be an exciting balloon rocket race for siblings!

## Fireworks in a Jar!

### Materials

- A Clear Jar/Beaker
- Vegetable Oil
- Water
- A Selection of Water-Based Food Colourings



To create colourful fireworks simply fill your jar  $\frac{3}{4}$  full of water. In a separate bowl pour out roughly 4 tablespoons of oil and add 3 or 4 drops each of a selection of food colourings. Mix the food colourings to separate droplets further with a fork before slowly adding the oil to the top of the water. As you observe, coloured drops start to fall from the oil creating fireworks in the water. This experiment demonstrates that oil and water do not mix. The food colouring droplets fall as they are denser than the oil. As they dissolve in the water it looks like tiny, explosive fireworks!

## Hidden Colours

### Materials

- Muffin Tray
- Liquid Food Colouring
- Baking Powder
- White Vinegar
- Pipette



Children love to observe the chemical reaction between baking powder and white vinegar and there is always great excitement when carrying out this investigation.

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## Preschool 3 cont'd



Add some baking powder to each space in a muffin tray, add some drops of food colouring and cover with more baking powder so that no colour is visible. Invite your children to add vinegar to the baking powder to activate the chemical reaction and reveal the hidden colour.

Children could predict what they think will happen when baking powder and vinegar are combined. They can use their senses to smell and listen carefully as gas bubbles are released in this irreversible reaction.

Until next time enjoy exploring  
*Harneet RECE, Lynda RECE, and the Preschool 3 friends!*

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

## Word From the Manager

As the summer months arrive, it's essential to highlight the importance of taking your children on a vacation. Just like adults, children need a break from their daily routines to relieve stress and rejuvenate. We often overlook the fact that childcare and various extracurricular activities, such as soccer, swimming, hockey, or dance, form the bulk of a child's daily schedule. These activities, while beneficial, can be demanding and exhausting for young minds and bodies. Hence, children need time to relax and enjoy life's simpler pleasures, perhaps even more than adults do.

This summer, I encourage you to plan a mini vacation with your children. Taking advantage of extended periods together allows you to create great memories and strengthen your relationship with them. It's vital for your child to see you relaxing and enjoying yourself, as they learn by observing and emulating your behaviour. Involving children in the vacation planning process can be a fun and educational experience. Gather brochures, look at schedules, or visit the library/websites to research potential destinations together.

When planning, try not to overload the schedule. Too many planned activities can lead to unnecessary stress and fatigue. Instead, take cues from your child's interests and desires. If they prefer swimming in the pool/run through a sprinkler, over visiting a museum, accommodate their wishes. Doing activities that everyone enjoys will make the vacation more pleasant and memorable.

Vacation time is a unique opportunity to deepen your bond with your child. Relationships are often strengthened by simple, joyful moments, like tickling toes in bed, as much as by visiting new places together. This summer, focus on creating lasting memories with your child that both of you will cherish for years to come. Enjoy this special time together and make the most of every moment.

Until next time, my door is always open.

**Patricia Andrade RECE, Manager**

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# Preschool/Kindergarten

Welcome back, everyone! It's incredible how another school year has flown by, and now we're gearing up for the summer months. The upcoming time holds plenty of excitement as some of your children prepare for their transition to a new school. Throughout the summer, we'll be reinforcing our Jolly Phonics program and continuing with Handwriting Without Tears to further develop the skills they've been honing all year long. We've also begun introducing blending and sight word recognition into our curriculum, and it's been fantastic to see several children already recognizing a few words and displaying a keen interest in reading. One excellent way to nurture this skill is by engaging in plenty of shared reading experiences with your child. During the summer months, we embrace a more laid-back routine and prioritize outdoor activities regardless of the weather. After facing challenges with our playground being unavailable for long stretches in the spring, we're eager to make the most of our wonderful natural surroundings. Ensuring children have suitable outdoor attire is crucial for maximizing their enjoyment and safety during these outdoor adventures.

Outdoor activities have long been a favourite way to unwind, relax, and connect with nature. Engaging in outdoor activities not only improves physical health but also contributes to mental well-being by allowing individuals to clear their minds and enjoy the natural beauty that surrounds them.

**Places for Outdoor Activities:** If we think about where we should be going here, we can find a few places for ideas for making our trip for outdoor discoveries.

- Your very own backyard or nearby neighbourhood parks are great for outdoor activities.
- National or local parks, mountains, forests, and nature areas have spectacular landscapes that are perfect for hiking, camping, and spending time with family and friends.
- Amusement parks will help us make so many memories of fun and silly moments. Zoos, aquariums, and botanical gardens are a fantastic way to have an educational and enjoyable outdoor experience.
- Beaches, rivers, lakes, waterfalls, and other water places offer countless opportunities for water-based outdoor activities, including swimming, boating, and fishing. Enjoy a day at your local beach soaking in the sun, or take a trip to a serene waterfall for a rejuvenating retreat.
- Farmers markets are ideal for truly experiencing the local culture. You can find fresh produce, handcrafted items, and delicious food while spending hours browsing and discovering unique treasures.

**Physical Activities and Sports:** There are various ways to enjoy our summer break, so it's always a good idea to keep our physical health in mind. Here are some interesting physical activities and sports for our overall development that we can enjoy: Running, Hiking, and Walking; Camping and Outdoor Cooking; Fishing; Biking and Cycling; Water Activities (swimming, paddleboarding, etc.) Nature, Art, and Exploration: This summer, be creative, explore nature, and learn more about nature and its beauty. For that, gardening and planting are the first examples that come to mind. Birdwatching and wildlife are also a fun way to learn more about other living creatures. Doing photography and street art and making a sketch book for discovery and learning is a fun way of learning that a child would love to do. Take a yoga mat to gardens or parks, and doing yoga and meditation is another example of absorbing nature into our souls.

**Environmental and Health Benefits:** Now let's talk about why all these explorations and activities are important for us. Spending time in the great outdoors exposes individuals to sunlight, which is essential for the body to produce vitamin D. Connecting with nature and getting fresh air can significantly impact one's mental and emotional well-being. Engaging in outdoor activities promotes relaxation, reduces stress, and even improves concentration. Regularly immersing oneself in the great outdoors promotes a deeper connection with the natural environment. Regularly immersing oneself in the great outdoors promotes a deeper connection with the natural environment.

Until next time, keep cool!

*Rupinder RECE, Ankita OCT and the Pre/Kinders*



