



July/August 2024 Newsletter



Word From The Office

Finally, summer is here. Summer is always lots of fun at Alpha and more relaxed to give the educators a well-deserved break from the hustle and bustle to enjoy and have fun with the children. We are expecting to enroll lots of new children and welcome more families to our Alpha family. If you know of anyone needing care, please tell them to reach out as we have spots available as we are saying goodbye to some of preschool children (so bitter sweet.) I want to thank our preschool educators for another lovely graduation ceremony which took place on June 28th, 2024, as always, they did a great job preparing the children for their journey into kindergarten, presenting another beautiful graduation ceremony.

Every Friday, we will continue to have our water play Fridays which the children will all be outside in the grass together, engaging in water play. If you're able to, please bring your children dressed in their water clothes and shoes. A reminder that crocs and sandals are not permitted. Water shoes are required to have a closed front and back.

We're looking forward to another upcoming school year but until then, we will enjoy every bit of sunshine the summer brings us.

Until next time,
Alicia Emond, Supervisor, RECE
aliciae@alphachildcare.ca

Dates To Remember

Mon. July. 1st, 2024-
Canada Day
- Alpha
Closed



Mon. August. 5th, 2024-
Civic

Holiday- Alpha
Closed



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
patriciaa@alphachildcare.ca



Junior Toddlers

Hello Summer! Hello Alpha Families!

First and foremost, we'd like to welcome Abhay to our Jr. Toddler classroom! He will be our new educator alongside Helena. The children already adore him from seeing him in the classroom - covering breaks as well as on the playground during outdoor discoveries. We are so excited to have him with us and he is excited to join us as well.

We have all been waiting for warm summer days for some time now. I hope everyone can get out of those office chairs, even if you work from home; hopefully you are able to sit in your backyard and enjoy the sun or some cold lemonade in the shade.

As these warmer days approach, please be mindful on staying hydrated. Especially with our little toddlers who may need gentle reminders to drink water often once outside participating in physical activities. Heat strokes are very much possible, especially when staying active so this is crucial for everyone. Please do not let that scare you, get out there and take your little ones out to the parks, beaches, nearby splash pads and even public swimming pools to have some fun while cooling off.

Below are a few local places to take your families on a nice weekend morning or taking a day off during the week to spend some quality one on one time;

Heart Lake Conservation
Gage Park - Splash Pad
Wet & Wild Toronto
Farmer's Market Downtown Brampton
Canada's Wonderland
Woodbine Fantasy Fair (for those rainy days)

Just a friendly reminder that every Friday (weather permitted) we host our weekly Water Play day. Ensuring your child has a change of clothes, water shoes (fully closed back and front please), towel, sunscreen, and a water play hat.

We look forward to enjoying the summer days with our toddlers and having the much-needed relaxing days ahead with special cold treats such as freezies, cold sorbet, and lemonade.

Stay Cool,

Helena RECE & Abhay RECE and the Junior Toddlers



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



Senior Toddlers

Hello Alpha families. It is hard to believe that another school year has come to an end. Over the past few months, the Sr. Toddlers have achieved many goals, such as potty training, dressing/undressing, and waiting for their turn for 5 minutes to play with a toy that their peers are using. We hope that everyone is doing well and having a great summer. Here are some summer cold drink recipes that you can enjoy with your family during the hot days:

Strawberry-Yogurt Shake

Ingredients

- 1 (16 ounce) package fresh strawberries, hulled
- 2 bananas, peeled and sliced
- 3 cups ice cubes
- 1 (16 ounce) container plain low-fat yogurt



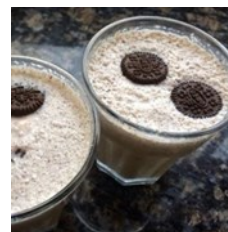
Directions

Blend strawberries, bananas, half of the ice cubes, and yogurt in a blender on high until smooth. Add the remaining ice and blend further until smooth again. Serve immediately.

Oreo Milkshake

Ingredients

- 6 chocolate sandwich cookies (such as Oreo®)
- 3 scoops vanilla ice cream
- $\frac{3}{4}$ cup milk



Directions

Blend chocolate sandwich cookies, ice cream, and milk together in a blender until smooth. Pour into 2 glasses.

Until next time

Kulvinder K Singh RECE and Senior Toddlers

Junior Preschool

Hi Alpha families. Welcome to the months of July and August. I hope everyone is excited for the great summer. Here at Alpha, we would like to welcome Henry and James to our Jr Preschool classroom. The Jr. Preschoolers are excited for the summer activities, especially for the water play sessions every Friday. So please get ready for every Friday to send a bathing suit and water shoes. They are independent and always get dressed and undressed for outdoor discoveries with minimal assistance. They are working hard to express their emotions, using words rather than hands and waiting for their turn. During group discussions, they discussed making good choices they could make during play but sometimes having a hard time controlling their strong emotions. Here at Alpha, we will continue to implement the Second Step Social Program during large and small group discussions to work on identifying strong emotions. All our activities are designed to help our children with sensory regulation but also provide opportunities to develop strength, coordination, balance, play and social interaction. Here are some **simple ways to promote inclusive play in any early learning environment.**



1. Quiet Areas: Quiet areas can be used by any child who needs time alone to unwind. All they need is a quiet, calm, low-light space. Using a teepee or pop-up tent with some cushions and a sensory bin with fidgets, squishy toys, and a massager, can help calm their emotions.



2. Movement breaks: Children may have an urge to move their bodies, especially on rainy days when everyone is stuck indoors. Having a mini trampoline to bounce on, large cushions to crash on and a pod swing hanging in the room.

3. Heavy objects: Heavy work is craved by



(Continued from page 3)

Junior Preschool cont'd

lots of kids and can have a calming effect. So

- encourage children to pack away heavy objects, including outdoor and indoor play equipment
 - provide things to push, tires, weighted trolleys and wheel barrels
 - place crash mats next to climbing frames so children can climb and jump.
4. Deep pressure: Deep pressure is a technique used to calm anxious and highly aroused children. Some children like big hugs and rough play because it calms them down.
 5. Sensory swings: Swings can be calming or alerting for some children, and they will have a preferred direction of movement.

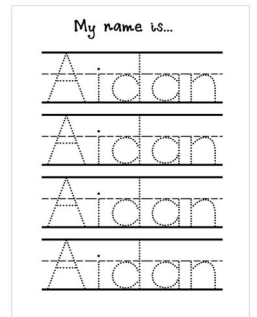
Until next time:

Manpreet Bahra (RECE) and Jr Preschoolers



Senior Preschool

Hello Sr. Preschool families and let's welcome summer!! In our classroom we are preparing for kindergarten by continuing to work on letter recognition and learning to spell and print our names. The children have been practicing tracing their names on paper with the use of a highlighter. The educators have been helping the children recognize the first letter of their name and matching letters with pictures. Alphabet puzzles are also a big hit. At home parents can help the children to learn the sounds of the letters, such as "S....s makes the sound ssssss....like a ssssssnake". We are also working on self-regulation skills by identifying their emotions and learning how to communicate better with one another. Using the Second Step Social program, we will continue to use calming techniques such as blowing out candles on our fingers to help us take deep breaths and putting our hands on our tummies to feel the deep breaths in and exhaling out. We would like to encourage all the children to bring in Show N' Share on their scheduled day. Sharing with their peers gives them the confidence to speak in front of a group, and answer questions from peers. We look forward to the children bringing in their item of interest and sharing with the class.



Here are some fun activities to try over the summer. Playing I spy on a long car ride is a good way to pass the time. It also helps with learning letters.

Visit Chinguacousy Park. There are so many activities to do. Splash pads, petting zoo, playgrounds, paddleboats and so much more. Having a picnic is also a fun family time. Enjoy the outdoors!

In Brampton and the surrounding areas, there are many pick your own fruit farms. Picking strawberries in July is the best time or visit the Farmers Market in downtown Brampton and see what the local vendors are selling!

Have a great summer!

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



Summer Camp

Hello School Age families, summer is finally here!! Sam, Michelle, and Raman are looking forward to all the fun activities and trips planned for this summer. We will begin the first day of Camp with some icebreaker questions and games to get to know each other better as we have some new faces joining us this year. We will then be having a group discussion about the Camp Rules and Expectations so everybody is aware and we can all be on the same page. The Camp Rules and Expectations will be reviewed with the group as needed in order to have the best summer possible. Please ensure your child comes

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prepared everyday with the following items - a packed healthy lunch and snacks, indoor and outdoor shoes, (**CROCS, FLIP FLOPS, and OPEN TOED SHOES are not permitted for safety reasons**), a water bottle, hat, sunscreen, and weather appropriate clothing. We kindly ask that on Water Play Wednesdays if you can send your child dressed with their bathing suit on under their clothes. This will help us save time and give the children more time to play at the Peel Village Splash Pad. Also, a reminder to label all of your child's belongings as it is easy for things to get misplaced. Thank you!

The first trip we are taking this summer is to a Blue Jays game! Other trips include Kortright Centre, Famous People Players, African Lion Safari, Downey's Farm, Fire/Life Safety Education Centre and Museum of Illusions. We have two in-house trips which are Mad Science and Cooksmart. We are really excited and hope the children can benefit from these experiences and build lasting memories.



As always, we value open communication with our parents and welcome any feedback, ideas or concerns you may have.

Until next time,

*Sam RECE, Michelle, Raman CYCW, and the School Ager*s

Sabrina's Kitchen

Things are heating up in the kitchen! With summer approaching we have started our summer menu and all the new fresh lunch items have really had us all excited. The children are excited and are loving the fresh produce we have incorporated in all our meals.

In Alpha's kitchen we wanted to have a lot of cool fruits like watermelon and kiwis. This gives the children a variety of textures while getting all the nutrients of these colourful fruits that are in season.

The children have been so helpful on giving meal ideas for chef surprise days, which is so amazing to hear and listen to their little voices. Nothing excites me more than seeing the children get excited about all the new food options and even feeling like they are a part of it.

I believe the best way to have children excited and interested about nutrition is to make their plates colourful. This time of the year meals can get very fun and colourful making it a prime time to keep our hydration up with all the yummy summer foods.



Try this fun light, refreshing watermelon salad at your next BBQ.

Watermelon Salad with Feta Cheese & Mint

Ingredients

- 1 tsp salt (optional)
- 3 tbsp red vinegar
- 1 tbsp lime juice
- 1/3 cup olive oil
- 1 cup light feta cheese
- 20 mint leaves



Until next time, stay cool and have fun!
Chef, Sabrina Sancic RECE

