



Millrise Moments May 2017

Dear Parents,

Spring is here, can you ensure your child has the appropriate outdoor clothes e.g sun hats, rain boots, lighter jackets & splash pants and this is assuming the rain will come. We do go outside every day. We also need water bottle for the children daily (Labelled with their name) and please take them home at the end of day to be washed.

We are always looking for paper to be donated. If anyone has any resources that we be greatly appreciated.

Please do not send your child with sun glasses, umbrellas or flip flop sandals to the centre. These are very dangerous and can lead to accidents.

We are sponsoring "BARE BOTTOMS DIAPER DRIVE "throughout the month of May at the Centre. The donation box will be in the front foyer. An email has already been sent out to you about the donation drive. I will attached a poster again for you to read.

The Hop a Thon was so much fun. The children loved hopping with their hats on. We raised \$ 501.00 this year. Thank you to everyone who donations, it was a huge success because of you!!!

We welcome all Mothers/Grandmother's to our Mother's Day Tea Party on May 12th. The party will start at 3:00 and go till 5:00. We feel these are important events as the children prepare special crafts and help prepare for the special day.

With the warmer weather approaching it is time for sunscreen and bug spray. If it is ok with, you could bring in \$20.00 so that I can buy the sunscreen so we do not have 100 bottles. It is just easier for the teachers.

POLICY OF THE MONTH: SUN SAFETY POLICY

Please see attached:

RECIPE OF THE MONTH: Snowy Macaroons

Please see attached:

Frog Street Babies: Keeping Peace in the Car.

Frog Street for Toddlers - Theme 9: Traditional Songs (Week 1 and 2), Theme 10: Bugs (Week 3 to 4)

Please see attached:

**Frog Street for Pre-School - Theme 8: Animals (Week 1 to 3)
Theme 9: Changes (Week 4)**

Please see attached:

Please ensure your child has an extra change of clothes and indoor shoes regardless of their age? The children get very upset when we try to put other clothes on them and we really don't have much to choose from.

If you have not checked your emergency form in the white sign in and out binder please do so, so that the teachers can sign off that everything is correct.

Last call for the ASQ and ASQ-E, please drop them off as soon as possible so we can go over them and get back to you about their progress.

May 15th is BrightPath 7th Birthday!! We will be having a Birthday Party for our company on that day.

Please do not bring toys from home. We cannot be responsible for them and the children get upset when their toys go missing. Please ensure that if you are leaving the daycare I need one calendar month notice.

We are always looking for difference workshops for staff and parents, if anybody has any ideas or knows someone please get in touch with me.

We would love it if any parent could come in the talk about their work or share something from their culture. Please get in touch with me.

We wish all the children and staff who celebrate their birthdays in May a Very Happy Birthday.

Dates to Remember:

May 4th - Yom HaAtzmaut

May 4th - Lockdown Drill

May 5th - Space Day

May 12th - Mother's Day Tea Party (All Rooms)

May 14th - Mother's Day

May 14th - Lag B'Omer

May 15th - BrightPath 6th Birthday Party

May 17th - Emergency Medical Services for Children Day

May 21st - World Day of Cultural Diversity

May 22nd - Victoria Day: Day Care Closed

May 22nd - National Patriots' Day

May 25th - National Missing Children's Day

May 27th - Ramadan Begins

May 25th - Parent meeting at 5:30

May 29th - Memorial Day

May 31th - Macaroon Day

Great resources for Parents:

<http://www.frfp.ca/parents-resources/community-resources/parent-link-centres.htm>

<http://www.healthyparentshealthychildren.ca/>

Kindest Regards
Millrise Staff



This Mother's Day
help a family
in need

Bare Bottoms Diaper Drive

BrightPath Kids and Brite Studios
are proud to partner with the Calgary Food Bank
for their annual Bare Bottoms Diaper Drive!

Diaper, Wipes, Formula and Baby Food donations
will be collected at
all Calgary BrightPath & Brite Studios locations
May 1-31, 2017.

- Donate new or opened packages of disposable diapers
- All diaper sizes needed, particularly 5 & 6
- Wipes, Formula and Baby Food, of course, need to be unopened
- Pull-ups and training pants welcomed



For more information go to www.barebottomsyye.com or click on this image.

Sun Safety Policy



Purpose

The purpose of this Policy is to:

- Set out the guidelines to be followed in order to ensure the safety of children in instances where they are exposed to heat and sun; and
- Set out the procedure for the use of sunscreen

Definitions

Sunscreen means a cream or lotion rubbed onto the skin to protect it from the sun.

Heat Stroke means a condition marked by fever and often by unconsciousness, caused by failure of the body's temperature-regulating mechanism when exposed to excessively high temperatures.

Procedure

1. Parent Involvement:

- a. Parents/guardians will be asked to dress their children in light-coloured, loose-fitting clothing;
- b. Parents/guardians will be encouraged to provide a wide-brimmed hat for their child. This hat should protect the child's face, neck, and ears;
- c. Parents/guardians will be required to provide a broad-spectrum sunscreen of SPF 15 or higher for children 6 months and over, the sunscreen must be free of traces of nuts;
- d. Parents/guardians must apply sunscreen to their child prior to the child arriving at the Centre;
- e. Parents/guardians will be encouraged to provide unbreakable sunglasses for their children. These sunglasses should offer UVA and UVB protection.

2. Sunscreen Application and Heat Stroke Prevention: Centre Personnel will comply with the following guidelines during outdoor play time:

- a. Whenever possible, Centre Personnel will schedule outdoor activities before and after the peak sun exposure times of 11 am and 3 pm. During outdoor activities, Centre Personnel will encourage children to play under shade;
- b. Centre Personnel will apply sunscreen before outdoor play during sunny and cloudy days as UV rays penetrate clouds and sun burns can still occur on cloudy days.
- c. Centre Personnel are encouraged to model appropriate sun safety by wearing sunscreen and hats themselves.

- d. Centre Personnel will generously apply a broad-spectrum sunscreen of SPF 15 or higher for children of 6 months or older. Sunscreen will be applied 20-30 minutes prior to outdoor play time. Sunscreen will not be applied to children 6 months and younger in accordance with Health Canada guidelines;
- e. Centre Personnel will not forget to apply sunscreen to children's hands, ears, feet, shoulders, and behind the neck;
- f. Centre Personnel will complete the Hat and Sunscreen Check form, indicating that sunscreen was applied and hats were worn by children;
- g. Sunscreen will be reapplied approximately every 2 hours, or more frequently if the child has been sweating or participating in water activities;
- h. Children under 6 months old will be kept out of direct sunlight;
- i. Sunscreen will be applied before insect repellent, if both are being used;
- j. To aid in heat stroke prevention, Centre Personnel will ensure that children will not be overdressed, will refrain in participating in extreme physical activity in hot weather, and will drink plenty of water prior to and during sun exposure;
- k. Centre Personnel will watch for the following symptoms of heat stroke:
 - a) Severe headaches;
 - b) Weakness;
 - c) Dizziness;
 - d) Confusion;
 - e) Nausea;
 - f) Rapid breathing and heartbeat;
 - g) Loss of consciousness;
 - h) Seizure;
 - i) No sweating;
 - j) Flushed and dry skin; and
 - k) Fever with temperature of 40°C or higher.
- l. If a child displays symptoms of heat stroke, and is awake, alert and acting normally, Centre Personnel will proceed to get the child indoors, remove the child's outer clothing, and provide fluids.
- m. If a child displays symptoms of heat stroke, and is disoriented or loses consciousness, Centre Personnel will proceed to call for emergency medical help, get the child indoors, remove the child's outer clothing and wrap the child in a cool wet towel. No fluids will be provided until the child is awake and alert.

Associated Forms

Hat and Sunscreen Check

Children's Safety and Health Notice

Reference Information

Sources: Kids Health – www.kidshealth.org
Healthy Environment for Kids – www.healthyenvironmentforkids.ca
Health Canada – Sun Safety -
<http://www.healthycanadians.gc.ca/environment-environnement/sun-soleil/screen-ecrians-eng.php>

Date Reviewed: May 2015
January 2016
January 2017

Snowy Macaroons

Makes 4 dozen

Ingredients:

3,200g packages of sweet coconut
1 can (300 ml) of regular Eagle Brand condensed milk
2 teaspoons of vanilla

Preparation:

Preheat oven to 360°F.

Combine all ingredients in a bowl. Mix well.

Use a 1 oz scoop to form balls. Place on a greased baking sheet or lined parchment.
Bake until brown around the edges (around 10 minutes).

Snowballs

Makes 4 dozen

Ingredients:

3 cups of sugar
3/4 cup of melted butter (unsalted)
1 can (370 ml) Carnation Evaporated milk
3 cups oats
1 cup unsweetened fine coconut
12 tablespoons cocoa

Preparation:

In a large saucepan combine and boil the first three ingredients, gently over medium heat for 5 minutes or until the mixture reaches 230 degrees F on a candy thermometer.

Once the mixture is boiling it is very important not to stir.

Add boiled mixture to dry ingredients. Mix until well combined. Chill well until the mixture can be shaped into 1 inch balls.

Roll balls in additional unsweetened coconut,

Can be stored in fridge or freezer. Can also be eaten from frozen.



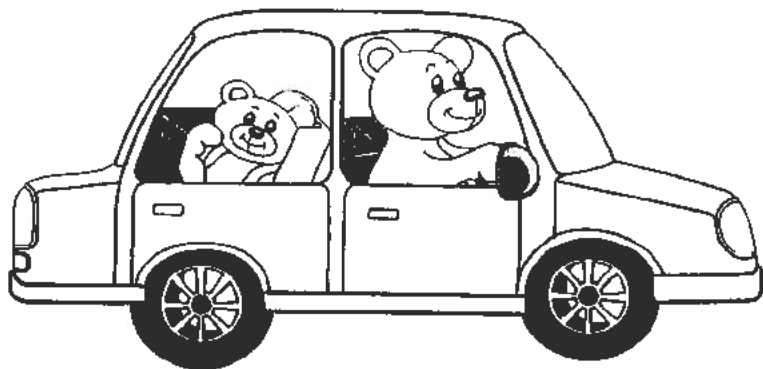
Keeping Peace in the Car

Dear Parents,

It is frustrating and disconcerting when little ones choose to cry in the car. It makes it extremely difficult to concentrate on driving. Little ones cry in the car for many different reasons. A few of these reasons might include not being able to see you, not liking being strapped into a seat, being hungry, and even in some cases being uncomfortable with the movement of the car. Some babies cry every time they are in the car. Try some of the suggestions below but do not give too much attention to this frustrating behavior. If crying persists over time, talk to your pediatrician.

What You Can Do

- Make sure your baby is comfortable. Ensure that car seat straps are safe but not too tight. Make sure clothing is not bunched up under your child.
- Ensure that air vents are not blowing directly on your baby.
- Swaddle your newborn (up to 3 months). This helps your baby feel secure.
- Talk and sing to your baby.
- Play a music CD. Use lullaby music if it is okay if your baby falls asleep. Otherwise use a CD that contains traditional songs like "Itsy Bitsy Spider" and "The Wheels on the Bus."
- Make a CD of you singing to play in the car.
- Provide toys for your baby.
- Provide snacks for older children. Make sure that snacks are safe and not a choking hazard.
- Copy photos of family members and encase them in clear self-adhesive paper or laminate them. Tape the photos in a place (side window, back of driver seat, back of back seat) that your baby can see them.
- Place a mirror where your baby can see himself.
- Some babies need to be calmed instead of entertained. Provide a stuffed animal that plays ocean wave sounds or has a heartbeat sound.



- If your car trip is longer than 20 minutes, avoid using a DVD to entertain your baby. The American Pediatric Association and The American Medical Association both recommend no use of two-dimensional imagery (computer screens, phone screens, television) with children beneath the age of two because it interferes with your baby's visual wiring.

frogstreet

Frog Street Infant © 2015 Frog Street Press

Parents as Partners

Did You Know?

Singing songs from your childhood with your child builds a strong bond and creates joyful memories. Your child will be delighted to know that you know the same songs he is learning at school.

Try It Out

- Sing songs in the car.
- Sing songs while giving your child a bath.
- Make a list of songs both you and your child know ("Twinkle, Twinkle, Little Star," "Itsy Bitsy Spider," "If You're Happy and You Know It," "The Wheels on the Bus").
- Make up a song about something that you experience (losing your keys or spilling a glass of milk).
- Sing silly songs. Humor adds to the joy.
- Create a book of songs you sing with your child.



Looking Ahead

Please bring your recycled toilet paper tubes and paper towel tubes to our classroom. We are collecting them for fun activities we will be doing in a few weeks.

Frog Street Toddler © 2014 Frog Street Press

Parents as Partners

Did You Know?

Children need specific information about your expectations. If you say you want your child to use "helpful hands," offer some examples. If your child is angry, tell him exactly what he needs to do.

Try It Out

Give your child examples of what is correct and what is not when you give specific information for him to follow.

- When you ask your child to use "helpful hands," say, *We use helpful hands when we help someone pick up something they have dropped or when we hold the door open for someone who is behind us. We use helpful hands when we pass someone something they can't reach or when we give someone a pat on the back. We do not use helpful hands when we push or shove or hit.*
- Instead of saying, "use your words" when your child is upset, tell him exactly what he should say: *Tell Frankie, you don't like it when he pushes you.* This is the kind of specific instruction your child needs and offers a good model. Recognize that children do not make generalizations until they have had many life experiences. So don't get frustrated when you have to provide the correct words again and again.



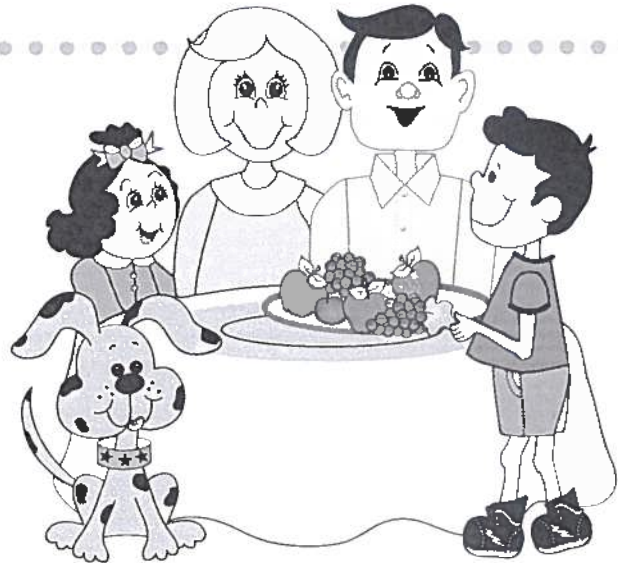
Parents as Partners

Did You Know?

Sitting down to dinner with your child provides an opportunity to model pro-social behaviors you want your child to learn. You can encourage your child to use good manners. Dinner conversation teaches children how to take turns and listen. Plan a family "sit-down" dinner several times a week.

Try It Out

1. Allow your child to help serve himself and to pass food when appropriate.
2. Tell your child the best thing about your day and ask about the best part of his day.
3. Point out how to use a napkin and how to ask for additional helpings.
4. Have every member of the family tell one new thing they learned that day.
5. Involve your child in cleaning up after dinner. He can bring dishes to the sink.



Frog Street Toddler © 2014 Frog Street Press

Parents as Partners

Did You Know?

Tickle games become interesting to little ones at around 3 months of age. These games are one form of social play. Tickle games are an important part of bonding with your child and are an important part of your child's development. Children usually remain interested in tickle games until around 3 years of age and some even continue liking these games longer. Playing regular games that involve making your child laugh teaches your little one predictable routines, builds anticipation, and helps her understand the concept of waiting for a reward.



Try It Out

Use a craft feather to play this tickle game we learned this week.

Round the Lake

Round the lake, round the lake
Goes the little drake.
Up the hill, up the hill
Into his little "nestie."

(circle feather around child's palm)

(move feather up child's arm)

(use feather to tickle child's neck)

Safety Warning: Use a soft feather with a stiff center vein. Keep feathers away from children's eyes. Use a craft feather and not a natural feather you may find.



Animals

Week 1	Farm Animals
Week 2	Zoo Animals
Week 3	Bugs
Week 4	More Bugs



Our character education focus will be on developing the concepts of curiosity and compassion.

Dear Family,

When children are asked about things they are most curious about, animals always make the list and bugs are usually at the top. For the next four weeks, we will be immersed in the world of animals—farm animals, zoo animals, insects, and bugs. Children will learn about the appearance, habits, and needs of animals. They will learn about the habitats of different animals and use a checklist to determine whether a backyard critter is an insect or a bug. Enjoy their enthusiasm!

Literacy

As you and your child discover critters in your backyard, garden, park, or vacant lot, sing this little song. Make up your own verses to tell about the insects and bugs you see.

My Busy Garden

Pam Schiller

Tune: "She'll Be Coming 'Round the Mountain"

Oh, the ants are busy digging all around—dig, dig.
Oh, the ants are busy digging all around—dig, dig.
See them scurry here and there, tossing dirt into the air.
Oh, the ants are busy digging all around—dig, dig.

Oh, the bees are busy buzzing all around—buzz, buzz.
Oh, the bees are busy buzzing all around—buzz, buzz.
See them buzzing here and there, lots of pollen in the air.
Oh, the bees are busy buzzing all around—buzz, buzz.

Math

During our study of animals, children will be introduced to problem solving. We will use story scenarios to do beginning addition and subtraction problems. We will continue to work with shapes and create patterns. We are becoming much more sophisticated in the way we display the data we will collect. Often we make a real or picture graph and substitute stick-on dots for each picture to create a symbolic graph. At home, continue to encourage your child to sort and categorize anything and everything. Be sure to ask for an explanation of the rules used in sorting. The ability to verbalize these rules is important.

Notes



For additional at-home activities, see the *Animals* PATT Mat.



Changes

Week 1	Changes in and Around Me
Week 2	Earth Changes
Week 3	Nurturing Earth
Week 4	Before and Now

Dear Family,

What a difference a year makes! In the next four weeks, children will look at how they have changed over the past nine months—their height, their weight, their knowledge, and their behavior. They will learn about changes around them that are beyond their control—seasons, weather, day and night. They will examine the power they have to cause change and the responsibility they have to monitor change in their environment. Join with us in celebrating this year of change as we begin to prepare children for the changes the next year will bring.



Our character education focus will be on developing the concepts of patience and pride.

Literacy

Children have been learning to hear rhyming words. Play this game to practice this skill. Pause before the final word in the last stanza and invite your child to supply the word.

Say and Rhyme

Tune: "Mary Had a Little Lamb"

Rhyming words are lots of fun,
Lots of fun, lots of fun.

Rhyming words are easy to do.
Join in and try a few.

When you say bread, I touch my head,
Touch my head, touch my head.

When you say bread, I touch my head.
Rhyming words—bread and (head)!

When you say go, I touch my toe
Touch my toe, touch my toe.

When you say go, I touch my toe
Rhyming words—go and ___!

When you say bee, I touch my knee
Touch my knee, touch my knee.

When you say bee, I touch my knee
Rhyming words—bee and ___!

Rhyming words are lots of fun,
Lots of fun, lots of fun.

Rhyming words are easy to do.
And now we know a few.

Make up additional verses: dear/ear; hose/nose; sigh/eye

Math

As we look back to see how far children have come this year, it is natural to introduce the calendar as a way to keep track of time and note important upcoming events. Provide an easily accessible calendar (on the refrigerator or bedroom door) so that your child can note (with pride) accomplishments and learn that waiting for an upcoming special day requires patience.

Notes



For additional at-home activities, see the *Changes PATT Mat*.