



Millrise Moments September 2017

Dear Parents,

What a great summer we had, full of fun and laughter, made wonderful memories and the weather!!!

Discovery Zone crafts and activities were awesome!!

Firstly, a warm welcome to our new families joining us at the centre as well as our returning ones. You will see a few old faces missing and a few new ones.

We would like to wish all the children and staff who celebrate their birthdays in September a Very Happy Birthday...

We are still fortunate to have our relief staff Brian, coming and going for the past many years. As for everyone else, we are all here with our pictures in the front foyer. I would like to thank my staff for all of their hard work and dedication.

Please note: It is a licensing regulation for the parents to sign the children in and out on paper. As for the iPad, I need you to do that so I can email everyone. The iPad is for parents use only. Please do not let the children touch it.

BrightPath Millrise communication will still be sending out weekly emails to everyone, newsletters once a month and we do have communications books in all of the rooms so please feel free to write in them and also check the door for any important notices.

Frog Street will start again for the preschool children on September 11th. The toddlers and babies Frog Street is year round.

Pre-school Frog Street Schedule: Theme 1: My School and Me

Toddlers Schedule: Theme 1: All About Me

Babies Schedule: Giving Your Baby a Smart Start

The company policy manual is available at the front foyer if anyone would like to browse. If you have any concerns about anything please be in contact with me. We will be working on reaccreditation this fall, as we have to renew it every three years. We are always trying to improve our Quality Enhancement Plan, which means setting goals to make our program better. We are looking for parent feedback to get involved in our community. I have a couple of parents who would like to be on the parent committee. If anyone else is interested please let me know.

We are always in need of paper for the children to draw on. Any donations would be appreciated.

I am attaching a "Parents Wish List" if you could fill it out and return it to me that would be great.

Celebrate Canadian Food, In the Kitchen with Canada's Dietitians. This website has great recipes. It is too big for me to attach but you will love it.

<https://newsstand.joomag.com/.../celebrate-canadian-food-dietitian-canada150>

Dates to Remember:

September 2nd - Eid-al-Adha
September 4th - Centre closed for Labor Day
September 5th - First day of School
September 10th - Grandparents Day
September 13th - Positive Thinking Day
September 15th - Make a Hat Day
September 21st - International Day of Peace
September 22nd - First day of Autumn

September is a busy time for us getting the OSC children back to school and introducing our kindergarten children to their new routine. Please have your child/children at the centre by 7:30 am in order for us to have them bused to school on time. If for any reason your child/children are absent or leave early from school due to illness, please call 403-256-3003 as this affects the children waiting on the bus and the driver too.

Parents of Kindergarten children, it is your responsibility to let Judy know the school's schedule of when your children have days off, field trips or anything else that comes up. Usually their information is not put into the regular newsletter that is online.

Also please make sure your child/children have an extra change of clothing. It is very important for the child to wear his or her own clothes if there is an accident or if they spill on themselves. Children get very upset when we try to find them some daycare clothes.

Policy of the month: **MISSING CHILDREN** Please see attached.

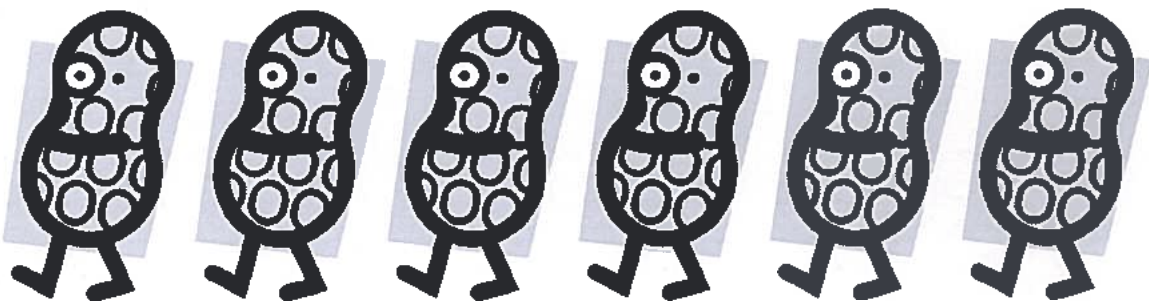
Recipe of the month: **Crispy Potato Wedges** Please see attached.

Just a reminder to be courteous driver's when dropping off and picking up your children.

Please remember that if your child will not be attending the daycare for the day, you must call to let us before 9 AM.

We also eat snack at 8:30 AM and lunch at 11:00 AM so your child needs to be here by those times in order to join us.

Reminder of the Month:



The centre is a "nut free building".

kindest Regards
 Millrise Staff

PARENT'S WISH LIST

BrightPath _____

Date: _____

Name (optional) _____

1. Ideas to enhance the educational programming your child's room.

2. Do you have any suggestions to improve the indoor/outdoor environment of your child's daycare center?

3. What extracurricular programming would you like to see being implemented at your center?

4. Ways we can improve our involvement with the community.



5. Suggestions for how we can improve our communication (ie. Parent meetings, newsletters, special activities).

6. Ways we can improve our menu to meet your child's nutritional needs.

7. Do you have any charities that you would like our Center to support? If so, please list.

8. We have a Parent support group for Accreditation. This is a group that helps us achieve our Center goals and has input into the program. Would you be willing to join our group?

9. Any additional ideas for improving your child's quality of care and making your center better?



Children are to be supervised by staff members at all times and BrightPath Early Learning and Child Care Centres have policies that clearly outline staff responsibilities in regards to child supervision.

Staff are required to follow the Child Supervision Policy and conduct the regular head counts and attendance outlined within especially during transition times.

Even when all precautions are properly observed, emergencies can still arise.

If staff cannot account for a child's whereabouts at any time the following procedure will be activated:

The Centre Director, Assistant Director or Designated Person in Charge is to be informed immediately.

- A thorough search of the entire premises, both inside and outside will be conducted, commencing with the last known area that the child was located.
- Doors and gates should be checked to see if there has been a breach of security whereby a child could wander out.
- The Centre Director, Assistant Director or Designated Person in Charge and any available staff will help in the search, ensuring the safety of the other children, with regard to supervision and security whilst the search is taking place..
- Staff should pay particular attention to areas a child could easily hide: behind or under furniture, sheds, climbing structures etc.
- The staff will be careful not to create an atmosphere of panic and to ensure that the other children remain safe and adequately supervised.
- If the child is found the Centre Director, Assistant Director or Designated Person in Charge in charge will inform the Area Manager and the child's parents.

In Ontario:

A Serious Occurrence Report will be completed and submitted to the Ministry of Education as per the Serious Occurrence Policy.

In Alberta:

An Accident/Incident Report Form will be completed and submitted to Alberta Licensing as per licensing regulations.

If after 5 minutes of thorough searching the child is still missing, the Centre Director, Assistant Director or Designated Person in Charge in charge will inform the Police by calling 911, Area Manager and the child's parents.

- While waiting for the police and the parents to arrive, searches for the child will continue.
- The Centre Director, Assistant Director or Designated Person in Charge will be responsible for meeting the police and the missing child's parents. The Centre Director, Assistant Director or Designated Person in Charge will co-ordinate any actions instructed by the police, and attempt to comfort and reassure the parents.

Date Reviewed: May 2015
January 2017

Date Revised: March 2016

Crispy Potato Wedges

Source: Health Stand Nutrition Consulting Inc. www.healthstandnutrition.com

What you need:

2 large sweet potatoes or potatoes
1 tablespoon vegetable oil
1/4 teaspoon ground black pepper
1/8 teaspoon salt
2 cloves garlic, minced (optional)
1/2 teaspoon paprika

How you prepare:

Place sweet potatoes or potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

Preheat oven to 425 degrees F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes.

Transfer potatoes to a clean larger bowl. Sprinkle with oil, pepper, paprika and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.

Bake potatoes for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic.

Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately.

Per serving:

Calories 91

Carbohydrates 14.4 g

Protein 1.1 g

Fat 3.5 g

Dietary Fiber 1.8 g



Giving Your Baby a Smart Start

Dear Parents,

Neuroscience research tells us that experience wires the brain. Babies are born with only a minimal amount of neurological wiring. They have a little wiring for hearing, some primitive wiring for vision, and some wiring in the low functioning part of the brain called the *cerebellum*. The higher regions of the brain (those used for language, social interactions, self-control, motor control and critical thinking) are not yet wired. The neurons are there and ready to be connected but those connections are dependent on the child's senses to bring information from the child's experiences into the brain.

It is experience that wires the brain and repetition that strengthens the wiring. By age three, 85% of the foundation of the brain will be wired. By age five, 95% of the foundation of the brain will be wired.



What You Can Do

- Give your baby time to slowly adjust to the outside world. He will use his senses to explore but he can only absorb a small amount of sensory stimulation at one time. Be careful not to over stimulate your child with too much visual clutter and noise or too many choices.
- Develop trust by meeting your baby's needs as soon as possible. Knowing that someone is there to care for her, leads your child to feel safe. Trust is the foundation of emotional intelligence. You cannot "spoil" a baby.
- Talk to your baby even though he doesn't understand your words yet. Talking to him develops his language and will increase his vocabulary when he begins to speak.
- Teach your baby to calm herself by breathing deeply while holding her close. You will find she syncs her breathing to yours.
- Protect your baby from viewing television and computer screens. A baby's brain is busy wiring for a three-dimensional world. Two-dimensional screens hamper this wiring and interfere with the brain's job of wiring for distance vision.
- Expose your baby to bright primary colors. He arrived seeing only black and white. His brain will be wiring for color all throughout the first year of life and fine tuning that wiring for the next few years.
- Encourage your baby to explore cause and effect. Provide a variety of rattles and musical toys, such as busy boxes and jack-in-the-boxes. Show your baby how to shake rattles harder to make louder sounds and how to bang them to make a completely different sound.
- Be fully present with your baby. Spend quality time with your baby each day. The quality of time spent with little ones is far more important than the quantity of time.

frogstreet

Frog Street Infant © 2015 Frog Street Press



Parents as Partners

Did You Know?

Toddlers adjust more easily when you leave them with a caregiver if you implement a consistent routine that includes a quick "good-bye."

Try It Out

When saying good-bye to your little one, follow this routine:

- Put his things in his cubby.
- Tell him you love him.
- Give him a hug.
- Tell him you will be back soon.
- Say "good-bye."

He may cry but his being upset is not likely to last as long as it will if you try to sneak out the door or linger too long trying to calm him down.



Looking Ahead

Next week we will explore how our facial features are connected to our senses. Begin conversations with your child about how food tastes and aromas smell. Ask your child to listen for sounds around your house, including those that are sometimes unnoticed like the ticking of a clock. If possible, bring a toothbrush to school so that your child can practice the correct way to brush her teeth next week.



Parents as Partners

Did You Know?

The human brain wires rapidly during the first three years of life. Typical three-year-olds have already wired 80% of their brain. The brain wires by organizing information that is delivered by the senses. Therefore, a young child's senses are far more sensitive than those of adults.

Try It Out

This week we are reviewing facial features and adding information about our senses. Share the poem "I Look in the Mirror" with your child. Talk with your child about his or her senses. Call attention to things he or she smells, hears, sees, tastes, and touches.

I Look in the Mirror

I look in the mirror and what do I see?
 I see a funny face looking at me.
 A scrunched up nose, twisted mouth, squinty eyes,
 And two fuzzy eyebrows—what a surprise!
 I look in the mirror and what do I do?
 I giggle and laugh at the sight of you.





Parents as Partners

Did You Know?

Children are rapidly building vocabulary in their preschool years. From birth to age 5, children acquire new words at a faster rate than at any other time in their lives. By the time children enter kindergarten, they will have mastered three-fifths of all the vocabulary they will ever acquire.


Try It Out

This week, we are learning about "My Body." When interacting with your child, focus on vocabulary words that describe actions that use hands and arms. For example, explain to your child that we use our hands to squeeze things, pick up things, zip a zipper, brush our teeth, hold hands, and clap for a job well done. With our arms we can stretch, reach, hug and balance.

Here is a rhyme we will learn next week. Get a head start by introducing it to your child now.

I Clap My Hands

I clap my hands, I touch my feet,
I jump up from the ground.
I clap my hands, I touch my feet,
And turn myself around.



Looking Ahead

Next week we will be learning about legs and feet. We will be exploring shoes. Please bring shoes that you are ready to discard or donate to our classroom.



Parents as Partners

Did You Know?

When introducing words to children, we are much more likely to teach nouns and adjectives than to introduce children to verbs and adverbs. Children need to be introduced to all parts of speech when developing vocabulary. This activity focuses on action words (verbs).

Try It Out

When interacting with your child, focus on words that describe actions that we do with our legs, feet, and knees. For example, we can walk, run, dance, stomp, skate, and kick. Invite children to demonstrate these activities. Explain that by coordinating our legs, knees, and feet, we can do all these actions more effectively.


Have fun reciting this chant we learned this week with your child.

Five Little Monkeys

Directions: Use fingers to represent monkeys.

Five little monkeys jumping on the bed.
One fell off and bumped her head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

Repeat, subtracting one monkey for each verse:
"Four little monkeys . . ."



Looking Ahead

Next week we will be learning about families. Please bring a photo of your family. We will use these photos in several activities.



My School and Me

Week 1	This Way to Pre-K!
Week 2	Physical Me
Week 3	My Senses
Week 4	I Think, I Feel



Our character education focus will be on developing the concepts of responsibility and respect.

Dear Family,

During the next four weeks, children will be introduced to centre routines and to the adventures they will encounter as they begin their educational journey. They will meet the people at our centre, learn about classroom rules and routines, sing songs, play games, listen to engaging stories, and begin interacting with their classmates. They will learn about their physical bodies and explore the wonders of their thoughts and feelings.

Literacy

Enjoy singing this special version of "Twinkle, Twinkle, Little Star" to your child.

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star
What a wonderful child you are.
With bright eyes and nice round cheeks,
Talented person from head to feet.
Twinkle, twinkle, little star,
What a wonderful child you are!

Math

We are learning about the attributes that make things different—size, color, and shape. Encourage your child to describe how two objects are the same or different. (My cereal pieces are all the same shape. Your graham crackers are a different shape. One sock is black and one is white. Daddy's socks are black and white too, but they are bigger than mine.)

Notes



For additional at-home activities, see the My School and Me PATT Mat.