



# BCC BUZZ

BRIGHTON CHILDREN'S CENTER

## PROGRAM NEWS

### IMPORTANT DATES

Director's meeting	7:00 pm
Wed. Jan. 16	
PA Day	Feb. 1
March Break	Mar. 7-14
Easter	Mar. 21

### From Your Executive Director

I can't believe that it's almost Christmas already! Just a reminder that the Brighton Children's Centre will be closed from December 24th—January 1st inclusive. We will re-open on January 2nd as usual. The Preschool will re-open on January 7, 2008.

Following is a reminder of Policies that our Children's Centre must follow.

### Sick Children Policy

If your child is too ill to participate in the daily routine, he/she must remain at home.

The following regulations will be **STRICTLY ENFORCED**

### INFORMATION

- Don't forget your **Sobey's tapes and Canadian Tire money**
- **Family Lunch & Social Time** for Parents/ Caregivers & Children on Mondays at the United Church.  
Crafts/Play 10:30 - 11:30  
Lunch 11:30-12:30
- **Fundscript**—fundraiser for Centre using Consumer Cards— see page 4 for more information  
**Order the first of each month**

- A child developing a fever (101° F/38.5° C) should go home immediately. We **cannot** administer "Tempera/Tylenol". The child must be free of a fever (without aid of fever medication) for 24 hours before returning to the Centre.
- A child who has 2 liquid bowel movements should go home. He/she must be free of diarrhea for 24 hrs. before returning.
- A child that vomits (with or without other symptoms) should go home, and should not return until he/she is free of symptoms for a 24-hour period.
- Any potentially infectious condition or suspicious body rash should be checked by a doctor. The child shall not be re-admitted to care without assurance that a doctor has confirmed that the condition is not contagious
- If the child is unusually irritable or tired, the parents will be contacted and may use their own discretion about coming for their child.
- The supervisor can request that a child with a severe cold stay at home.
- If your child is feeling under the weather when you bring them to day care, please notify the Staff. Also keep in mind that in spite of our strict sanitation guidelines, germs are easily spread in child care centres. You could be sharing your child's illness with many other children, families, and Staff

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### To Contact Our Centre

#### PHONE NUMBERS

Day Care and B and A School 613-475-1811 (Fax—613-475-5675)  
Preschool 613-475-4217

WEB SITE: [www.brightonkids.ca](http://www.brightonkids.ca)

EMAIL: [admin@brightonkids.ca](mailto:admin@brightonkids.ca)

## **Before and After School Tidbits Sr.**

Seasons Greetings Everyone!

The last few months have been really busy for the School-agers with Halloween, Thanksgiving and Remembrance Day, and now Christmas! For Halloween, the School-Agers turned our room into a scary, zombie filled room, with Spiders, Bats, Graves and more! Thanksgiving and Remembrance Day brought us warm reminders of what we are thankful for and who we have to thank for that!

We've had three very successful P.A.Days filled with Awesome Crafts, trips to the Park and Library, and movies with Pop-Corn! There will be more of those days to come, so if your child needs care for those days, let staff know!

With Winter and Christmas time fast approaching, we have been busy turning our room into a winter wonderland full of Snowflakes, Snowmen, Glitter and Decorations Galore! We are making some beautiful family gifts to give and are all looking forward to some time off to sled at the park!

With that being said, please remember to send all the warm fuzzy stuff needed to get us outside to play (hats, mitts, scarves, boots,etc). Also, if you have not already done so, please send a pair of indoor shoes to hang out at the Centre, its wet outside, lets keep it dry inside!  
If you have any questions feel free to ask!

Amanda and Katherine!

## **After School— Jr.**

The After School Program has seen some changes over the past month with two children not longer needing care and two new children signing up.

The children have continued to enjoy the Dramatic Centre and its many changes over the past couple of months, as well as our Christmas crafts.

Terry

## **Day Care Days**

Christmas spirit has been blowing through like the cold winter wind here at the Daycare! Children have been busy with crafts to celebrate Christmas and other celebrations held around the world. Our Kwanza, Hanuukkah, and Diwali crafts can be seen hanging on our mirror. Santa's workshop was a big hit at the beginning of December and a gift wrapping centre has been set up for children to wrap their creations to give to friends at group time. They are learning that is just as fun to give as it is to receive!

The sound of sweet singing and jingle bells have, also, been filling our room as we've been practicing for our Christmas concert. We'd like to thank parents and grandparents who came out to hear us practice last week. We hope you all enjoyed watching your little ones! The residents at Applefest had a great time hearing our little Christmas carollers! The children brought handmade gifts and were given a little snack to enjoy. The children have been enjoying many Christmas activities this week and we hope there will be much celebrating with your family at home over the next week, as well!

When we return in January, don't forget to bring all the necessities for daycare! Your children will need appropriate outdoor wear, including an extra pair of mitts if possible. Something warm to snuggle up with for nap time is sure to make them comfortable. Don't forget an extra change of clothes in case of an accident with paint, food etc.! We want your children to have a successfull and fun day at daycare and there is sure to be plenty of wintry fun after the holidays!

Merry Christmas and the Happiest of Holidays,

Penny, Annette, Diana, Jenna and Sandra

## Preschool Chat

As of December, our Preschool Program has seen an enrollment increase on Tuesday mornings to 12 children. This has allowed another staff to be hired. Amanda Trussell has taken on this role for the first month and Roz Gomez will take over in January.

Sharon Graham has introduced Kinder Musik to our Thursday group recently. This has been very well received! Some of our children were also involved in the Christmas Party that was held upstairs in the Childcare Centre. We will be having two Christmas parties downstairs in our room as well. The children have been really busy with holiday crafts and activities this month. They are enjoying the glitter and sparkle of the season, quite literally!

Catina and I have enjoyed watching the children's progress over the past month. It is such a joy to see new friendships blossom!

Terry & Catina

## Family Lunch

The Toy Lending Library is now coming to the Family Lunch the first Monday in each month. It is a great way to augment your toys, although after Christmas you may have enough variety for awhile. It is a good idea to put some away and change the toys once in a while so there is always something fresh and new to the children.

We raffled off a Hoselton sculpture of a mother and child with the draw lasting over the last month. Teresa Rickerby was the lucky winner. Congratulations Teresa!

The last Lunch before Christmas we had gingerbread dough for the children to roll out and then decorate. The decorations (smarties etc.) were probably enjoyed even more than the cookies. We had some decorator icing that can be used if you want to use them for tree decorations. (It hardens nicely.) If you wish the recipe for our sugar cookies or gingerbread cookies ask Katherine or Annette and they can get them for you.

Season's Greetings from the staff.

Mary, Katherine, Sharon & Lu

## From Your Executive Director (Cont. from Page 1)

As winter is upon us, please review the following policies related to cold and stormy weather. (These can be found in the handbook.)

### Cold Weather Policy

Section 53(4) of the *Day Nurseries Act* requires outdoor play for children 2 1/2 years of age and older in full day programs for at least 2 hours each day, weather permitting. The children enrolled at Brighton Children's Centre will not be taken outside if the temperature (with or without windchill) is lower than -17°C. The temperature will be checked on the Weather Network (Brighton site) before the morning and afternoon outdoor time.

If the temperature is between -12°C and -17°C the staff will take the children out for a shortened period of time. It will be up to the staff to decide how long the group stays out, taking into consideration the age of the children and the conditions of the playground.

Any changes to the outdoor play schedule will be documented in the daily log book, and the outdoor temperature will be noted.

### Inclement Weather Days

In the case of severe weather, call the Centre directly and speak to the staff or listen to the recorded message regarding closure. The supervisor will also notify the local radio stations.

Generally, if there is a blanket cancellation of the school buses in our area, the Preschool will be closed. The Day Care and Before and After school programs will run as usual. Please call the Centre if your child will not be attending. We have staff that travel a fair distance to get to work, and we can bring them in late or send them home early if we have low numbers.

*As always, please feel free to speak to me if you have any questions or concerns.*

In closing, ***I would like to wish everyone in the Brighton Children's Centre family a safe and happy holiday season.*** Take some time to relax with your families and make the most of the time you get to spend together.

Annette

## ITEMS OF INTEREST

### Web Sites

- **Brighton Children's Centre**  
For local links and other relevant links  
[www.brightonkids.ca](http://www.brightonkids.ca)
- **Registered Dietitian—connection for Ont. Residents**  
**1-877-510-5102** Monday to Friday (9am to 5pm)  
Visit [www.ontario.ca/eatright](http://www.ontario.ca/eatright)
- **New Canada's Food Guide**  
<http://www.myfoodguide.ca> or see link on our Web site
- **Ontario Action Plan For Healthy Living 2006**  
[www.HealthyOntario.ca](http://www.HealthyOntario.ca)

**Parenting Books**—recommended by Karen Horseman on CBC radio

*Mother Shock: Loving Every (Other) Minute of it* by Andrea Buchanan

- 30 amusing and insightful pieces

*Raising Resilient Children: Fostering Strength, Hope, & Optimism in your Child* by Robert Brooks

- Helps parents to focus on child's strengths

## Community Events

### Early Years Centre

Phone the Early Years (613-475-2234) to get specific dates for the following programs:

Well Baby Drop-in

Talking Literacy with Trelani

Toy Lending Van

### Family Lunch

Toy Lending Van—first Monday of each month

*We would like you to contribute ideas for this part of the newsletter. If you know of events coming up, let me know (Mary Gibb 613-475-2888). It can be Brighton events, or events in the area of interest for children &/or parents.*

## Day Care & Family Lunch Recipe

At this time of year, most of us find that we are eating more sweets than usual, so it's a good idea to try and fit a bit of nutrition in at the same time. The cranberries in this recipe make it perfect for Christmas time, and cranberries are very good for you. I always make these squares with whole wheat flour, but you could use half whole wheat and half white. Oats are a whole grain, and help to boost the nutritional value of this yummy, easy to make dessert. Enjoy! Katherine

### Cranberry Squares

- |       |        |  |
|-------|--------|--|
| 2     | cups   | all purpose flour or whole wheat flour |
| 1 1/2 | tsp.   | baking powder                          |
| 1/2   | tsp.   | baking soda                            |
| 3/4   | tsp.   | salt                                   |
| 1 1/4 | cup    | butter or margarine                    |
| 2     | cups   | rolled oats                            |
| 1 1/4 | cups   | brown sugar (lightly packed)           |
| 1     | 398 ml | can whole berry cranberry sauce        |

1. Preheat oven to 350 F. Butter and flour a 9x13 baking pan, or line the pan with parchment paper.
2. Combine the flour, baking powder, baking soda, salt oats and brown sugar. Mix in the butter until the mixture is crumbly. Pat 1/2 of this mixture into the baking pan.
3. Put the cranberry sauce into a bowl, and mix well. Spread over the oat mixture in the pan. Top with the remaining oat mixture, and pat down.
4. Bake for 25-35 min. or until top is lightly browned.

Opt. You can always add a little (1/4 cup or less) wheat germ to the flour mixture.

## FundScrip—(cards for Major Companies)

**Thanks for your excellent support on this major fund raiser!**

We will be ordering on the **1st of each month except for January**. Because of the holiday we will be ordering at the **end of the first week**, so if you bring in your order right after the holidays, we will have time to prepare it.

If you wish to order your cards online, bring in the EFT form and a void cheque. If you have any questions, ask your Supervisor or Annette.







