



March 2007  
Volume 1 Issue 5

# BRIGHTON CHILDREN'S CENTRE

(BCC Buzz)

## IMPORTANT DATES

Directors meeting 7:00 pm  
Wed. March 21

Spring Raffle April 5  
Tickets—hand in Mar. 23

## 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
- **Spring Raffle** for Doll House (donated by Brighton Lions Club), Children's Bicycle donated by Trenton Canadian Tire, & a Home-made Quilt. **All parents will be given one book of 5 tickets, cost \$2.00/ticket.** & help selling these tickets would be appreciated. If anyone can help sell tickets at Sobey's or No Frills, inform Annette 475-1811.

## PROGRAM NEWS

### From Your Executive Director

As we head away from Winter and into Spring, there have been some questions about payment for March Break. As stated in the Parent Handbook on page 3, all *full time families* (attending the Centre 5 days/week) are entitled to two weeks of unpaid days off per year. If you are not a *full time family*, please pay the regular fee amount for March, even if your child will not be here. If your child attends on the JK/SK schedule, please pay for two days that week.

Thank you to all of the families who participated in our Parent Survey. Results are posted on the Parent Bulletin Boards in all of the program rooms.

By now, all of you should have received your tickets for the Spring Raffle. Thank you for supporting the terrific children's programs here at the Brighton Children's Centre! Please return your ticket stubs and money by March 23, 2007. There are more tickets available, if anyone would like another book.

As always, I can be reached at the Centre if you have any questions or concerns!

**Annette**

### Monthly Chuckle

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one youngster. "No," said another, "he's just for good luck". A third child brought the argument to a close..."They use the dogs", she said firmly, "to find the fire hydrant."

## To Contact Our Centre

### PHONE NUMBERS

Day Care and B and A School 613-475-1811  
Preschool 613-475-4217

### WEB SITE

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

### EMAIL

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

## Preschool Chat

The short month of February is almost finished, Our theme of "Emotions and Friendships" was rewarding. We gave out many friendship rewards, and saw many examples of empathy and sharing within our preschool room.

Our Valentines Celebration was a success with our tea party and card sharing, the children glowed with excitement as they pulled their valentines out of their bags. Making and giving to others was an emphasis, and we hope you all had some quality time making our hot chocolate hugs and stirring it up with the "I love chocolate" spoon. Our attempt at the preschool to make hot chocolate was a bit weak. Our favourite quote was Noah who said "THAT DOESN'T TASTE LIKE MY HOT CHOCOLATE AT HOME. AT HOME IT TASTES GOOD!" We'll try better next time Noah. Even the children who never do craft loved making the marshmallow snowmen for our hot chocolate. At least they were good!

Our Loyalist student Carrie is finished the first week of March. BOO HOO, she will be missed, and we wish all the best in her future with Child-care. Her planned outdoor experiences of colouring the snow, and bubble blowing were enjoyed by the children. Try blowing bubbles outside when it's below zero. They will freeze and shatter as they POP!

Marching into March will be a parade of Alphabet animals. We will focus on a few of our animals, encourage the sounds, and recognize their beginning letters. Our theme centre will be a performing stage with animal costumes. We will be closed during the MARCH BREAK ( MARCH 12TH TO MARCH 16th). When we return back it's Easter themed activities, with Good Friday falling on the first week of April. It will be hard to squeeze all of our Easter goodies in!

The cubbies have now been moved, and the larger space is working better for everyone. A special thanks to our custodian who secured them to the concrete!

RAFFLE TICKETS WILL BE HANDED OUT THIS WEEK. There will be a booklet of tickets for each family to sell.

In like a lion and out like a lamb.

Robyn, Laura, and Catina

## Before and After School Tidbits

Spring is in the Air!

Thank Goodness! The school-agers have been cooped up for too long! With the really cold weather behind us (hopefully), we cannot wait to head outdoors for some fun! We are going to be going back to group games on a regular basis, working on our team-building, leadership and sportsmanship skills together. There will be a new suggestion box for the kids to put group game ideas into, that will be drawn on a daily basis for us to do outside, with everyone having a chance to participate.

What a busy month March will be with Spring on its way in We would like to do some planting to bring some green into the room, which will tie in along with some luck of the Irish for St. Patricks Day. Please send your child in their greenest clothes for Friday the 16<sup>th</sup>. There will be some yummy snacks and a treasure hunt for those who are there.

March Break is also coming up, Our very first one! We are so excited, there are so many things to do that we hope there is enough time to do everything. On the Friday to start things off, we'll be heading to the library to pick up some new books for the week. There will be trips to the park , skating everyday (Mon-Fri), crafts from around the World, delicious snacks, and fun group games and activities. The list goes on and on. Please remember that snacks are provided, lunches are not (peanut-free zone) . Send all your children's winter wear including skates and helmets daily to provide the best experience for this March Break, if there are any questions or concerns please feel free to speak to Katherine or Amanda.. Thanks!

Have a Great Month!

Amanda and Katherine

## Just Playing

Original Author Unknown

When I'm building in the block room,  
Please don't say I'm "Just playing."  
For, you see, I'm learning as I play,  
About balance, I may be an architect someday.

When I'm getting all dressed up,  
Setting the table, caring for the babies,  
Don't get the idea I'm "Just Playing."  
I may be a mother or a father someday.

When you see me up to my elbows in paint,  
Or standing at an easel, or molding and shaping clay,  
Please don't let me hear you say, "He is Just Playing."  
For, you see, I'm learning as I play.  
I just might be a teacher someday.

When you see me engrossed in a puzzle  
Or some "playing" at my school,  
Please don't feel the time is wasted in "play."  
For you see, I'm learning as I play.  
I'm learning to solve problems and concentrate.  
I may be in business someday.

When you see me cooking or tasting foods,  
Please don't think that because I enjoy it, it is "Just Play."  
I'm learning to follow directions and see the differences.  
I may be a cook someday.

When you see me learning to skip, hop, run, and move my body,  
Please don't say I'm "Just Playing."  
For, you see, I'm learning as I play.  
I'm learning how my body works.  
I may be a doctor, nurse, or athlete someday.

When you ask me what I've done at school today,  
And I say, "I just played."  
Please don't misunderstand me.  
For, you see, I'm learning as I play.  
I'm learning to enjoy and be successful in my work.  
I'm preparing for tomorrow.  
Today, I am a child and my work is play.

## Family Lunch

The nursery room at the church is completely renovated and we will soon have some new toys.

Thanks to our volunteers—Lou Smith who has been so faithful all year and Pat Anderson who has been filling in when needed.

For children attending Preschool, you have lots of time to come to our program and enjoy our yummy lunches at 11:30 am. This week we had Chicken Fajitas and pumpkin pudding. Cooked veggies are kept separate and we always have a variety of raw fruits and veggies.

Mary & Katherine

## Day Care Days

According to our local groundhog, spring is just around the corner! We enjoyed learning about the folklore of the groundhog predicting spring at the beginning of the month. We, also, made the event into a craft opportunity by making groundhog headbands and a science topic exploring our shadows. We were feeling warmer already by the time the 14<sup>th</sup> came around. Although we've had plenty of cold temperatures and lots of snow, we were feeling all warm and fuzzy inside celebrating Valentine's Day! With the added snow day, we spent almost a whole week doing Valentine activities. Children were busy making Valentine's for their friends at the craft centre, singing songs of friendship, listening to stories and enjoying treats! We truly enjoyed sharing this celebration with the children! We'll be finishing off the month with our theme of Nursery Rhyme Time!

March will see us involved in several things at the centre. We'll start the month off with a raffle fundraiser that runs until March 23rd. We have some beautiful prizes! We'll be exploring the world of music as a weekly theme, too. There will be plenty of opportunities to make and use our own instruments. We're sure to make some joyful noise! Things will quiet down a bit over the March break. We are expecting fewer children and are staffing accordingly. If you unexpectedly need care this week, please call first to ensure we have space for your child. For those of you on holiday, enjoy! St. Patrick's Day will be a time for all things green! Speaking of green, spring officially kicks off later this month! The children are looking forward to bringing the cars back out and using our awesome sandbox again. Be prepared for the wet, muddy weather! The children will need to be dressed appropriately to enjoy their outdoor play to it's fullest! Extra clothes are encouraged in case your child meets up with a particularly nasty puddle! We would also like to take this opportunity to remind parents to choose clothing that children can manage themselves. Nothing builds self-esteem like the words "I did it!"!

Have a magnificent month and we'll see you at the centre!

Diana, Rhonda, Annette, Sandra and Penny

## ITEMS OF INTEREST

### Web Sites

- **Brighton Children's Centre**  
For local links and other relevant links  
[www.brightonkids.ca](http://www.brightonkids.ca)
- **New Canada's Food Guide**  
[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

## Community Events

### March

- Carnival (Brighton & District Figure Skating Club) Sat. Mar. 3
- Charlotte's Web (Mar. 12 to 15 at 2:00 pm) featuring members of the SFT Young Company (Stirling Theatre) 1-877-312-1162
- Theatre Classes in Belleville March Break (9:00am—4:00pm) 1-877-312-1162
- The Magic Flute: Quinte Arts Council's Opera Gala (Wed. Mar.28) "Empire Theatre" 613-969-0099
- **UEY (Understanding the Early Years)** is a three-year research initiative sponsored by Northumberland Child Development Centre and funded by Human Resources and Social Development Canada. The UEY initiative collects information from teachers, parents and children so we can find out how young children in our community are doing and how families, schools, and community agencies can work together to support our young children. To celebrate the accomplishments and progress of UEY our Coalition has **UEY Community Visits** every three months at schools, child care centres, or other centres where young children are across the County. You are invited to attend our next **Community Visit on:**  
**Wednesday, March 21st, 2007**  
**10:00am**  
**Brighton Children's Centre**  
**24 Elizabeth Street, Brighton**  
**RSVP: 905-885-8137, ext. 223**
- **Early Years Centre**  
Talking Literacy with Trlani—Wed. Mar. 14 10:00am

### Summer Program—More news to come in April

*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

### TUNA MELTS

1	170g	can tuna packed in water, drained
1		green onion, chopped (optional)
2	tbsp.	carrot, finely chopped (optional)
1/4	c.	mayonnaise
1	tsp.	fresh lemon juice
1/4	tsp.	salt, or to taste
1/4	tsp.	ground pepper, or to taste
3		English muffins
1		tomato, cut in 6 slices (optional)
85	g.	cheddar cheese

1. Preheat broiler.
2. Mix tuna, green onion, carrot, mayonnaise, lemon juice, salt and pepper. Taste and adjust seasonings.
3. Split and toast the English muffins. Place the English muffins, cut side up, on a baking sheet. Divide the tuna mixture evenly among the English muffins. Top with the tomato slices and the cheese. Broil for approx. 2 minutes, or until the cheese is melted. Serve immediately.

NB: this recipe is very adaptable. Use red onion instead of green, or omit the onion altogether. The carrot adds a nice crunch to the tuna, but you could use finely chopped broccoli, shredded red cabbage, chopped apple or celery, or any combination of these. Other cheeses work well also; try swiss, mozzarella, Monterey Jack or havarti.

Makes 6 halves, 3 servings.

## FOOD TIPS

**Canada's Food Guide (NEW)**—see web site above

### Canadian Products

By supporting Canadian Products, we keep trucks off the roads and help support Canadian farmers.

- Ask for signs indicating country of origin for fresh products
- Ask for stores to support local farmers
- Ask for more products made in Canada
- Buy more frozen products out of season (more nutritious, less expensive, and easier to buy Canadian but check the label.

### Tuna Alert

Following a CBC investigation that found mercury levels above the allowed limit, Health Canada issued new consumption guidelines for canned albacore tuna for women and children. Tuna is however, a relatively inexpensive source of high-quality protein, is low in saturated fat and contains the healthful omega-3 fatty acids, so just make sure you follow the guidelines. "Light tuna was found to have less mercury than "white" tuna.

- Pregnant or Breastfeeding women can eat up to four servings of canned albacore tuna per week
- Children between the ages of one and four yrs. can eat up to one serving per week.
- Children between the ages of five and 11 years can eat up to two servings per week

One serving of tuna is 125 ml, 2 1/2 oz., or 1/2 cup

For more information go to [www.cbc.ca/health/story/2007/02/19/tuna-testing.html](http://www.cbc.ca/health/story/2007/02/19/tuna-testing.html)