



Mar. 2008—May 2008

Volume 2 Issue 3

BCC BUZZ

BRIGHTON CHILDREN'S CENTER

PROGRAM NEWS

IMPORTANT DATES

Director's meeting	7:00 pm April 16
PA Day	April 25
Yard Sale	May 24
Annual Meeting	May 21

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. **DIETITIAN—** Laura Danilko
11:00 am **April 21**
- **Fundsceipt**—fundraiser for Centre using Corporate-Cards— see page 3 for more information
Order the first of each month
- **Yard Sale May 24**

From Your Executive Director

I am not sure if anyone has told Mother Nature, but Spring is on it's way! We, here at the Brighton Children's Centre, are looking forward to pretty flowers, baby animals, spring jackets, and NO MORE SHOVELLING!

Thank you to everyone who continues to purchase Fundsceipt cards. The proceeds from these cards are going to help us purchase a climbing structure for our playground! If you would like any information on this program, flyers are available in the day care room. Feel free to ask any of the Staff members about it as well.

Remember to save your 'gently used' items for our yard sale taking place on May 24th from 7:00 am to 1:00 pm. We will need volunteers to help with set up, sales and tear down. Child care will be available for anyone helping out. Sign up sheets will be posted in every room. Please donate your items and your time to make this a successful event! Again, all proceeds will go towards purchasing the climber.

The Brighton Preschool and Before and After School programs will be finished at the end of June. Anyone wishing to return to either of these programs in September can fill out the registration forms and pay the registration fee in June in order to secure their spot for fall. **We cannot hold a spot until the registration fee is paid.** Spaces are allocated on a first come, first served basis. Don't be disappointed in September, register early!

Camp Blaze will run again this summer for children aged 5-12 years. It will consist of eight theme-based weeks of stimulating, active, creative activities. You can sign up for any or all weeks. Registration forms will be available starting April 1st. Cost will be \$132.50 per child per week, and includes all food and trips. What a deal! Again, spots fill up quickly so register early!

As always, feel free to call me or speak to me during day care hours if you have any questions or concerns!

Annette

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

EMAIL: admin@brightonkids.ca

Before and After School Tidbits Sr.

2008 promises to be an exciting and fulfilling year here at the Before and After School Program. We've already had our first very successful P.A. Day of the year. We started the day off at the library where everyone picked out their favorite Books to bring back to the program. In the afternoon we trekked outside for some fun in the snow. What a great day it was!

Our creative talents have slowly been blossoming; we've been doing Mosaic Art work with beans, beads and pasta and the ideas all the children are coming up with are tremendous and so artistic.

Please remember its still really cold out there and we need all of our gear outside (hats, mitts, splash pants, & rubber boots) as it is very muddy in our playground..

Best Wishes for Wonderful and Exciting 2008!

Amanda and Katherine

After School— Jr.

We have been busy lately in the Junior After School program with winter themes such as Chinese New Year, Valentine's Day, and Winter Wonderland. The children continue to enjoy the Dramatic Centre most of all.

On Mondays, Wednesdays and Fridays we join the older children upstairs. Wednesdays are popular for the science activities that we implement. On Friday, we cook with the children.

Terry

Preschool Chat

The Preschool has most definitely benefited from having a third staff member on Tuesdays and Thursdays. Roz has such a pleasant manner with the children and is always blending her creative ideas with Catina's and mine.

We all enjoyed Sharon Graham's (of Kindermusic) visits and are sure to encourage the children to repeat several of the songs and activities that she taught us.

Terry & Catina

Day Care Days

Finally, spring has sprung. Well.... at least it has in our daycare! We've enjoyed all our wintery activities and now we're ready for something a little brighter. Our snow hills have been melting and we have been able to bring out our bikes and a few other toys. We are dealing with lots of puddles and mud, so be sure to send appropriate clothing for your child to enjoy our outdoor time!

Indoors, things have begun to bloom with Easter being our "spring board" to other themes such as Life Cycles, Baby Animals, as well as, Planting and Growing. You may have noticed that we have given our children names to help identify which group they are in. Our school aged children are our "Fabulous Frogs" and our younger children are "Terrific Tadpoles"! The children seem to enjoy their new names and will be learning more about these creatures through our Life Cycles theme.

We are sure to be out and about walking through our neighbourhood looking for things that are being planted and growing, too. As the weather warms up, we will be doing some planting of our own. Of course, don't forget that Mother's Day is just around the corner and we will be working on a special project for them near the end of April.

We hope you are beginning to enjoy some warmer weather with your children. We sure are!

Happy Spring,

Sandra, Diana, Jenna, Annette and Penny

Family Lunch

We will be having a visit from Laura Danilko (dietitian), so have your questions ready. The big day is April 21. She will be here at 11:00 am.

The weather is getting better, so it is easier to get out with the kids. We are getting new families every week but there is always room for more. Katherine is very flexible and there is always lots of food.

Our last day until fall will be May 12.

Mary, Katherine, Sharon & Lu

ITEMS OF INTEREST

Web Sites

- **Brighton Children's Centre**
For local links and other relevant links
www.brightonkids.ca
- **Registered Dietitian—connection for Ont. Residents**
1-877-510-5102 Monday to Friday (9am to 5pm)
Visit www.ontario.ca/eatright
- **New Canada's Food Guide**
<http://www.myfoodguide.ca> or see link on our Web site
- **Parent Magazine—www.todayparent.com**
A Canadian Magazine with articles on food & nutrition, health & safety, development of different ages, education, crafts etc.

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

Bus Trip to Food Festival—Sat. Apr. 26 (\$40)

To *International Centre in Toronto* with shopping at the Pickering Mall in the afternoon. There are many Food and Nutrition demonstrations with well known presentors. Lots of Door Prizes on the bus.

Sponsor - Quinte Home Economics Assoc. (scholarship money for high school graduates) For more info—Mary Gibb 613-475-2888

Family Lunch

Toy Lending Van—phone Centre for dates

Dietitian Laura Danilko—from Port Hope will be coming April 21 at 11:00. She has many ideas for suitable foods and important food habits for infants and preschoolers

Sleeping Beauty—Musical at ENSS

May 1,2,3,8,9,10

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

Increased sodium intake is an increasing concern for children's health today. With today's busy lifestyle, parents often turn to processed or fast foods to help ease the burden of limited time. While these things are okay once in a while, it is important to limit them, partly because of the high sodium. For instance, a child 4 - 8 years old should only consume around 1200 mg of sodium per day. Frozen chicken nuggets from the grocery store typically have around 650 mg per serving (generally 4 nuggets). I saw a recent newspaper article stating that the junior chicken nugget meal at A&W (2 nuggets and fries) contains a whopping 1910 mg of sodium. Try to balance out meals like these with lots of fresh vegetables and fruit, some whole grains, and a glass of milk instead of pop. When you do have the time, try these homemade nuggets instead. They are a big hit with the daycare kids!

CHICKEN NUGGETS

- | | | |
|-----|--------|---|
| 1 | tblsp. | oil |
| 1 ½ | cups | crushed corn flakes OR bread crumbs
OR soda crackers |
| 1/3 | cup | mayonnaise OR Caesar salad dressing |
| 4 | | boneless skinless chicken breast/ thighs |

1. Preheat oven to 400 F. Brush baking sheet with oil; set aside.
2. Make crumbs by placing flakes or crackers etc. in plastic bag. Seal bag, then use a rolling pin to crush into fine crumbs. Pour onto a plate and set aside. Measure mayonnaise or Caesar dressing into a medium bowl and set aside.
3. Cut each chicken piece crosswise into 4 or 5 strips. Add strips to bowl with dressing, turning with tongs to coat all over.
4. Transfer chicken strips, one at a time, to crumbs, turning to coat all over. Arrange chicken strips so they don't touch.
5. Bake for 15 min. then turn over and bake another 15 to 20 min. until golden and crisp and no longer pink inside

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.**

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. www.fundsrip.com

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