



May 2007

Volume 1 Issue 7

BCC BUZZ

BRIGHTON CHILDREN'S CENTER

IMPORTANT DATES

Annual meeting 7:00 pm
Wed. May 30

Camp Blaze Regis. May 11

INFORMATION

- Don't forget your Sobey's tapes and Canadian Tire money
- **Summer Program** - All day Program @ \$30/day with lunch and snacks included.
- **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
Last Day—May 14

PROGRAM NEWS

From Your Executive Director

Spring is here! Hooray! On Friday, May 11 the Brighton Children's Centre will be participating in "Health for Life's" 30 minute Sneaker Day activity. This event is a great opportunity to show children that physical activity can be fun. Please ensure your child wears sneakers that day, and clothing that is cool and easy to move around in. We will be decorating our shoes, and running, jumping, hopping, skipping and dancing our way to fitness!

We are very excited about our Summer Camp program operating this year. There will be eight fun-filled weeks of camp to keep your 5-12 year old children active and involved. Registration is limited to 18 children per week, so register early. Registration forms will be available at the Centre by the beginning of May. Cheques dated for the Monday of each week of camp will be required with your registration.

As Spring turns to Summer, we expect to see some changes in our Day Care program. Once a child turns 6 years old, they must move next door into the School Age room. The spaces those children vacate will free up some spaces for 2 ½ - 5 year olds. Spread the word to friends and family if you know anyone looking for day care. Remember to sign your child up for Summer Camp if he or she is entering grade one!

Brighton Children's Centre will be closed May 21st for the Victoria Day holiday. Payment is expected for all Stat. holidays that fall on your child's regularly scheduled day.

"Happy Mother's Day," to all the Mothers in our Brighton Children's Centre family. I hope your day is filled with things that make you smile.

Annette

Monthly Chuckle

A Sunday School teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honour thy Father and thy Mother", she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill".

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

EMAIL

admin@brightonkids.ca

Before and After School Tidbits

Rain, Rain Go Away!

Along with rain comes worms, and along with worms comes birds, and along with birds, well we could go on and on! This month we're going to be working on lots of animal crafts, animal games and other wild experiences to go with our large interest in animals.

We were lucky enough to "Lizard Sit" for a week in the School-Age room. Two of our kids went away and asked us to watch Jake and George the Green Anole Lizards. The kids had an exciting time watching the lizards sleep, eat crickets and change colors, all while finding out about the habits of these little green and brown friends!

With the warm weather approaching fast, we wanted to remind the parents of a few details that will be beneficial for your child at the center. Please remember to bring a hat and sunscreen for those really sunny days, indoor shoes for days when we have to stay in, and a light spring jacket for the days when we stay out a little longer.

A lot of parents have asked us about summer. We will have Camp Blaze officially opening this summer. Spaces are limited, so book as soon as possible for your child's space. The flyers and information will be out shortly!

Have a great month! Stay dry! Love to all the Moms!!!

Amanda and Katherine!

Day Care Days

April's showers are beginning to bring May flowers, and along with them comes plenty of fun this month! We will continue to enjoy exploring creepy crawly things all around. That means lots of wiggle crafts and sensory play! With Mother's Day coming up, we will be talking about our families and working on a special project just for Mommy! It's sure to be a special surprise, but "shh!", it's a secret! Branching out, we'll be exploring our community and all the terrific people that help us each day. During our Fun Week, there will be outings every day to special places around our community. There will be a picnic at the park, a treat at Sobey's, a story at the library, and even a trip to visit the Fire Station!

We are looking forward to some beautiful spring weather this month! With the warmer weather, we need to be concerned about being sun savvy! We ask that your child come prepared with hats and sunscreen. We ask that you apply sunscreen before bringing your child to daycare in the morning and send a bottle with your child's name on it for staff to reapply in the afternoon. Water will be provided for our thirsty little explorers on warm days as needed. With summer quickly approaching, we are asking families to provide us with as much notice as possible when your child will be attending so we can staff accordingly.

That's all for this month! Please, enjoy the great outdoors this month and Happy Mother's Day to all our "Mommies"!

Penny, Rhonda, Diana, Annette and Sandra

Preschool Chat

With April behind us, our thoughts of *Sunshine and Flowers* will be our theme for the month making the path towards summer happy and bright. Our new interest centre will be a flower shop with flower arranging, seed planting, and shopping. We will be charting the growth of our seeds and measuring ourselves to turn the hallway into a preschool garden!

It will be a *mother may I* month, as we make special surprises for our moms! May 16th and 17th we have hopes to go to the park for a picnic and playtime (weather permitting of course). The cycle of the butterfly will be a learning experience and we hope to bring some bug samples back from our park trip. We will be planting grass seed to create a hairy pet, then practice our cutting skills to trim it's hair.

The warmer weather brings the caution of sun safety. Please sunscreen your child BEFORE they come to Preschool as a routine, and provide a hat with your child, for our outdoor play time. As most of you have noticed, we are only unlocking the one gate in the outdoor playground for easier supervision, you may use the exit door on the east side of the building which exits onto the parking lot.

Due to the recent tragedy at Virginia Tech, all schools are undergoing a security watch, and with the warmer weather, loitering is more prevalent. The school may choose to have parents only arrive through the main school doors. I will keep you posted about this policy change.

We are planning a Scrappy moms night to build a preschool memories booklet. There will be a small fee to cover the materials which will be needed. Please let me know if you're interested. I'm thinking on a Thursday evening.

The Preschool Graduation party is approaching quickly. I am thinking of a Pizza and Pool party on the last Saturday of June? Any thoughts?

Robyn, Catina, Laura

Family Lunch

With summer on the way, we close our Lunch Program. The last day will be May 14. We will be having our favourite dessert on the last day—Banana Boats. These can be made in the oven or barbecued. As usual, all recipes will be available.

Mary & Katherine

ITEMS OF INTEREST

Web Sites

- **Brighton Children's Centre**
For local links and other relevant links
www.brightonkids.ca
- **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

Community Events

Early Years Centre

Well Baby Drop-in—May 9 10:00 am-noon
Connecting with your Baby—May 1,8 10:00 am-noon
Talking Literacy with Trelani—May 18 10:00 am
Toy Lending Van—May 7 12:00-1:00 pm

Summer Camp

Brighton Children's Centre will be offering a full day program with nutritious snacks & lunch provided. It will be an indoor and outdoor program with trained educators. It will be fully licensed and have theme weeks, excursions, and workshops. Ages 5-12 yrs. Phone for more information 613-475-1811.

Registration—Fri. May 11

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.

Consumer News

Consumer Reports on Safety

Most recalls are not highly publicized. Therefore, it's important to send in those registration cards when you get a new product (you don't have to fill in all the personal information), so the company can notify you if there is a recall.

Another option is to visit www.recalls.gov/usqq.html (Canadian) or www.recalls.gov (U.S.), government Web sites that list all recalls from various safety agencies. Best yet, sign up for electronic e-mail alerts to be informed about any recalls that could affect you.

Day Care & Family Lunch Recipe

Cranberry Squares

2	cups	all purpose 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.

Food Tips

For the most **nutritious bread** for your children, buy one that has the label "**whole grain**". Many of the generic brands are labeled "whole wheat". The *whole grain flours* and *bread*s have all of the germ of the wheat as well as the bran layer. The others only have a small amount of the germ. The flour listed first in the list of ingredients will be included in the largest amount. The nutrients found in the germ help prevent cardiovascular diseases & diabetes, and are a help with weight control.

Wheat germ can be added to cookie recipes (substitute 2 or 3 tablespoons for the same amount of flour), or to meat loaves, casseroles and even marshmallow squares.