



October–December 2007

Volume 2 Issue 1

## BCC BUZZ

BRIGHTON CHILDREN'S CENTER

### PROGRAM NEWS

#### IMPORTANT DATES

Director's meeting	7:00 pm
Wed. Oct. 17	
Draw	Oct. 13
Tickets in	Mon. Oct. 1
Harvest Dance	Fri. Oct. 26

#### From Your Executive Director

I hope everyone had a wonderful summer and is now settling back into the routines of fall. Camp Blaze ran for 8 weeks this summer and everyone involved enjoyed many fun, stimulating experiences. Spaces filled up very quickly, so register early for next summer if you'd like a spot!

Thank you to all of the families that are supporting our Centre by buying and selling raffle tickets. All of the money raised will be used to enhance the programs and outdoor space here at the Brighton Children's Centre. The draw is going to be held on October 13<sup>th</sup>, so you still have time to get some tickets if you haven't already done so. What an amazing grand prize!

We have expanded our after school program by 12 spaces. Terry takes the younger group downstairs, and Amanda welcomes the older group upstairs. We still have a few spaces left in this program, so if you know anyone that needs care before and/or after school have them give us a call. We will try our best to accommodate part time children, but those spaces fill up quickly so be sure to call early!

Just a reminder that there is a parent bulletin board located in each of our rooms. A parent policy handbook can always be found there if you need to look anything up, and our delicious menus and stimulating program plans are also kept there. We post any recalls, upcoming workshops and information sessions that we think you may be interested in on those boards, so be sure to glance at the one in your child's room on a regular basis.

Enjoy the sights, sounds and smells of fall, and have a Happy Thanksgiving and a Frightful Halloween. Feel free to contact me at the Centre between 7:00 am and 3:00 pm if you have any questions or concerns regarding your child and/or our programs!

In order to enhance the wonderful programs offered at our Centre, we are looking for a few parents to form a committee and come up with ideas of workshops or lessons that our children could participate in on a regular basis. Some examples could be dance classes, music workshops, science lessons...the list is endless! These lessons would be offered at no additional cost. Please forward your name to me if you are interested in participating in the planning committee.

Annette

#### 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)

#### INFORMATION

- Don't forget your Sobey's tapes and Canadian Tire money
- **Family Lunch & Social**  
Time for Parents/  
Caregivers & Children on  
Mondays  
**Starts Mon. Oct. 15** at  
the United Church.  
Crafts/Play 10:30 -11:30  
Lunch 11:30-12:30

## Before and After School Tidbits Sr.

Welcome Back! And to those of you that are new, welcome!

With such a high demand for before and after school care, the Fall program filled up within the first week of Summer! Our solution was to **add the preschool room as a Junior School-Age room in the afternoons.** We have room for 12 Grades 1 and 2's. They are enjoying their after school time with Terry Bustos, our new teacher. We will definitely enjoy having Terry in our program with us.

The Senior School-Age room is still located in the same spot, with Katherine and myself (Amanda) back in the room. We look forward to enjoying our time with the Grade 3's and up.

Fall has been off to a super start. We have settled back into our routine nicely, with a lot of old faces and some new ones! Our old friends have been helping our new friends out around the room, showing them where things are and filling them in on all our tricks.

We are spending our time getting to know one another, decorating our walls with our brilliant artwork and working together as a team, whether it be outside during a game or inside tidying up. We are also looking forward to bigger and grander projects this year, planned and made by the children in the School Age Program.

Just a reminder, that our P.A. Day Program will begin with our first day on October 5<sup>th</sup>, 2007. If you need care please let Katherine, Terry or myself know.

Amanda and Katherine!

## Day Care Days

A year has passed since we first began our day-care program and we are happy to say that it has been a great success! This September, we began with a full program. We are running our Best Start program again this year as part of our day-care. This program gives kindergarten children time to spend together on their off days, doing activities that help support the skills they are learning at school. Most of you have noticed our beautiful bigger playground. The children have been enjoying having the extra grassy space to run and play games. We are hoping to be able to add to this space to continue to make it even more fun and beautiful!

With cooler days approaching, we have a few reminders. Children are spending at least an hour at a time outside and need to have weather appropriate clothing. Layering works well for this changing weather. Children need indoor as well as outdoor footwear. They need a set of clothing as well in case of accidents! We want all of our children to have fun and be successful!

Our Fall season is sure to be a busy one. We will be focusing on Autumn, Applefest, Thanksgiving, and Halloween themes through to November. We will be taking fall walks, having Thanksgiving lunch together, and celebrating Halloween with an orange and black day. Donations of recycled materials for crafts such as toilet rolls, small lids, bread clips and buttons would be great. As well we need plastic bags for soiled clothing. We will also be collecting food for the food bank for Thanksgiving. We will once again be taking a walking trip to deliver it together. It was a great experience for the children when we did it last year!

Penny, Annette, Rhonda, Diana, and Sandra

## **Before and After School— Jr.**

The After School Club has been off to a good start, with an average of 10 children per day. Former children, who have returned to the program after the summer holidays seem to have made the adjustment to our new room very well.

The children have enjoyed watching the Life Cycle of the Monarch Butterflies and participating in the activities related to the Butterflies.

They have shown such interest in the Drama Centre that I think that our "Outdoor Market" plans should be popular (see Preschool Chat).

Terry

## **Preschool Chat**

On Tuesday, September 4th, Brighton Preschool began it's new program year. Enrollment has gradually increased over the past 2 weeks. Tuesday and Thursday are our busiest days. Most of the children are adapting well to the preschool routines.

We are fortunate to be able to have assistance from N.C.D.C. (Northumberland Child Development Centre) again this year. We are confident that their guidance will enable us to deal with many of the special needs that arise within a preschool setting.

The past few weeks have been an enjoyable time for all. We look forward to Harvest Time in our room. Many Fall decorations will be brought into the room, and we will be setting our Dramatic Centre up as an Outdoor Market. This will be a chance for the children to explore seasonal items, such as pumpkins, gourds, and cornstalks. Both their imaginations and their senses will be appealed to as they play amongst the Fall foliage.

Terry and Catina

## **New Supervisor of Preschool and Before & After School—Jr.**

Hello everyone.

As you know, Robyn has decided not to return to the Preschool Program this year. It has been my good fortune to have been offered her role as Preschool Supervisor. That being said, I would like to introduce myself. My name is Terry Bustos. Six years ago I resigned as a Preschool Supervisor at the Family Resource Centre when my husband Mike and I welcomed our second child into our lives. I have since that time been a busy stay-at-home mother of Natasha and Cara. Both children are now in school full-time.

I look forward to an exciting year at the Brighton Children's Centre Preschool and I also look forward to meeting the parents.

Sincerely,  
Terry Bustos

## **Family Lunch**

Canada's Food Guide has recently been updated, and is worth having a look at. It includes new information on the number of portions required in a day, according to age, and what constitutes a portion size. It also recommends that everyone eat at least one orange fruit or vegetable and one green fruit or vegetable every day. Sometimes that means using these fruits and vegetables in new and unusual ways, such as adding chopped spinach and finely shredded carrots to your pasta sauce. A meatloaf recipe (printed in June's newsletter) is another way of sneaking in extra vegetables so that your kids won't even notice.

You can check out the Food Guide at <http://www.myfoodguide.ca> or see link on our Web site

Mary & Katherine

## 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)

## Community Events

### Early Years Centre

Well Baby Drop-in— Sept. 12 10:00 am-noon

Talking Literacy with Trelani—Sept. 21 10:00 am

Toy Lending Van—Sept. 10 12:00-1:00 pm

These are ongoing programs. Phone Carla to find out the days for October. 475-2234

## Day Care & Family Lunch Recipe

This recipe is a favourite with the children. The protein in the lentils takes the place of meat (although meat could be added if desired). Red lentils cook up quite quickly and seem to dissolve into a sauce or a soup.

### ROTINI WITH LENTILS AND SPINACH

1		onion, chopped
1	clove	garlic, chopped
1	tbsp.	olive oil
2/3	cup	red lentils
1	tsp.	dried tarragon
1	tsp.	dried oregano
3	dashes	tabasco
1	28 oz. can	diced tomatoes with juice
10	sun-dried	tomatoes
2	tbsp.	tomato paste
1/2	10 oz. bag	fresh spinach (or frozen) finely chopped (optional)
450	grams	rotini pasta
1/4	cup	grated Parmesan (opt.)

1. Soak the sun-dried tomatoes in hot water just to cover for 10 min. Finely slice & set aside.
2. Saute the onion and garlic in the olive oil until the onion is soft. Stir in the lentils, tarragon, oregano and hot pepper sauce. Stir to coat the lentils with olive oil. Add 1 cup water, bring to a boil, then lower heat and simmer covered for 5 min.
3. Add the tomatoes and their juice, the sun-dried tomatoes, tomato paste and salt and pepper to taste. Simmer, covered for 25. min.
4. Stir the spinach into the sauce and cook just until wilted, about 3 min. Taste and adjust the seasonings. Serve with the cooked rotini garnished with grated parmesan if desired