

# Fort Frances Day Care

July - August, 2009

## PARENT NEWSLETTER

### Toddler Summer Program

June 29 to July 3

Decorate for Canada Day and  
Parade down Portage Avenue

**July 1<sup>st</sup> - Closed for CANADA DAY.**

2<sup>nd</sup> - Sand & Water Play

3<sup>rd</sup> - Farm at the picnic table

July 6 to 10

6<sup>th</sup> - Paint with water

7<sup>th</sup> - Boxes are Fun - Construction tools

8<sup>th</sup> - Pools in the Playground

9<sup>th</sup> - Walk to Franko's for Popsicles

July 13 to 17

10<sup>th</sup> - Yellow Day - wear yellow, paint with yellow water

13<sup>th</sup> - Fly a Kite and paper airplanes in the playground

14<sup>th</sup> - Bug Day - Catch bugs in the playground & field

15<sup>th</sup> - Pools in the Playground, bubble blowing etc.

16<sup>th</sup> - Treasure Hunt - Pirate ship on picnic table

17<sup>th</sup> - School Age Penny Fair

July 20 to 24

20<sup>th</sup> - Bike Wash, Sponge Toss in Playground

21<sup>st</sup> - Face Painting

22<sup>nd</sup> - Pools in the Playground

23<sup>rd</sup> - Chalk Drawing @ the Curling Club

24<sup>th</sup> - Bird Watching - Buggy Ride - Feed Seagulls in the  
Field

July 27 to 31

27<sup>th</sup> - Sports Day in Field

28<sup>th</sup> - Sticker Day - make sticker crown

29<sup>th</sup> - Pools in the Playground

30<sup>th</sup> - Make Boats & Float Boats

August 3 to 7

**August 3<sup>rd</sup> - CLOSED - Civic Holiday**

4<sup>th</sup> - A Smelly Day - Collect things to smell from  
neighbourhood

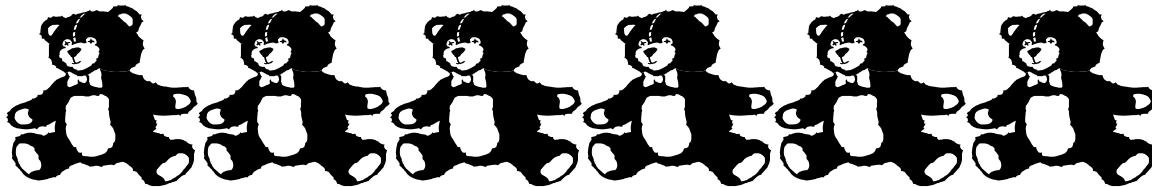
5<sup>th</sup> - Pools in the Playground

6<sup>th</sup> - Fun in the Preschool Room

7<sup>th</sup> - Shadow Fun using a flashlight



- August 10 to 14      August 10<sup>th</sup> - Walk to Charlotte's for Popsicles  
                                  11<sup>th</sup> - Camping, Fishing for Minnows  
                                  12<sup>th</sup> - Pools in the Playground  
                                  13<sup>th</sup> - Pizza Party  
                                  14<sup>th</sup> - Rainbow Day - sun catchers & bake rainbow cake
- August 17 to 21      17<sup>th</sup> - Friendship Day - Cloud watching in the Field  
                                  18<sup>th</sup> - Melting Ice, make sand castle  
                                  19<sup>th</sup> - Pools in the Playground  
                                  20<sup>th</sup> - Ball Day - bring a ball !!  
                                  21<sup>st</sup> - Movie & P.J. Day
- August 24 to 28      24<sup>th</sup> - Tumbling Fun with large mats in the playground  
                                  25<sup>th</sup> - Circle Day - Fruit Loop Necklaces, Bubbles  
                                  26<sup>th</sup> - Pools in the Playground  
                                  27<sup>th</sup> - Sand Play  
                                  28<sup>th</sup> - Teddy Bear Day - bring a teddy bear, teddy bear  
                                  hunt in the playground



### Preschool Summer Program

- July 6 to 10      **July 1<sup>st</sup> - Closed for CANADA DAY**  
                                  7<sup>th</sup> - Safeway Field Trip  
                                  9<sup>th</sup> - Sand Box Fun, digging for bones, build castles  
                                  10<sup>th</sup> - Mud Day, Fill sandbox with water & wash off in  
                                  sprinkler
- July 13 to 17      13<sup>th</sup> - Camping Day - make smores, tent outside/inside  
                                  14<sup>th</sup> - Fire Hall Field Trip  
                                  15<sup>th</sup> - Franko's for Freezes  
                                  16<sup>th</sup> - Hand & Foot Celebration, painting feet & hands
- July 20 to 24      20<sup>th</sup> - Water Animals - pools with bath toys, animal  
                                  puppets, animals on the picnic table  
                                  21<sup>st</sup> - Dental Centre Field Trip  
                                  22<sup>nd</sup> - Point Park Field Trip  
                                  23<sup>rd</sup> - Flower Child Day, face painting, make  
                                  headbands ....
- July 27 to 31      28<sup>th</sup> - Police Station Field Trip  
                                  29<sup>th</sup> - Point Park Field Trip  
                                  30<sup>th</sup> - Sprinkler Day



August 3 to 7

**August 3<sup>rd</sup> - Closed for CIVIC HOLIDAY**

4<sup>th</sup> - Rainycrest Field Trip

5<sup>th</sup> - Point Park Field Trip

6<sup>th</sup> - Water Day - water sink in room, water balloons outside, ice cube painting craft

7<sup>th</sup> - All About ME Day, trace, weigh & measure ourselves

August 10 to 14

10<sup>th</sup> - Museum Field Trip

12<sup>th</sup> - Point Park Field Trip

13<sup>th</sup> - Pet Day, invitation to bring in pets or bring pictures

14<sup>th</sup> - Dinosaur Day - dig for dinosaur bones & sing songs

August 17 to 21

17<sup>th</sup> - Friendship Day, make bracelets, handprints and games

18<sup>th</sup> - Celeste's Field Trip

19<sup>th</sup> - Point Park Field Trip

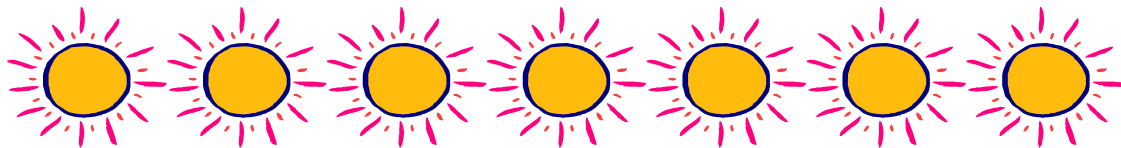
21<sup>st</sup> - Circle Day - bubbles, circle art, circle games outside, balls & parachute

August 24 to 28

25<sup>th</sup> - Bus Safety - Short bus ride & discuss bus safety

27<sup>th</sup> - Sunny Cove Field Trip

28<sup>th</sup> - Back to School Party - dancing, balloons, cake & ice cream



### **School Age Summer Program**

July 6 to 10

**July 1<sup>st</sup> - CANADA DAY - Closed**

3<sup>rd</sup> - Lion's Park Picnic

7<sup>th</sup> - Library Field Trip

8<sup>th</sup> - Sensory Room Field Trip

9<sup>th</sup> - Bombshell Field Trip

July 13 to 17

13<sup>th</sup> - Video Update Field Trip

16<sup>th</sup> - Marina for Ice Cream

17<sup>th</sup> - Penny Fair

July 20 to 24

21<sup>st</sup> - Library Field Trip

22<sup>nd</sup> - Point Park Field Trip

23<sup>rd</sup> - Museum Field Trip

July 27 to 31

28<sup>th</sup> - Blongoball Tournament

29<sup>th</sup> - Point Park Field Trip

30<sup>th</sup> - Rainycrest Field Trip



August 3 to 7	<b>August 3 - CIVIC HOLIDAY - Closed</b> 4 <sup>th</sup> - Library Field Trip 5 <sup>th</sup> - Point Park Field Trip 6 <sup>th</sup> - Sensory Room Field Trip
August 10 to 14	11 <sup>th</sup> - NWHU Nutrition Talk 12 <sup>th</sup> - Point Park Field Trip 14 <sup>th</sup> - Rainycrest Field Trip
August 17 to 21	18 <sup>th</sup> - Library Field Trip 19 <sup>th</sup> - Point Park Field Trip 21 <sup>st</sup> - 364 Store for Slushies - \$1.25 each
August 24 to 28	24 <sup>th</sup> - Video Update Field Trip 27 <sup>th</sup> - Sunny Cove Field Trip 28 <sup>th</sup> - Lion's Park Picnic
August 31 to September 4	August 31 - Monday & Neighbourhood Walk



## IMPORTANT ITEMS TO REMEMBER:

- **PLEASE NOTE: ALL FIELD TRIPS, INCLUDING POINT PARK AND SUNNY COVE CAMP ARE SUBJECT TO CHANGE DUE TO WEATHER etc. ALSO VISITORS TO DAY CARE ARE SUBJECT TO CHANGE**

- **PICKING UP AND DROPPING OFF YOUR CHILD(REN):**

When dropping off and picking up your child(ren) please pull into an empty parking spot or pull up into the No Parking Loading Zone in front of the Children's Complex (2 vehicle maximum) and please ensure you do not block staff and other vehicles, as staff are coming and going during the day for meetings.

PLEASE DO NOT PARK ONE BEHIND THE OTHER IF THIS INTERFERES WITH PARKING SPACES - THIS CAUSES CONGESTION IN THE PARKING LOT AND STAFF, PARENTS ETC. ARE UNABLE TO ENTER OR LEAVE THE PARKING LOT.

- **SUN SCREEN:** Please ensure that your child/ren have sunscreen to keep at the daycare. Could you please label your child's sunscreen and make sure to give it to one of their teachers.

- **SUN HATS:** Please ensure your child/ren has a HAT at Day Care each day for all outdoor activities to protect them from the hot rays of the sun.
- **APPROPRIATE FOOT WEAR FOR OUTDOOR PLAY:**  
Running shoes & Sandals with good grips that have secure fitting front and back straps to assure they do not come off while walking, climbing or running.  
**Please ..... No Crocs or Thongs (Flip-Flops).**
- **Extra Clothing:** Please make sure your child(ren) has an extra set of clothing in their locker and remember to label all items.
- **Back to School - September 1, 2009!**



## **FUN EVENTS TO CHECK OUT AT ' THE BEST START HUB'**

- Preparing your child for Kindergarten with Anne Ainsworth, Early Literacy Specialist. Call 274-8588 to register. \*\* Childcare provided
- **Tuesdays:** Parent & Tot Play - 9:00 am to 5:00pm - drop in anytime
- **Wednesday:** Care Bears Circle of Friends - 10:00 am - drop in & snack provided
- **Thursday Evening Programs:** Family Pizza & Games, Children's Classic Movies, Mini Olympics, Glow in the Dark Scavenger Hunt, Butterfly Art and more.....call 274-8588 for more information and times.



## COOK'S CORNER



### Fruit Pizza

#### Ingredients

##### Crust

1  $\frac{1}{2}$  cup flour  
 $\frac{1}{4}$  cup white sugar  
 $\frac{3}{4}$  cup butter  
1  $\frac{1}{2}$  tsp vinegar

##### Topping

8 oz cream cheese  
1 Tbsp white sugar  
 $\frac{1}{2}$  tsp vanilla  
 $\frac{1}{4}$  cup milk

Crust: Mix butter, vinegar, & sugar into flour till dough looks like cookie dough. Spread in pizza pan. Chill for 1 hour then bake @ 350° for 15 minutes  
Topping: Cream all ingredients together. Spread over cooled crust. Spread chopped fruits over. Grate semi-sweet chocolate over all.

### Dump Cake

#### Ingredients

1 can cherry pie filling, 15  $\frac{1}{4}$  oz  
1 can crushed pineapple, 15  $\frac{1}{4}$  oz  
1 yellow cake mix  
1  $\frac{1}{2}$  cups margarine, melted

Mix cherry pie filling and pineapple. Put into a 13 x 9 inch pan. Sprinkle dry cake mix over then pour melted margarine over top.  
Bake @ 350° for 35 minutes.



## For Crafty Kids Clay Handprint

Mix  $\frac{1}{2}$  cup of slat, 1 tablespoon vegetable oil, and  $\frac{1}{4}$  cup of water in a large bowl. Mix and add 1 cup of white flour and knead well.

Form dough into softball-sized ball and roll out with a rolling pin. Press your child's hand with fingers spread apart into the clay.

Bake at 250° for several hours. After the handprint has cooled have your child paint the clay using acrylic paint. Be sure to label your child's handprint with their name, age and the year.

If you want the handprint to be a hanging ornament use a paperclip. Insert a paperclip about halfway into the clay near the top on the back and then bake. Makes a solid holder for a nail or a string.

### Play Dough Recipes

[Microwave Play Dough Recipe](#)

1 ½ cups flour  
½ cup salt  
1 cup water (add food colouring or kool-aid)  
2 Tbsp oil  
2 Tbsp cream of tartar  
Microwave for 1 ½ minutes. Add more flour if necessary.

### Cooked Play Dough Recipe

Combine in a saucepan:

2 cups flour  
2/3 cup salt  
4 tsp cream of tartar

Combine:

2 cups water & 2 tsp oil and food colouring. Pour liquids into saucepan and stir over medium heat until thick approximately 3 – 5 minutes. Add texture by adding oatmeal etc.

### Kool Aid Play Dough Recipe

Mix:

3 cups flour  
2 cups boiling water  
2 pkgs Kool Aid  
2 Tbsp oil  
1 tsp cream of tartar

Mix, knead, store (covered) in fridge. Smells like bubble gum.....Yum!



## Lemon Drops & Gum Drops



If all the rain drops were lemon drops and gum drops,  
OH what a rain it would be.  
Standing outside with my mouth open wide.....  
.....ahahahahahahahah.....

If all the snowflakes were candy bars and milkshake  
OH what a snow it would be.  
Standing outside with my mouth open wide.....  
..... ahahahahahahahah .....

If all of the sunbeams were bubble gum and ice cream  
OH what a sun it would be.  
Standing outside with my mouth open wide  
..... ahahahahahahahah .....

## 10 LITTLE BOYS AND GIRLS

1 little, 2 little, 3 little children, 4 little, 5 little, 6 little children, 7 little, 8 little, 9 little children, 10 little boys and girls.

They jumped in the boat and the boat tipped over.

They jumped in the boat and the boat tipped over.

They jumped in the boat and the boat tipped over, 10 little boys and girls.

They swam and they swam and they swam for shore (repeat 3 times)

10 little boys and girls.

They all walked home to tell their mama's (repeat 3 times)

10 little boys and girls

She hugged them and kissed them and put them to bed (repeat 3 times)

10 little boys and girls.

### Mr. Sun

Oh, Mr. Sun, Sun, Mr. Golden Sun,  
Please shine down on me.

Oh Mr. Sun, Sun, Mr. Golden Sun,  
Hiding behind a tree

These little children are asking you  
To please come out so we can play with you.

Oh Mr. Sun, Sun, Mr. Golden Sun,

Please shine down on,  
please shine down on,

Please shine down on me!

## Sunshine Handprint Craft

This is a fun and simple handprint craft that makes a great rainy day project during the summer (come out Mr. Sun!!) You can sing the Mr. Sun song or the You Are My Sunshine song while making the craft.

There are two versions of this craft listed on this page: an all paper version and a paper plate version.



### ALL PAPER VERSION:

#### Materials:

dinner plate or margarine lid (must fit on a piece of construction paper)

pencil

yellow and orange construction paper

scissors

glue or glue stick

markers

OPTIONAL: wiggly eyes and pom pom nose



#### Directions:

Use a pencil to trace a dinner plate onto a piece of yellow construction paper. This will be the inside circle of your sunshine.

Cut out the circle around the line you traced (this can be done by an adult prior to craft time if you are working with a group of small children).

Trace the child's hand onto yellow construction paper 4 to 8 times and cut them out.

The number of handprints you need depends on the size of the plate you used and the size of your child's hand.

You should have enough prints to go around the plate without overlapping them too much.

Glue the yellow handprints around the circle without overlapping them too much.

Trace the child's hand onto orange construction paper the same number of times as you did with the yellow.

Glue the orange handprints behind the yellow ones, staggering them so the orange peeks out between the yellow (that was more complicated to explain than it is to do \*laugh\*... just peek at the picture at the top of this page to see what it looks like)

Draw a face on the plate using markers using store bought wiggly eyes if you like.

### **O Canada Song**

Sung to the tune of "O Christmas Tree"

O Canada O Canada  
How I love my country  
O Canada O Canada  
How I love country  
With Rocky Mountains and Northern lights  
And Maple Leafs that skate on ice  
O Canada O Canada  
How I love my country



### **Crumple Painting**

Here's another easy way for your young child to make wrapping paper.

#### **Materials**

Liquid tempera paint or soap paint (see Frosty Soap Painting)  
Newspaper  
Heavy plain paper

#### **Directions**

Crumple up some newspaper into a ball and dip it in liquid tempera or soap paint.  
Press the newspaper ball lightly all over the heavy plain paper.  
Use two or three different colours if you like.  
Let dry.

### **Marker Painting**

#### **Materials**

Dried-up markers  
Tempera paint  
Paper

#### **Directions**

Let your child use dried-up markers in place of a paintbrush.  
Dip them in liquid tempera paint and use to write or draw on paper.

### **Sand Box Painting**

Even if you don't have a sandbox, this sand-painting craft is guaranteed to give your kids hours of summertime fun.

#### *What you need:*

- \* Sandbox or large dishpans filled halfway with sand (fill one pan for each child)
- \* Spray bottles filled with water
- \* Food coloring
- \* Small sand shovels

#### *What you do:*

Add 20 or more drops of food coloring to spray bottles to make colored water. Seat children in front of their pan, or together in the sand box, and give them several bottles of colored water. As they spray, the sand will change color, creating a beautiful painting. If the kids want to 'paint' a new picture, direct them to mix under the top layer with their shovels.

\* Safety note: Most commercially sold play sand is actually powder from quarried quartz – a substance known by OSHA to cause lung disease. You can purchase safe sand from companies like SafeSand.com.

## **SUN SAFETY: How to protect your child**

- ☀️ Keep babies out of direct sunlight. Use clothing that covers their arms and legs, add a hat and slap on a little sunscreen. Keep them protected in a covered stroller, under an umbrella or in the shade. This can also help prevent dehydration and sunstroke.
- ☀️ Try to keep toddlers and children out of the sun, between 11 a.m. to 4 p.m. when the sun's rays are at their strongest, or any time of the day when the UV Index is 3 or more.
- ☀️ Send your kids to school or play in protective clothing, such as a large t-shirt and a wide-brimmed hat (this provides more protection than a baseball cap). Don't forget to cover their shoulders and necks as these can get easily burned.

- ☀ Provide shade in your kids play area. Trees or a large umbrella work well.
- ☀ Always apply sunscreen with an SPF 15 or higher to your kids at least 20 minutes before they go outside. Reapply often and don't forget their nose, ears, cheeks and tops of their feet.
- ☀ If they're playing in or near water, make sure the sunscreen is waterproof and reapply often. Also make sure they have dry clothing after playing in water as wet clothing can lose up to half of its UV protection
- ☀ Don't put sunscreen around your child's eyes – it will probably sting. Try to get them to wear a hat. Or as soon as they can wear sunglasses, think about getting them a good quality pair of wraparound sunglasses to protect their eyes. Toy sunglasses may be fun but they can do more harm than good.
- ☀ Don't use baby oil as a moisturizer before your child goes outside. The oil will make the effect of the sun stronger and could cause your child to burn faster.

[www.cancer.ca/prevention](http://www.cancer.ca/prevention)

### Helping Children With Summer Sleep Problems Prevent Summer From interrupting Children's Sleep

The bright sun and sounds of summer can cause poor sleep for kids. Bedrooms filled with light and inviting sounds from outside can have a negative impact on children's sleep. When the sky is bright and the work is noisy, it takes children longer to fall asleep and it is harder for them to stay asleep in the morning. Older children, adults, and even the birds enjoy the chance to stay awake longer but younger children who need more sleep become distracted by the activity outside their windows.

**Children's Sleep Can be Improved with Room Darkening Blinds:** Sleep problems and abundance of sunlight can go hand in hand because sunlight can interfere with the body's natural sleep process. The human body produces a hormone called melatonin to help bring on sleep. Room darkening blinds can lead to better sleep for children by allowing the body to produce melatonin without the interference of sunlight.

**Quiet Sleep Problems with White Noise:** Sleep problems that children experience in the summer can also be related to the sounds of summer. Evening traffic, lawn mowers, chirping birds and the chatting of grown ups on the patio can make it difficult for children to settle down for sleep. How can they sleep when they feel they are missing out on so much outside? Use a white noise machine or a soothing CD to create a constant soothing sound that will block out all the interference that would otherwise prevent sleep for children.

## Childcare Bills - Preauthorized Payments

Did you know you could avoid leaving your house to pay your Childcare Bill?

With pre-authorized payments your monthly bill is automatically made through your bank or financial institution. Contact Phyllis Kellar at 274-5457 if you would like to fill out a form for pre-authorized payment of your childcare bill.

## Happy Summer



Daycare staff would like to wish all our families a safe and happy summer.

LIVE.....LOVE.....LAUGH A WHOLE BUNCH