



An update from the teachers...

We had a busy and eventful August. The children had fun learning all about food! The Bluebells visited Robinson's Foods and they put together a collage of their favourite healthy foods; it's now on display in our classroom.

The Stick Pony Parade marks the beginning of the Jasper Heritage Rodeo and was a big success. The children enjoyed making their stick ponies and sock ponies in class before getting to show them off on their walk around town. The parade has inspired a lot of pony play in our classroom and the cowboy boots and hat have become very popular dress-up items.

On the Aug. 11, the children asked if they could walk past the fire station. When we arrived, the Fire Chief was kind enough to drive one of the fire trucks out of the station and let us have a look inside to see all of the equipment. The children also enjoyed the Ice Cream Social with the grandmas and grandpas at Alpine Summit Seniors Lodge on Aug. 23. The children get to choose their favorite ice cream flavour being served by the grandmas and grandpas.

The Bluebells love trains and bugs and continue to count the flags around Jasper on our daily walks, new hobby they picked up after learning about Canada in July. The Bluebells are saying goodbye to Laura this month and they are welcoming Helen to the room.

Reminder:

- Jasper's weather can be unpredictable, so please send a sweater, running shoes and a sunhat daily. We also like to have water play in the yard when it is sunny outside; please bring a swimsuit and towel, as well as a change of clothing, on sunny days and leave them in your child's cubby.

Bluebells Teachers: **Nilfa, Madeleine, Charlotte, Helen and Kharisma**
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September 2017 Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Park Day	2
3	4 CLOSED	5 Show & Tell	6 Bike Day	7 Town Walk	8 Park Day	9
10	11 Story Time with Lynda	12 Show & Tell	13 Bike Day	14 Town Walk	15 Park Day	16
17	18 Story Time with Lynda	19 Show & Tell	20 Bike Day	21 Town Walk	22 Park Day	23
24	25 Story Time with Lynda	26 Show & Tell	27 Bike Day	28 Town Walk	29 Park Day	30

Packing Checklist:

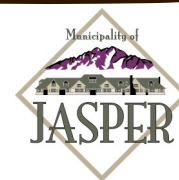
- Weather specific outdoor clothing (rain boots, rain jacket, sun hat, sweater)
- Outdoor footwear
- Indoor footwear
- An extra set of clothes
- Water bottle
- Bathing suit and towel**
- Bug spray

Reminders:

- LABELS:** Please label everything. Need new labels? go to campaigns.mabelslabels.com and select 'Friends of Jasper Childcare'.
- SUPPLIES:** Please ensure your child's bin has enough supplies.
- ALLERGIES:** We are a peanut and tree-nut free centre. Items that read "may contain nuts" will not be served.
- PICK UP & DROP OFF:** Connect with your child's teacher at pick up and drop off before you leave.
- TOYS FROM HOME:** Are welcome on Show & Tell days only. Please keep toys at home the rest of the week so they don't get lost or broken.

Special Dates:

- September 4th – CLOSED



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Children learn to eat by watching you!

Children learn how and what to eat by watching you!

The eating habits you role model to them in the early years can form a pattern that lasts their lifetime.

Let them see you eating a variety of healthy foods.

Help them learn healthy habits now and for life:

- Eat together.
- Keep mealtimes pleasant and relaxed.
- Focus on the meal and each other.
- Turn off the TV and put aside toys, phones and electronics while eating.
- Eat meals and snacks at about the same time each day.
- Offer only water between meals and snacks.
- Enjoy many kinds of foods. Try new foods together.



***Children learn by
watching you.
Eat well and they will
learn to eat well too!***



Eat together!

Enjoy each other's company while sharing meals together. Meal time is a chance to help children learn to make good choices about what and how much to eat. It's also a chance to slow down, relax and connect with one another.

Children learn by doing.

Encourage everyone to help prepare, serve and clean up. Give small children small jobs to do like washing vegetables, mixing food or putting dishes away.

Enjoy each other's company and the meal.

Turn off the TV and put phones and electronics away. Make mealtimes pleasant and relaxed for everyone. Enjoy talking with each other.



Let children make choices.

Set a table with healthy foods and let everyone pick which foods to put on their plate and how much to eat from the choices provided.

*Cook Together
Eat Together
Talk Together*