



An update from the teachers...

September has arrived and once again, right before our eyes, the Clovers have grown and become confident, social little beings. The Clovers are an excited, active and spirited group these days. They enjoy each other's company and engage one another in play. It's a joy to watch!

August was another busy month full of good times. The Clovers were really interested in playing with airplanes and cars, so we did lots of arts and crafts, like painting boxes to make cars, airplanes and helicopters.

The Clovers have also been interested in animals and love to snuggle with stuff animals and sing animal songs; that's why animals will be the focus for September.

The Clovers will learn about animals through crafts, songs, stories and play. Throughout the month, the children will learn about animals from the farm, zoo, jungle, and from around Jasper, like elk, deer, bears, squirrels, mountain goats and bighorn sheep.

For the month of September, Show & Tell will also be about animals. The children will be encouraged to bring their favourite stuffed animals to show to all of their friends.

The Clover Teachers | Daphne & Sonali | 780-852-6519

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 the 'Friends of Jasper Childcare' to support the centre.
- **SUPPLIES:** Please ensure your child's bin has enough supplies.
- **ALLERGIES:** We are a peanut and tree-nut free centre. Items that "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.

Special Dates:

- September 4th – CLOSED

September 2017 Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 CLOSED	5 Biking Day	6 Farmer's Market	7 Show & Tell	8	9
10	11	12 Biking Day	13	14	15 Show & Tell	16
17	18	19 Biking Day	20	21 Show & Tell	22	23
24	25 Visit the Wildlife Museum	26 Biking Day	27	28	29 Show & Tell	30



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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*