



An update from the teachers

Welcome to September and hello to everyone who was on holidays throughout the summer. August's WATER theme was a success with lots of water play that included washing babies, experimenting with ice cubes, floating paper boats and playing with ocean animals in the water table. The children also enjoyed running through the sprinklers and blowing bubbles—the highlight of the month.

In August the Marigolds were part of the Stick Pony Parade marking the start of the Jasper Heritage Rodeo. Everyone got to dress up and had the chance to ride in a wagon thanks to the Pyramid Stables. There were many days to wear swimsuits last month, especially on hot days.

Walking around town is still part of our morning routine, except when the weather doesn't allow for it. On rainy days, we use the curling rink to run, ride on toys and chase each other around. The Marigolds like passing by the trains and watching them go by.

Our theme for September will be TRAINS! The children have been expressing interest in trains, watching the freight trains on our walks and commenting on the train sounds. There are trains and train tracks in the Marigold room that the children will spend time building. They also like to line up milk crates in the yard, pretending they're trains.

As always, please make sure to label all of your child's belongings, including their clothes.

If you have any questions, please don't hesitate to speak to our staff.

The Marigold teachers | Ruby Ann, Karen, Carlie and Lee Ann | 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.

Special Dates:

- September 4th – CLOSED



mabel's labels

Labels for the stuff kids lose!

100% Satisfaction Guaranteed

LABELS FOR EVERYDAY NEEDS

Please label all of your child's stuff, from their water bottles to their hats and clothes.

To order Mabel's Labels, visit campaigns.mabelslabels.com & select Friends of Jasper Childcare



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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*