



An update from the teachers...

In August, the Sunflowers continued to explore the themes of superheroes and nature (specifically bugs) through crafts, pretend play, blocks, visits to the park and nature walks.

The children also developed a new interest: in August, they started exploring the concept of 'family' in their play, pretending to be mommies, daddies and babies. They also started engaging more in the dress-up area. The Sunflowers also enjoyed an Ice Cream Social with our seniors at Alpine Summit Seniors Lodge and they participated in the Stick Pony Parade to kick off the Jasper Heritage Rodeo. The children made beautiful horse puppets that were all very unique.

To see the other things we've been up to, check our window by the door. If you have an idea for a fun activity, add it to our chart! In August, the children also met our newest teacher, Megan, who joins us from Ontario. As of Sept. 1, the staffing in the Sunflower room will be Martine, Megan, Nicole and Jessica.

With September comes new children to the Sunflower room. If you have any questions about your child moving into our room, please feel free to come in and meet the teachers. We are very excited to start the new school year with your children!

Beginning in September, each day the Sunflowers will enjoy a half hour 'rest time' where they will be invited to lay down, do stretches, practice yoga or directed meditation. On Tuesdays and Thursdays, we will also resume our Mindfulness session with Lynda Shore.

Reminders:

- In the morning, please check in with a teacher in so we know your child has arrived and is our care. Same goes for pick up!
- We will be outside every day. Please send a sweater, running shoes, sunhat, rain boots and a rain jacket.

Charlotte, Nicole, Megan and Martine | The Sunflower Room | 780-852-6524

September 2017 Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Library	2
3	4 CLOSED	5 Mindfulness & Park Day	6 Walk around town	7 Bike Day & Mindfulness	8 Visit to the Library	9
10	11 Story Time with Lynda	12 Mindfulness & Park Day	13 Walk around town	14 Bike Day & Mindfulness	15 Visit to the Library	16
17	18 Story Time with Lynda	19 Mindfulness & Park Day	20 Walk around town	21 Bike Day & Mindfulness	22 Visit to the Library	23
24	25 Story Time with Lynda	26 Mindfulness & Park Day	27 Walk around town	28 Bike Day & Mindfulness	29 Visit to the Library	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 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 read "may contain nuts" will not be served.

Special Dates:

- September 4th – CLOSED



Lisa Daniel

Childcare Services Manager
Municipality of Jasper
780-852-6517
ldaniel@town.jasper.ab.ca



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*