



200-10010 Franklin Avenue
 Fort McMurray, AB T9H 2K6
 780-748-5385 email ed@children1st.ca

July 2014 Newsletter

Thank you!



A special thank you to all the parent volunteers who helped with the delivery of sand and mulch. It was a lot of work, the effort has definitely improved our backyard space! Also a special thanks to those children that came and offered their little hands to make the work lighter!

Important Reminders and Dates

- Just a reminder that the Day Home Agency, The Nest and the Society office is closed Tuesday July 1 for Canada Day.



Feature Article

Sun Safety Tips for babies and young children

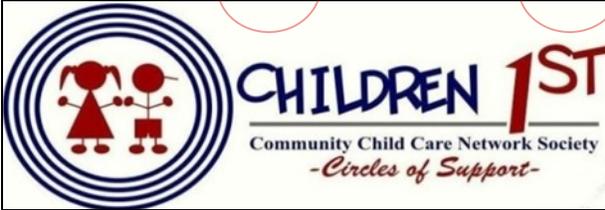
- Keep babies under one year out of direct sunlight to prevent skin damage and dehydration. Never let them play or sleep in the sun.
- Keep babies in the shade, under a tree, an umbrella, or a canopy. Never leave children in a parked vehicle.
- Remember, sunscreen will protect against the sun's harmful UV rays, but will not protect children from the heat.
- Give lots of cool liquids. Water or breast milk are best.
- Do not put sunscreen on a baby less than 6 months old.
- Follow the UV index readings each day to plan outdoor activities.
- The sun's UVB rays are strongest between 11 a.m. and 4 p.m and it is also usually the hottest time of day. Unless the child is protected, keep them out of the sun during these hours.
- In strong sunlight, have children wear a rimmed, breathable sun hat and sunglasses, and cover their skin with clothes or sunscreen.
- Get your children used to wearing sunscreen lotion early on. Pay close attention to the areas that are most exposed, like their face, lips, ears, neck, shoulders, back, knees, and the tops of their feet.
- Never let young children stay in the sun for long periods, even when wearing sunscreen

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More information can be accessed at
<http://healthy Canadians.gc.ca/>

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Birthdays

Children First: Community Day Home Agency would like to extend sincerest birthday wishes to the following children:

- July 8 – Sumayya
- July 12 – Jasmin
- July 16 - Ross
- July 31 – Hayden

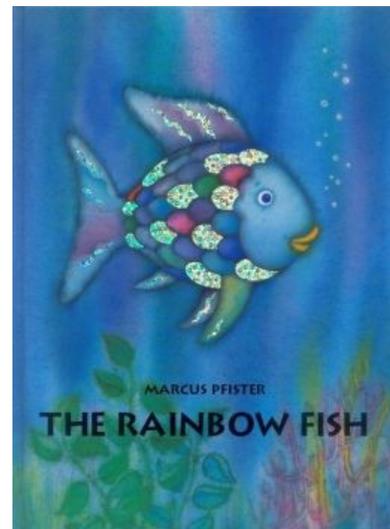


Parents Advisory Council (PAC)

The PAC will be meeting again in the Fall with more information on the date and time to come.

Book Review

The Rainbow Fish By Marcus Pfister



Shining from Rainbow Fish's multicolored body are several shimmering silver scales. All the other fish in the ocean admire him and want to play, but Rainbow Fish is too proud to play with them; nor will he share his sparkling scales. Alone and friendless, Rainbow Fish soon learns that generosity is far more rewarding than vanity. Pfister makes novel use of rainbow-colored foil to create Rainbow Fish's scales.

SCHOLASTIC

Scholastic will resume again in September. In the meantime, check out the wonderful summer reading programs at our local library! www.fmpl.ca



Keep Connected

Do you want to have all the up to date info on the happenings at Children First? Don't forget to follow us on twitter and facebook. Click on any staff email and the link will take you to our social media pages.



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United Way
Fort McMurray

To provide circles of support around children and families



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News from the Nest:

Staff Changes

There are many upcoming room changes . These changes are as follows:

Rebecca will now be in the Parrot Room
Megan and Sasha will be in the Blue Jay room with Joan. Although Robin H. is still around, her maternity leave will begin this summer.
Nav will be in the Hummingbirds and we are saying a fond farewell to Carmen.

All though this may seem like a lot of changes, we have been implementing them slowly throughout the month so that children and teachers can be adapted before the big move becomes official!

Fundraising

Thank you to those parents who participated in the Beans 4 Bucks fundraiser. We have earned enough for one more Ipods. We would still like to get 3 more to go along with 4 more speaker systems. We are getting there!

Staff Training



Several of the Centre staff and day home providers completed a workshop titled "Making Props for Music and Stories" Families can look forward to hearing about the wonderful programming ideas. Please feel free to ask questions about the training.



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Room Profile

Bubbles, bubbles, bubbles everywhere in Hummingbirds Room!

Half a spoon of paint, a squirt or 2 of dish soap, quarter cup of water, plastic cup and straw per child can spell a recipe for B-U-B-B-L-E-S enough to fill our classroom. We got bubbles on our noses, faces, heads, hair, arms, on our clothes, on the table, chairs, floor, and everywhere that can be covered in bubbles! Some of us turned pink like strawberry ice cream (said MT), yellow like a banana milkshake (said LC), blue like blueberry muffin (oh wait AF said blue like a Smurf!)

It was the perfect sensory play/activity for us as we explored all the materials on the table. We watched how our friends makes lots of bubbles, we touched the bubbles and felt them popped before our eyes, we smelt the green dish soap that smells like green apple, and yeah some of us even had a taste and said, "yuck! bleek! It's not good!" KD said, "You know, it's not for eating. It's only for making bubbles!"

Our social skills were enhanced with this activity. The teacher watched as the children complimented each others' "blowing bubble skills". LC told BC, "Wow! Look at all the bubbles you make!" BC felt proud and tried to make more bubbles. When LP seemed lost and didn't quite know yet how to make lots of bubbles, KL offered to help. She said, "You have to get lots of air in your tummy first, like this (showing LP how to take in some air and hold it) then you blow in your straw. LP was so happy when they finally figured out how to blow bubbles and said, "thank you".



It was a wonderful experience for everyone. We coloured, got wet and the room was in a total mess. BUT more importantly, we had fun, throughout the activity and had endless chatter about our experience with bub-

And like a bubble, Teacher Carmen has to say "Pop!" "My last day at The Nest will be on Friday, 27th June. I am very grateful for the opportunity that The Nest has given me. I am what I am today because of the help, kindness, love and concern that each one of you shared and showed to me. I will surely miss everyone!"



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News from Children First Day Home Agency:

WELCOME

New Family Day Home Providers

Children First is proud to announce the grand opening of two new day homes in Thickwood: **Twinkle, Twinkle Little Star** and **Toys and Tots Community Day Home**. We would like to warmly welcome Aruna and Evangeline to our day home family. And if you are interested in their current vacancies, please contact the Coordinator at 780-748-5385.



Pictured: Evangeline at Toys and Tots Community Day Home

Welcome New Children in Care

- Jasmin
- Kylie
- Isabella
- Cohen
- Tyren
- Josie-Jane
- Bharath
- Ganga
- Brookelyn



Pictured: Jasmine and Kylie

GOOD-BYES



Pictured: Emma and Brady enjoying a warm, spring day

In July, Emma will be closing her community day home to be closer to family and friends. Emma's efforts and professionalism over the years has been both admired and appreciated. On behalf of the entire organization, we would like to wish Emma the best of luck in her future endeavours. Our door is always open.....

It is with great sadness that we say farewell to the following members of our day home family:

- Kiara, Rowen and Caleb
- O'Ryan
- Maryam, Leoul, Brady and Chandni
- Danial, Sumayya, Jaxin and Ranveer
- Connor
- Miriam, Arturo and Michael



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DAY HOME FOCUS – The Outdoor Learning Environment

Why Go Outdoors

The outdoors is a place to be loud or quiet, active, observant, creative, and risk-taking. It's a place to create memories. The outdoor learning environment can be used to extend indoor learning and as a stage for every child to explore, expand, treasure, and enjoy.

Physical health benefits

- Large muscle development
- Fresh air exchange
- A source of vitamin D

Mental and emotional health

- Stress reduction
- Less depression related to exercise
- Independence and valuable risk taking

Spiritual health

- Aesthetic and spiritual connections
- Tranquility

Environmental health

- Children learn about nature and caring for the environment

Consider how family day homes differ from their child care counterparts. Each home has unique characteristics and offers unique opportunities such as gardening, picking berries, painting with water, collecting rocks, playing with pets, jumping through sprinklers, hiking in the woods and visiting with neighbors. The options are endless



Bringing the "Inside" Out

Why not bring the following items outside:

- balls – wood or lumber - art easels with art supplies
- toy animals – ride on toys - water buckets
- Hula-hoops - small vehicles – dishes and pots/pans
- large activity blocks - dolls
- small tubs for water exploration - cardboard boxes
- carriages - blankets - old tires
- dinosaurs - chairs – play kitchen – age- appropriate construction materials



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