



## Seasons Greetings 2013-2014

# Welcome to Kingston Day Care!

### St. Martha Child Care Centre

Kendra V (Acting Sup)  
 Carol M  
 Susanne N  
 Kristin L  
 Sara D  
 Katy S  
 Ashley S  
 Becky C  
 Jessy K  
 Lindsey P  
 Christina S  
 Mary M  
 Amber G

### Trillium Child Care Centre

Chelsea D (Acting Sup)  
 Marlene B  
 Alana L  
 Devon C  
 Jamie H  
 Asia S

### Collins Bay Child Care Centre

Jessica N  
 Stephanie N  
 Stephanie S  
 Marlene F  
 Chantal T  
 Cara H  
 Olivia O  
 Farah N



### *Season's Greetings and Winter updates from the Executive Director:*

None of us really want to think about Winter and the weather that comes with it but in an effort to keep everyone informed, I thought we had better...

I would like to remind you of our "Closing Procedures" should significant inclement weather occur:

#### *If a storm occurs overnight:*

\*Listen to the radio—we will post any closure or late openings on several radio stations.

\*Call your child's center—the phone message will be changed if we are closed or opening late. Families from Trillium Child Care Centre should call Collins Bay for updates at 613-634-6694.

#### *If a storm develops during the day:*

\*We will contact families and ask that you come as early as you are able so that we may get everyone home safely. If the schools dismiss children early, we are not able to accommodate extra children and will not be running any afterschool programs.

\*Please note that if schools close, we will also close. (all 3 locations)

*Have a safe & happy winter!*

*Alison*

## **Board Members, Managers, Supervisors**

### Kingston Day Care Board Members:

Alan Revill, President  
 Scott Stickles  
 Angela McKercher-Mortimer  
 Craig Pitts  
 Cameron Pritchett  
 Deborah Thompson  
 Nicole Le Clair

### Executive Director:

Alison Lines

### General Manager:

Laurie Burega

### Supervisors:

Lisa Warwick  
 Marcelina Lugo

*"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work." - Vince Lombardi*

*Thank you to Kingston Day Care's Board of Directors for their tremendous support and recognition all year through!!*



## Greetings from St. Martha Child Care Centre

The preschool program has now fully implemented the Play-based Learning curriculum and we could not be enjoying it more! So far our interests have covered "Baking and Cooking" which has kept us very busy!

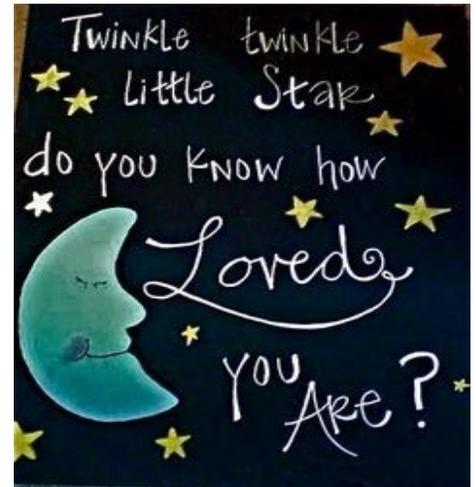
Last week we made our own wraps for lunch and the children got to choose their own topping. We also made banana bread from scratch; "Stone Soup", and we are planning a "Breakfast in Bed" with homemade crepes.

The children have been engaged and having so much fun with the new programming.

One of our favorite parts of the day is our "Sharing Time", where we discuss our favorite areas of the day and tell about new discoveries made.

We look forward to continuing to watch the children grow and expand on their ideas!

Kendra, Preschool Teacher



## Early Learning for Every Child Today (ELECT) A framework for Ontario early childhood settings

ELECT describes how young children learn and develop and provides a guide for curriculum in Ontario's child care settings.

The categories of development focused on are physical, social, emotional; communication/language/literacy; and cognitive.

*"When you take the time to actually listen, with humility, to what people have to say, it's amazing what you can learn. Especially if the people who are doing the talking also happen to be children."*

The Continuum of Development is then used as a tool to provide a reference point for our early childhood educators as they plan and enhance experiences that will support each child's lifelong learning and development.

Play is recognized as a

vital path to learning as it capitalizes on children's natural curiosity and enthusiasm to absorb information. Our physical environment is carefully planned out as it plays a key role in learning and development as well. Take a minute to look at the Web Curriculum in your child's program; we are very excited about this change in our program planning philosophy and we are seeing great results already!

## Early Childhood Educator Appreciation Day, October 30, 2013

Early Childhood Educator Appreciation Day was celebrated in style at Kingston Day Care on October 30, 2013.

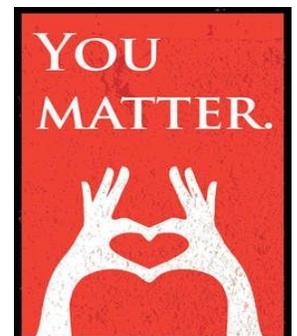
...On this day we once again thanked our dedicated team for their commitment and valuable work with our children all year through.

...On this day tribute was paid to the

skills, education and extraordinary commitment of Kingston Day Care's early childhood educators.

It was so rewarding to witness the acknowledgement and gratitude bestowed on our teachers by our families as we celebrated this day together.

Thank you very much for all of the kindness shown to our hard working staff members at Kingston Day Care!





## Early Learning Fun at Trillium Child Care Centre

Since October the infants, toddlers and preschoolers have settled into the new Elect Program Planning structure -using *free-play time* to reflect each child's interests and developing areas. *Free-play time* allows children to engage in desirable play: reading a book, taking care of their baby, pouring and dumping in the water table, etc... Not only does this time allow for child-oriented activities, but observations are now recorded in the form of a web. These webs are consistently being reflected and adjusted based

on teacher observation and assessment. It is a great visual for the teachers as well as the parents! The children have adjusted well and the continuation of developmental growth is at a rapid rate!

*I'll love you forever  
I'll like you for always  
as long as I live...  
my baby you'll be*

Now that the trees are almost bare we know Autumn is coming to an end, but that doesn't stop the toddlers from having fun! They will be excited to

catch snowflakes on their tongues as much as they enjoyed watching the colorful leaves fall to the ground. I anticipate toddler "construction winter workers" building snowmen and making snow angles. Of course we cannot forget singing lots of winter songs!

Jamie H, Toddler Teacher

## Physical Activity Strategies at Kingston Day Care

Kingston Day Care's physical activity strategies are consistent with the Canadian Physical Activity Guidelines and the Sedentary Behavior Guidelines for the Early Years. We recognize that regular physical activity is essential for healthy growth and development and acknowledge the risks associated with prolonged sedentary

*Maybe Christmas, the Grinch  
thought, doesn't come from  
a store.  
Dr. Seuss*

behavior such as screen time (computers and television) and sitting activities (strollers/highchairs/bouncy chairs) for more than one hour.

Kingston Day Care's daily physical activities include, but are not limited to, planned indoor *Body Breaks* and planned outdoor

activities that promote the development of fundamental movement and sport skills such as running, jumping, catching, kicking and throwing.

Kingston Day Care has established a "no television/no movies policy" and will not permit any screen time for children under 2 years of age. Preschool children will not be permitted to engage in computer time for more than 30 minutes in a day. "Now is the time to get up and moving!"

## News from Collins Bay Child Care Centre

The Collins Bay Child Care Centre Preschool children have been very busy this Fall. Some of our fun learning experiences included making a Scarecrow that the children named "Jack", and lots of pumpkin themed activities such as jack-

o-lantern carving, making pumpkin muffins and roasting pumpkin seeds.

We made a very special harvest soup with the children, with each family contributing a vegetable to add to our cooking experience. We read the story,

Growing Vegetable Soup by Lois Ehlert and enjoyed our homemade Harvest Soup at lunchtime!

Stephanie N & Stephanie S

*"Creative people are curious, flexible, persistent, and independent with a tremendous spirit of adventure and a love of play."*

## Kingston Day Care

For Wait List and Application:

[www.kingstondaycare.org](http://www.kingstondaycare.org)

For General Information:

[info@kingstondaycare.org](mailto:info@kingstondaycare.org)

[www.kingstondaycare.org](http://www.kingstondaycare.org)

*Play, explore and be...*

*As another year comes to an end. . . . .*

Kingston Day Care will be closed on the following days:

Wednesday, December 25/13:  
Christmas Day!

Thursday, December 26/13:  
Boxing Day

Wednesday, January 1/14:  
New Year's Day

*Happy holidays to all of our wonderful staff and families at Kingston Day Care!*

Our Community ~ A true friend reaches for your hand and holds your heart!

\*We give warm thanks for the kind monetary donation, made in the name of our special reader Jean Perry, who was a resident at Specialty Care Trillium Centre. The donation was put towards the building of a wonderful children's library at Trillium Child Care Centre!

\*The children and staff of Trillium Child Care Centre have enjoyed many wonderful opportunities this past year; joining the residents at Specialty Care Trillium Centre for birthday socials, craft making events and festive parades were all most enjoyed!

\*The children and families at Collins Bay Child Care Centre have been busy collecting food to donate to our local Food Bank.

\*Many thanks go out to the staff and families who came out to support "Kingston Day Care Night at Chapters". We earned \$153.20 which will go toward the purchase of new children's books & activities for each site.

Throughout the month of November, the children at St. Martha Child Care Centre created wonderful masterpieces to give to the residents of Fairfield Manor East. We hope they enjoy this!

We look forward to another successful year of Community partnerships!



# Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

## Guidelines:

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.



Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:



A variety of activities in different environments;



Activities that develop movement skills;



Progression toward at least 60 minutes of energetic play by 5 years of age.



More daily physical activity provides greater benefits.

### Being active as an infant means:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

### Being active as a toddler or preschooler means:

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

The older children get, the more energetic play they need, such as hopping, jumping, skipping and bike riding.

### Being active can help young kids:

- Maintain a healthy body weight
- Improve movement skills
- Increase fitness
- Build healthy hearts
- Have fun and feel happy
- Develop self-confidence
- Improve learning and attention

### All activity counts. Try these tips to get young kids moving:

- Create safe spaces for play.
- Play music and learn action songs together.
- Dress for the weather and explore the outdoors.
- Make time for play with other kids.
- Get where you're going by walking or biking.

**Any way, every day.  
Get active together!**

# Canadian Sedentary Behaviour Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

## Guidelines:



For healthy growth and development, caregivers should minimize the time infants (aged less than 1 year), toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) spend being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., stroller, high chair) for more than one hour at a time.



For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.



For children 2–4 years, screen time should be limited to under one hour per day; less is better.

## The Lowdown on the Slowdown: what counts as being sedentary

*Sedentary behaviours* are those that involve very little physical movement while children are awake, such as sitting or reclining:

- in a stroller, high chair or car seat
- watching television
- playing with non-active electronic devices such as video games, tablets, computers or phones

## Spending less time being sedentary can help young kids:

- Maintain a healthy body weight
- Develop social skills
- Behave better
- Improve learning and attention
- Improve language skills

## So cut down on sitting down. To reduce young children's sedentary time, you can:

- Limit use of playpens and infant seats when baby is awake.
- Explore and play with your child.
- Stop during long car trips for playtime.
- Set limits and have rules about screen time.
- Keep TVs and computers out of bedrooms.
- Take children outside every day.

**There's no time like right now  
to get up and get moving!**