



Child Development Dayhomes July 2024 Newsletter

Information for Dayhome Educators and Families in Edmonton and Area

Congratulations!

To the following dayhome educators celebrating their anniversaries with Child Development Dayhomes in the month of July

Nada Chmait	26 years	Rosaling Kis-ing	4 years
Nisha Shrestha	12 years	Edelyn Datan	3 years
Racela Aquino-Ellison	10 years	Sadaf Syed	2 years
Saadia Rafiq	10 years	Chitra Bohara	1 year
Kerima Marshall	5 years	Pradeepa Jayaratna	1 year
Modupe Adegbite	5 years	Yanping (Lindy) Li	1 year
Kuldeep Kaur	5 years	Shyamalie Thambugala	1 year
Genelyn Garcia	4 years		



Upcoming Statutory Holidays

Civic Holiday: August 5, 2024

Labour Day: September 2, 2024

National Truth and Reconciliation

Day: September 30, 2024

Thanksgiving Day: October 14, 2024

Remembrance Day: November 11, 2024

Christmas Day: December 25, 2024

Boxing Day: December 26, 2024



Congratulations!

Congratulations to Geraldene Gran-Pait, Kiran Younas and Maria Fegarido on the completion of their Early Learning and Child Care Certification with Portage College!

Congratulations to Jennifer Bedford (pictured right) on completing her Bachelor's Degree in Early Childhood Curriculum Studies!



Attendance Records Due:

Sunday, July 21 by 6:00pm

Dayhome Educators, please ensure all the times for the month have been entered on TimeSavr.

Parent Feedback Survey on CDDH Website



Let us know how we are doing. Take the Parent Feedback Survey [here](#).

Community Events

▶ Storytime in St. Albert Botanic Park

Location: 265 Sturgeon Rd, St. Albert, AB T8N 3S9

Website: <https://www.familyfuncanada.com/edmonton/storytime-in-st-albert-botanic-park/>

Join us near the apple orchard at St Albert Botanic Park for stories, songs, rhymes and dancing! A drop in storytime for families. Please bring a blanket to sit on and dress for the weather. No registration required.



▶ Free Kick Off to Summer BBQ

Date: Monday, July 8, 2024

Time: 5:00 pm – 7:00 pm

Location: Balwin Community League (12904 74 Street NW, Edmonton)

Website: www.kara-frc.com



Join in the outdoor fun at the Kickoff off to Summer FREE family barbeque with KARA Family Resource Centre. Bring your lawn chairs or blanket and come enjoy a hot dog dinner with activities in the park including a petting zoo, face painting, balloon art, glitter tattoos, and carnival games!

▶ Circus Carnival & Market Merriment

Date: Saturday, July 6, 2024

Time: 11:00 am – 4:00 pm

Location: 204-215 McLeod Avenue, Spruce Grove

Website: www.sprucegrovecitycentre.org

Delight in circus performances, street magicians, live music & buskers, and tantalizing carnival treats! This afternoon of circus-themed fun will include captivating live entertainment and a fun Summer Games Zone where you can compete against family and friends.



▶ Family Nature Nights 2024

July 24 - Jackie Parker Park, Edmonton

July 31 - Whitemud Park, Edmonton

August 7 - Goldbar Park, Edmonton

August 14 - John Janzen Nature Centre, Edmonton

August 21 - Lois Hole Centennial Provincial Park, St. Albert

Website: <https://naturealberta.ca/family-nature-nights-2024/>



Recipe Ideas

▶ Parfait Pops

Ingredients (yields 6 popsicles):

- 12oz of frozen berry medley
- 1/2 cup of nonfat plain Greek yogurt
- 1 tbsp of agave nectar
- 1/2 cup of vanilla almond milk
- 1/3 cup of oats and honey granola

Directions:

- 1) Blend everything together except for the granola.
- 2) Mix in the granola and pour into popsicle mold.
- 3) Freeze overnight.



Source: <https://www.instagram.com/reel/CeRGPNxFSmj/?igshid=YmMyMTA2M2Y%3D>

▶ Grilled Chicken Fajitas on a Stick

Ingredients:

- 1 lb boneless skinless chicken
- 1 red + 1 yellow bell peppers cut into 1 in. pieces
- 1 red onion cut into thin wedges
- 1/4 cup olive oil
- 1/3 cup lime juice
- 1 tsp sugar
- 1 tsp kosher salt
- 1/4 tsp ground cumin
- 2 cloves garlic minced
- 1/4 cup water
- 1/2 tsp dried oregano
- 1/4 tsp black pepper
- 1 1/2 tsp smoked paprika
- 1 tsp onion powder
- 1-2 tbsps chili powder



Instructions:

- 1) To prepare the marinade, pour the lime juice, olive oil and water into a large resealable bag. Add the garlic, sugar, salt and pepper, cumin, garlic, oregano, smoked paprika, onion powder and chili powder.
- 2) Seal bag and shake to combine. Remove 2 tablespoons of the marinade and set aside in the refrigerator. Add the chicken to the bag of marinade, seal and place in fridge - marinate at least 2 hours or up to 8 hours.
- 3) Soak 6 skewers in cold water for 20 min; this keeps them from burning on the grill. Heat your grill according to manufacturer instructions. Thread the chicken, peppers and onions onto the wooden skewers. Drizzle the reserved marinade over the top of the skewers and season with salt and pepper.
- 4) Grill the skewers until the chicken is cooked through and the vegetables have started to soften; about 4-5 minutes per side. Alternatively you can broil the skewers in the oven for the same length of time.
- 5) While the skewers are cooking, prepare the sauce. Combine all of the sauce ingredients in the food processor and blend until smooth. Add salt and pepper to taste.

Creamy Cilantro Dipping Sauce

- 1 cup sour cream (can use light)
- 1/2 cup fresh cilantro leaves roughly chopped
- 2 tsp lime juice
- 1 1/2 tsp honey
- 1/4 cup prepared green salsa
- Salt and pepper to taste

Source: dinneratthezoo.com



Activity Ideas

▶ Bubble Foam

Materials:

- 1/2 cup soap (example: dish soap, tearless baby shampoo, bubble bath, etc.)
- 1 cup of water
- Coloring (example: liquid watercolors or food coloring (optional))
- Blender or hand mixer + bowl

Instructions:

1) Add the soap, water, and coloring (if using) into a blender and blend until it's thick and foamy. Or, add the ingredients into a bowl and mix with the hand mixer until it's thick and foamy. That's it! Just one step. Easy breezy (beautiful bubble foam).



Source: friendsartlab.com

▶ DIY Mud Kitchen

Materials:

- Large storage container
- Smaller bins or bowls
- Scoops, bowls, cups, and other kitchen tools
- Water, dirt, and yard clippings (a bowl of each)

Instructions:

Set the space as an "invitation for play".

Source: <https://busytoddler.com/diy-mud-kitchen/>





Learning Story

▶ Making Flat Bread

By Uzma Tariq, Dayhome Educator

Sometimes I make kids favorite flat bread. They call it blow up bread because it blows up with steam when I cook it. Today at lunch time, when I started preparing lunch, Shay asked me what is for lunch today? When I told her that I am going to make her favorite flat bread, she asked me if she can make one for herself. So I helped everyone to make their own bread and then I cooked the bread on the stove.



Here is our end result. They like it warm and buttery. I served this bread with chicken, bell peppers and pickles. It was a real pleasure for them to make their own lunch. They were striving to reach their own goals. They tested their limits and asked for help. They learned about food and nutrition.





Uzma's Blow-up Bread Recipe

To make the dough you will need:

2 cups whole wheat flour

1 1/2 cups water, lukewarm

Extra water in separate bowl for kneading

You can make it in a mixer or simply use your hands for mixing and kneading.

Make a soft dough. Cover and rest the dough for 15 minutes.

To make flatbread (blow-up bread)

Make equal size balls out of the dough. I use almost 80g dough for each ball. Use your fingers to flatten it a little bit and then roll it with a rolling pin. You can make it thin or thick and big or small depending on personal choice.

To cook the bread

1) Heat the griddle on med-high heat.

2) Place bread on the griddle, once it starts to change color and slight bubbles appear. Flip it. Once flipped it will start to fill with air.

3) Gently press with flat spatula or kitchen towel to cook the sides. You can flip again to cook the other sides.

4) If chapatis(bread) are not forming brown spots/ blistering heat may be too low.

5) When cooked evenly on both sides, put it on a paper towel and spread butter on it. Simple and tasty homemade flatbread is ready to eat. You can store extra dough in an airtight container and put it in the fridge. It is good to use for the next couple of days.





Minister's Awards of Excellence

in Child Development

Overview

Early childhood professionals make life better for children and families and support government's commitment to high quality child care choices that are responsive to and inclusive of all children.

Nominate an individual, team, or program where early childhood educators work with children in child care programs licensed by the Alberta government.

Nomination guidelines

Alberta's government will administer the Minister's Awards of Excellence in Child Development according to these guidelines, and will consider nominators and nominees who agree to or sign the nomination form to have read and agree to abide by these guidelines and requirements for participating in the awards nomination process. Nominations that do not comply with these guidelines may be disqualified.

Nomination deadline: August 30, 2024

Award categories

Individual (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Team (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Program (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Award criteria

Nominees must demonstrate professional excellence in at least one, or a maximum of two, of the following award criteria areas.

Highlight these criteria throughout the nomination, illustrating how the nominee demonstrates excellence in each area in ways that support children's learning and development.

Innovative programming

Translate unique, research-based knowledge into creative actions that support learning and development.

Family/parent support

Demonstrate open, collaborative relationships, family-oriented support and programming.

Continuous improvement

Participation in training, professional development of staff is a priority; active pursuit of professional growth.

Community building

Develop partnerships and advance supports within the community to complement children's learning.

Inclusive practices

Demonstrate practices that include special needs, explore learning and cultural diversity.

Leadership

Training, coaching and mentoring professionals, colleagues to ensure quality child care.