



# Child Development Dayhomes November 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 November

Sadia Parveen	13 years	Dona Sandhu	3 years
Genet Tekleab	9 years	Samia Ahmad	3 years
Sofia Khatib	9 years	Makaila Lorenz	2 years
Mamta Pabby	7 years	Veberlyn Buendia	2 years
Carol Lai	4 years	Mahira Zeeshan	1 year
Umang Sookarah	4 years	Rebecca Agana	1 year
Laura Hernandez	4 years	Najlaa Hussein	1 year



## Welcome New Staff!

Please welcome Nathalie Hansen who has joined our administrative team! Nathalie was previously a dayhome educator with our agency.



## Follow us on Social Media



## Parent Feedback Survey on CDDH Website

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



## Congratulations!

Congratulations to Farheen for achieving her Level 3 Early Childhood Educator from Portage College!



## Attendance Records Due:

**Tuesday, November 19 by 6:00pm**

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

## Upcoming Statutory Holidays

(Dayhomes and office are closed)

**Remembrance Day:** November 11, 2024

**Christmas Day:** December 25, 2024

**Boxing Day:** December 26, 2024

**New Years Day:** January 1, 2025





## Community Events

### ▶ Edmonton Winterval

**Date:** November 23, 2024

**Time:** 3:00pm

**Location:** 104 Street and north of Jasper Ave

**Website:** [Link](#)



### ▶ Free Family Films

**Dates:** Sundays, Nov. 3, 10, 17, 24

**Time:** 2:00pm-3:45pm

**Location:** Whitemud Crossing Library

**Website:** [Link](#)



### ▶ St. Albert Snowflake Festival

**Date:** Friday, November 29, 2024

**Time:** 5:30-9:00pm

**Location:** Perron District, St. Albert

**Website:** [Link](#)



### ▶ Play Rangers and Family Adventure North Club

**Date:** Saturdays until Dec. 28

**Time:** 1:30pm - 4:30pm

**Location:** Whitemud Park (13909 Fox Drive NW)

**Website:** [Link](#)



### ▶ Spruce Grove Light Up

**Date:** Saturday, November 30, 2024

**Time:** 3:00pm - 6:30pm

**Location:** Central Park, Spruce Grove

**Website:** [Link](#)





## Recipe Ideas

### ▶ Pear Cinnamon Muffins

**Ingredients:**

- 2 cups self raising flour, sifted
- 1/2 cup brown sugar
- 2 tsps ground cinnamon
- 3-4 ripe pears, cored and diced
- 2/3 cups milk
- 1/4 cup olive oil
- 1 egg

- 1) Preheat oven to 180°C (356°F) and lightly spray muffin tin with cooking oil
- 2) Combine the dry ingredients and carefully stir through your diced pear
- 3) Whisk your wet ingredients together and pour into a well in your dry ingredients
- 4) Carefully combine all your ingredients together without over stirring and then fill muffin tray with mix
- 5) Sprinkle the top of each muffin with some extra cinnamon and option brown sugar
- 6) Bake for 20 minutes or until done. They should spring back when pressed on top.



**Source:** <https://theimaginationtree.com/pear-cinnamon-muffin-recipe/>

### ▶ Pastino Chicken Soup

**Ingredients:**

- 1 tbsp olive oil
- 1/2 cup minced celery
- 1/2 cup minced carrot
- 1/2 cup minced onion
- 4 cups reduced-sodium chicken broth
- 1 cup pastina
- 1 cup frozen petite peas
- 1/2 cup grated parmesan cheese
- 1 tbsp fresh lemon zest (optional)
- salt and pepper to taste (optional)

- 1) Add the olive oil to a medium pot over medium heat. When warm, add the celery, carrot, and onion. Stir to coat and cook for 2 minutes, or until just starting to soften.
- 2) Add the broth and raise the heat to high. When the broth starts to boil, turn down the heat to medium so it simmers.
- 3) Add the pasta. Cook for about 8 minutes, stirring occasionally.
- 4) Stir in the peas, Parmesan, and lemon zest, if using.
- 5) Season to taste with salt and pepper. Serve warm.



**Source:** <https://www.yummytoddlerfood.com/quick-pastina-soup/>



## Activity Ideas

### ▶ Magic Mud Recipe

#### Supplies:

- 2 cups cornstarch
- 1 cup water
- 1/2 cup clean dry soil or dirt
- Optional; rubber worms
- Bowl



Generally, magic goo is a ratio of 1:2, so one cup of water to two cups of cornstarch. However, you will want to keep some additional cornstarch and water on hand if you need to get the consistency right.

#### Instructions:

- 1) Add the cornstarch to a large bowl.
- 2) Add the dirt and mix the dry ingredients together well.
- 3) Add the water to the cornstarch mixture and combine.
- 4) Now time for the fun part! Playing with mud! Add your worms if using and get your hands messy!

Source: <https://littlebinsforlittlehands.com/how-to-make-magic-mud/>

### ▶ National Child Day is November 20

#### Here are 20 ideas to celebrate:

- 1) Wear a royal blue ribbon.
- 2) Attend a special event with a child.
- 3) Ask a child for advice.
- 4) Introduce your child to your place of work.
- 5) Plan a special visit to your child's class or child care setting.
- 6) Send a card to a child, caregiver or teacher in honour of the day.
- 7) Explore ways to make your neighbourhood a safer place for children.
- 8) Organize a fundraiser to support activities for children.
- 9) Invite a child out for a meal or snack.
- 10) Share a book or story with a child.
- 11) Cook a celebration dinner and invite friends and family.
- 12) Make a scrapbook highlighting a child's past week, month or year.
- 13) Think back on great moments of your childhood.
- 14) Thank relatives for caring for you as a child.
- 15) Reflect on the rights of children.
- 16) Send a package of toys, clothes or books to children in need.
- 17) Raise awareness for children's issues by talking to local politicians.
- 18) Donate time or money to a children's charity.
- 19) Tell a neighbour or friend about National Child Day.
- 20) Consider ways you can make Canada a better place for children.



Source



## Learning Story

### ▶ Build a City

By Aruni Wickramasuriya, Dayhome Educator

Luke and Marcus are interested in building towers using blocks. I chose this activity to teach number recognition through their favourite blocks.

I wrote numbers on the board, not in order, and asked them to match and build the towers according to numbers.

This activity helped to develop early math skills, number recognition and counting skills.





## Learning Story

### ▶ Cardboard Exploration

By Nazia Akhtar, Dayhome Educator



Today I offered the children a big cardboard box and markers and started to observe what they will do with the material.

Harlow took initiative and started to colour. He said he wants the green marker, then Sophie followed him. A little later, Wilson joined them.

Kids love colouring and telling stories about what they are drawing. It helps them expand their literacy skills.

Kids spend hours with the box and crayons. The children were so busy and entertained with this box.

I will offer more activities with cardboard boxes to provide them different opportunities to explore.





**ARTICLE 1**  
Everyone under 18 has special rights as children.

**ARTICLE 2**  
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor.  
No child should be treated unfairly on any basis.



**ARTICLE 3**  
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

**ARTICLE 4**  
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

# UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

IN CHILD-FRIENDLY LANGUAGE

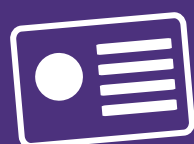


**ARTICLE 5**  
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

**ARTICLE 6**  
You have the right to be alive.

**ARTICLE 7**  
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

**ARTICLE 8**  
You have the right to an identity - an official record of who you are. No one should take this away from you.



**ARTICLE 9**  
You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.



**ARTICLE 10**  
If you live in a different country than your parents do, you have the right to be together in the same place.

**ARTICLE 11**  
You have the right to be protected from kidnapping.

**ARTICLE 12**  
You have the right to give your opinion, and for adults to listen and take it seriously.



**ARTICLE 13**  
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

**ARTICLE 14**  
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.



**ARTICLE 15**  
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

**ARTICLE 16**  
You have the right to privacy.

**ARTICLE 17**  
You have the right to get information that is important to your wellbeing, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

**ARTICLE 18**  
You have the right to be raised by your parent(s) if possible.



**ARTICLE 19**  
You have the right to be protected from being hurt and mistreated, in body or mind.

**ARTICLE 20**  
You have the right to special care and help if you cannot live with your parents.



**ARTICLE 21**  
You have the right to care and protection if you are adopted or in fostercare.

**ARTICLE 22**  
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

**ARTICLE 23**  
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

**ARTICLE 24**  
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.



**ARTICLE 25**  
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

**ARTICLE 26**  
You have the right to help from the government if you are poor or in need.

**ARTICLE 27**  
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

**ARTICLE 28**  
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.



**ARTICLE 29**  
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

**ARTICLE 30**  
You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

**ARTICLE 31**  
You have the right to play and rest.

**ARTICLE 32**  
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.



**ARTICLE 33**  
You have the right to protection from harmful drugs and from the drug trade.

**ARTICLE 34**  
You have the right to be free from sexual abuse.

**ARTICLE 35**  
No one is allowed to kidnap or sell you.

**ARTICLE 36**  
You have the right to protection from any kind of exploitation (being taken advantage of).

**ARTICLE 37**  
No one is allowed to punish you in a cruel or harmful way.



**ARTICLE 38**  
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

**ARTICLE 39**  
You have the right to help if you've been hurt, neglected or badly treated.

**ARTICLE 40**  
You have the right to legal help and fair treatment in the justice system that respects your rights.



**ARTICLE 41**  
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

**ARTICLE 42**  
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.



**ARTICLES 43 TO 54**  
These articles explain how governments and other organizations will work to ensure children are protected with their rights.

EVERY CHILD HAS SOMETHING IN COMMON - THEIR RIGHTS!