



Child Development Dayhomes November 2024 Newsletter

Information for Dayhome Educators and Families in Fort McMurray

Congratulations!

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



Eva Fabales	5 years
Shaista Shameem	3 years
Zohra Ali	2 years



Upcoming Statutory Holidays

(Dayhomes and office are closed)

Remembrance Day: Nov. 11

Christmas: Dec. 25, 2024

Boxing Day: Dec. 26, 2024

Educator Workshops

▶ A Children's Rights-Based Approach to Learning (Virtual - Approved for PD Funding)

Date: Tuesday, November 12, 2024

Time: 6:00-8:00 PM

Link: <https://sites.google.com/view/rightsfirst/register>

Part 1- Foundations - This 2-hour session will introduce you to the foundations of a rights-based approach in early childhood education. You will gain valuable insights into listening effectively, creating supportive environments, and recognizing children as active rights-holders while understanding the critical role of educators and the broader community in fostering holistic development and child protection.

▶ ARCQE National Child Day Conference (Virtual - Approved for PD Funding)

Date: November 23, 2024

Link: <https://aecea.ca/event/arcqe-national-child-day-conference>

Join us for a milestone event in ARCQE's history. This year we are celebrating ARCQE's 15th annual National Child Day Conference & our 20th anniversary, this will be the biggest event in our history and our first hybrid conference! Please let your consultant know if you will be attending.

Attendance Records Due:

Monday, November 18 by 6:00pm

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

Happy Birthday to the following Educators!

Saleha, Irina, Geraldine,
Sona and Shaista



Community Events

▶ Micisowin Farmers Market

Date: November 2, 9, 16, 23, & 30 (every Saturday)

Time: Rain or shine 11:00 am - 4:00 pm

Location: Holy Trinity High School

Link: <https://maccalendar.ca/events/micisowin-farmers-market-610-953-997/>



▶ Autism Society of RMWB - Employment Assessment

Cost: Free

Date: November 14, 2024

Time: 9:00 am - 4:00 pm

Location: 10019 MacDonald Ave, Fort McMurray, Ab

Link: <https://maccalendar.ca/events/autism-society-of-rmwb-employment-assessment>



Our Employment Supports Program welcomes neurodiverse individuals and those with disabilities aged 16 and above. The program offers coaching and support through the Meticulon Assessment Service (MAS) software, empowering participants to pursue meaningful employment opportunities. Our next session is November.

▶ Ugly Christmas Sweater Party Presented by CEDA

Cost: \$85.00/ticket

Date: November 15, 2024

Time: 8:00 pm

Location: MacDonald Island Park

Link: <https://maccalendar.ca/events/ugly-christmas-sweater-party-presented-by-ceda/>



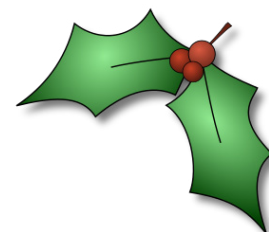
▶ Christmas Market

Date: November 16, 2024

Time: 10:00 am - 4:00 pm

Location: Elsie Yanik Catholic School, 331 Callen Drive

Link: <https://maccalendar.ca/events/christmas-market/>



Local vendors, canteen, raffle baskets and much more!



Community Events

▶ Super Mom Hero Son Ball Presented by United Rentals

Cost: \$75

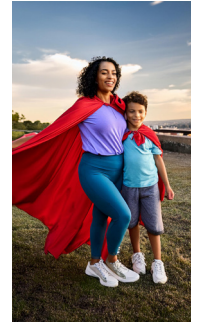
Date: November 17, 2024

Time: 2:00 pm - 4:00 pm

Location: MacDonald Island Park

Link: <https://maccalendar.ca/events/super-mom-hero-son-ball-presented-by-united-rentals/>

This event is designed for sons and their special female figures – whether that’s a mom, aunt, grandmother, or any cherished female role model.



▶ Grinchmas Party

Cost: \$30.00

Date: November 24, 2024

Time: 11:00 am - 4:00 pm

Location: Quality Inn & Conference Center (424 Gregoire Dr)

Link: <https://maccalendar.ca/events/grinchmas-party/>

The Grinchmas Party is coming to town! Join us at the Quality Hotel Grégoire, and step into the magical world of Whoville. Bouncy Castles & Inflatable Games. Fun for all ages!



▶ Gingerbread House Making with Buddy the Elf

Cost: \$30.00

Date: November 24, 2024

Time: 11:00 am - 3:00 pm

Location: Quality Hotel and Conference Centre

Link: <https://maccalendar.ca/events/gingerbread-house-making-with-buddy-the-elf/>



▶ Beacon Hill Public School Christmas Market

Date: Friday, November 29, 2024 and Saturday, November 30, 2024

Time: 10:00 am - 3:00 pm

Location: Beacon Hill Public School (210 Beacon Hill Dr)

Link: <https://maccalendar.ca/events/beaconhill-public-school-christmas-market/>





Recipe Idea

▶ Mexican Lasagna

Ingredients:

- 2 teaspoons olive oil
- 1 pound ground beef I use 90% lean
- 1/2 cup onion finely diced
- 1 teaspoon minced garlic
- 1 packet taco seasoning
- 4 ounce can diced green chilies drained
- 14 ounce can diced tomatoes drained
- 1/2 cup corn kernels fresh, thawed from frozen, or canned
- 16 ounce can refried beans
- 10 ounce can red enchilada sauce divided use
- 12 flour tortillas 8 inch size
- 3 cups shredded cheddar cheese divided use
- 2 tablespoons chopped cilantro
- cooking spray
- toppings such as pico de gallo, sour cream and guacamole



Directions:

- 1) Preheat the oven to 375 degrees F. Coat a 9"x13" baking dish with cooking spray.
- 2) Heat the olive oil in a large pan over medium high heat. Add the beef and cook, breaking up the meat with a spatula, for 4-5 minutes.
- 3) Add the onion and cook for 3-4 minutes or until softened. Add the garlic and cook for 30 seconds.
- 4) Stir in the taco seasoning until the meat and onions are thoroughly coated.
- 5) Add the green chilies, diced tomatoes and corn to the pan, then stir to mix everything together.
- 6) Add the can of refried beans. Stir until the mixture is thoroughly combined.
- 7) Spread a thin layer of enchilada sauce over the bottom of the baking dish.
- 8) Cut the tortillas in half, and layer 6 tortilla halved to fit in the dish. Spread 1/3 of the enchilada sauce over the tortillas, then sprinkle with 1/2 cup of cheese. Spread 1/3 of the bean and meat mixture over the cheese.
- 9) Repeat the layers, ending with layers of tortillas, enchilada sauce, and the remaining cheese.
- 10) Cover and bake for 20 minutes, then uncover and bake for an additional 20 minutes or until cheese is melted and browned.
- 11) Sprinkle with cilantro. Add any desired toppings, then cut into squares and serve.

Source: <https://www.dinneratthezoo.com/mexican-lasagna/>



Standards

FAMILY DAYHOME STANDARDS MANUAL FOR ALBERTA

This manual contains the standards for Dayhomes and Dayhome agencies to provide child care. Every month we will review a Standard.

Standard 10D: Medical Conditions

Family day home educators:

- must consult with the parent about special handling of children with medical conditions (e.g., allergies, diabetes, asthma, eczema, epilepsy); and
- may require special instruction or training from medical personnel on how to handle certain conditions or medical emergencies (e.g., asthma attack, administering insulin).



Standard 10E: Medication

Family day home educators may administer medications including prescription and non-prescription drugs, emergency medications and herbal remedies, when the:

- program has written consent of the child's parent(s);
- medication is in its original container; and
- medication is administered according to the label directions.

When emergency medications are used to treat allergies, the educator must be able to recognize the allergy symptoms and know how and when to administer the medication. Emergency medications must be available for the child at all time, including on outings.

In all cases where medications are administered, the educator must:

- record the name of the medication, the time and dose administered, and sign or initial that they administered the medication.

All medications must be locked up, excluding emergency medications (such as an EpiPen©) that must be stored in an area that is inaccessible to children, unless emergency medication is handled in accordance with a plan that:

- ensures the medication is accessible by the program educator and child (where it is developmentally appropriate and safe for all children being cared for in the program), but is not accessible by other children in the program, and
- has been agreed on by the educator and the child's parent.



Activity Idea

▶ National Child Day - Get Involved

Website Link: <https://nationalchildday.org/get-involved/>



Flight Focus

“Flight is grounded in a Vision of strong, active and energetic early childhood communities—places of vitality—where the rights of children as citizens are recognized and where the diversity of Alberta families is reflected and can be expressed.” – Pg 6 of Flight Framework

Question: What are the unique benefits of children and families attending your dayhome? Let’s look from the child’s perspective, the family’s perspective, and the educator’s perspective.



Educator Professional Learning Highlights

“Supporting Neurodiversity through an Emotional Regulation Approach”

Aiel	Geeta
Gemma	Gul
Tanya	Hodan
Hamidah	Michelle
Noreen	Quirina
Trupti	Samira
Bhartiben	Vandana
Cristie	



Infant and Early Mental Health Promotion Series

Cristie

Introduction to Infant and Early Mental Health -

Cristie

Fire Safety Session

Hamidah	Portia
Geeta	Cristie

“The Power of Purposeful Dramatic Play”

Cristie

Educator Workshop - Providence

Amna
Afshan
Tahira
Sona
Gemma
Portia
Ritha
Manal



Learning Story

▶ Practicum Evaluation Day

Story By Cristina Viegas, Coordinator. Dayhome Educator: Aisha

Aisha is currently enrolled in Portage College in Early Childcare Education. I was honored to review her practicum evaluation.

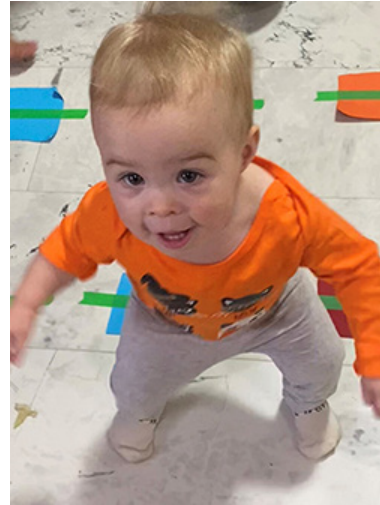


Aisha had 3 activities planned and adjusted as needed to meet the children's developmental abilities.



Aisha uses common language to communicate and adds native language when needed.

The children were engaged, laughing, dancing and smiling. All outcomes of great quality childcare.



She is engaged with activities provided and uses positive guidance and redirection when required.

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](#)



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 foster care.

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.

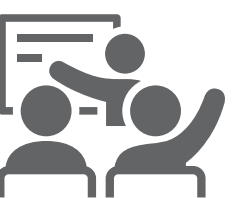
ARTICLE 39
You have the right to help if you've been hurt, neglected or badly treated.

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!