



Child Development Dayhomes

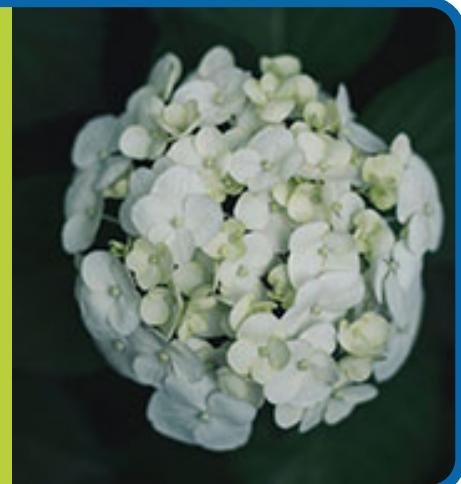
April 2025 Newsletter

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 April

| | | | |
|------------------|----------|-----------------------|---------|
| Soheli Hossain | 32 years | Chamini Bulumulla | 3 years |
| Shahida Nasreen | 13 years | Tatiana Cazacu | 3 years |
| Maria Sheikh | 10 years | Dildeep Kaur | 3 years |
| Tahira Khan | 10 years | Sumera Farooq | 1 year |
| Parveen Parveen | 8 years | Cecil Bangcal | 1 year |
| Karen Dano Ibale | 6 years | Inderpreet Kaur | 1 year |
| Jinny Graveline | 4 years | Gifty Anthonia Kwofie | 1 year |



Follow us on Social Media



Parent Feedback Survey on CDDH Website

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



Upcoming Statutory Holidays

(Dayhomes and office are closed)

Good Friday: April 18, 2025

Easter Monday: April 21, 2025

Victoria Day: May 19, 2025

Canada Day: July 1, 2025

Civic Holiday: August 4, 2025



Attendance Records Due:

Tuesday, April 22 by 6:00pm

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

Welcome New Educators!

Crystal Anomasiri (Kinglet area)
Stacie Moore (St. Albert)



Community Events

► Downtown Defrost

Date: April 18-19, 2025

Location: Sir Winston Churchill Square, Edmonton

Website: <https://www.downtowndefrost.com>



Get ready for Edmonton's coolest winter party! The Downtown Defrost is back, celebrating 10 years of dance music and culture. By day, enjoy all-ages fun in the square—kids under 12 get in FREE! By night, the party heats up with afterparties at Double Dragon. Don't miss this frosty celebration of music, community, and culture.

► The Alphabet of Awesome Science

Date: April 26 in St. Albert and April 27 in Spruce Grove

Buy tickets (for St. Albert) here: <https://tickets.stalbert.ca/TheatreManager/1/online?performance=1157>.

Buy tickets (for Spruce Grove) here: https://tkphorizon.ticketpro.ca/en/pages/HS_TAOAS?aff=hspac.

Join professors Lexi Con and Noel Edge (the Word Nerd and the Science Freak) for a thrilling voyage through the alphabet. Professor Lexi Con has curated a curious collection of her favourite words (one for every letter of the alphabet) with each word providing Professor Noel Edge with an inspirational jumping-off point for 26 quirky scientific demonstrations – that squish and squirt, float and fly, erupt and explode. Brace yourself for an immersive hour of carefully crafted alphabetical, scientific (award-winning!) chaos!

<https://stalbert.ca/events/calendar/arden-theatre/the-alphabet-of-awesome-science/>



► Drop-In Sketching: Birds at Royal Alberta Museum

Date: April 17, 2025

Location: 9810 103A Ave, Edmonton

Have you ever wished you could use the Royal Alberta Museum's collections for artistic inspiration? Now's your chance! RAM will be showcasing rarely seen museum objects to create a still-life setup for you to practice your drawing skills. This month there will be a huge migration of birds from their collection rooms! Everything from owls, penguins, sparrows, and turkeys, you'll have a chance to draw birds from Alberta and around the world.

Source: <https://exploreedmonton.com/event-calendar/drop-in-sketching-birds>





Recipe Idea

► Spring Rolls

Submitted by Juliet Swanson Barbosa

Have a recipe you want to share in the next newsletter?
Email jennifer@childdev.com

Spring Rolls are a versatile meal that you can offer any time of the day. It is an incredible hack for children who are picky eaters and don't like vegetables. This recipe is excellent if you plan to prepare them in advance, as you can freeze them and fry them for later consumption.

Ingredients:

- 1 1/2 lbs. ground pork (can be substituted with any protein like chicken, beef, or fish)
- 2 medium onions, minced
- 2 carrots (minced or grated, or you can also use a food processor)
- 1 1/2 teaspoons garlic powder or minced garlic cloves)
- 1/2 teaspoon of ground black pepper
- 1/2 cup of parsley, chopped (optional)
- 1 1/2 teaspoons salt
- 1-2 tbsp oyster sauce (optional)
- 2 eggs as a binder (optional) can be substituted with about 1/2 cup cornstarch/panko
- 50 pieces of lumpia wrapper
- 3 cups cooking oil for deep frying or brush some oil for air fryer option
- * Dissolve 1 tbsp of cornstarch into 1/2 cup of water to create a slurry to seal the wrapper.
- *Best served with Ketchup, sweet or chilli sauces for dipping



Instructions:

Combining all ingredients and using the lumpia wrapper, wrap the desired amount and seal it with water or a slurry. Heat the oil and fry the spring rolls until golden brown on medium-low fire. You can freeze spring rolls for later use. Once the spring roll is frozen, do not thaw it, as it will get wet and mushy. Fry the spring roll frozen to keep its quality.

► Puff Pastry Bunnies

Ingredients:

- 2 tbsp melted unsalted butter
- 1 box of puff pastry (2 sheets)
- 1/4 cup sugar
- 1 tbsp cinnamon
- Cool Whip or whipped cream
- Pastel Easter or festive sprinkles

Instructions: <https://helloyummy.co/puff-pastry-bunnies/>





Activity Ideas

► Rainbow Slime Recipe

Did you enjoy our Oobleck recipe last month? To follow this sensory and science experience, we offer instructions on making rainbow slime. To expand this activity, you can also provide letters or number moulds to learn early literacy and colour recognition, which is fun and engaging.

Ingredients:

- 6 (6oz) bottles clear Elmer's Glue (one for each colour) or 4 1/2 cups clear glue divided into 3/4 cup increments.
- About 1/2 cup warm water, for each batch
- 1/2 tsp baking soda, for each batch
- 1 tbsp contact lens solution (containing boric acid), for each batch
- Food colouring, in red blue, yellow, and green
- Toys or foil confetti (if desired)

Instructions: Click [here](#).

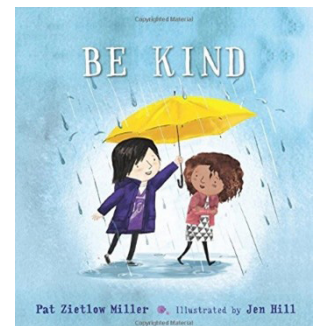
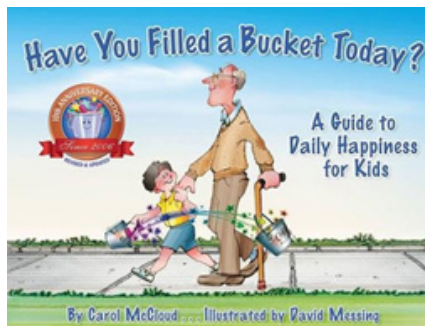
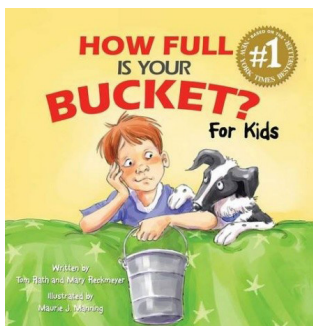
Source: Natural Beach Living



► Spring Books

Welcome Spring, welcome April! As the flowers start to bloom, trees and grass turn green, it's a season for hope and teaching children about kindness. A great way to invite children to teach them kindness is through storytelling. Here are some books you may want to add to your reading corner.

Source: <https://www.naturalbeachliving.com/kindness-crafts-for-preschoolers/>





Learning Story

► Testing Magnetic Strength

Story By Mandy Tsvikovski, Dayhome Educator

Bowen chose to explore the magnetic shapes set out at the table, pursuing his interest in magnetism and attachment. He meticulously selected all of the squares with circular centres and began aligning them side by side. As he added more, the assembled line began to taper down the side of the table. He smiled and questioned, “I wonder how far it can go?” as he intentionally and slowly began to further shift them toward the edge.

Bowen was seeking as he used his discovery and inquiry skills by testing the strength of the magnetic shapes, questioning the process and the outcome. As the line eventually disconnected, Bowen giggled and seemed to observe how many of the squares had fallen vs. how many were still intact on the table. He exclaimed, “They almost made it to the floor!” and began the process again, displaying persistence!





Learning Story

▶ Taking a Brain Break

Story By Pradeepa Jayaratna, Dayhome Educator

Today, we explored something very special, our amazing brains! To start, I handed each child a soft foam brain and asked, "Can you show me where your brain is?" The children eagerly placed the foam brains on their heads, smiling and giggling as they showed me where their own brains were. This was a wonderful moment of learning, as they connected their understanding of their body with a fun and engaging activity.

I then shared an important message: "Sometimes, our brains need a break!" I explained that just like our bodies, our minds also need rest and care. I talked about different ways we can take a brain break:

- Listening to music
- Going on a nature walk
- Getting enough sleep to recharge our brains
- Practicing acts of kindness to feel good inside

After our discussion, I introduced a chime and invited the children to close their eyes (if they wanted) and simply listen to the sound. Each child got a turn to ring the chime, waiting for the sound to fade before passing it along.

- First, Nash had a turn to ring the chime.
- Then, Jackson gently struck the chime and listened carefully.
- William took his turn next, showing patience and focus.
- Kahani rang the chime and smiled as the sound filled the room.
- Kinnley was excited when I said it was her turn and repeated back, "Kinnley's turn!"
- Zuri took her turn last and even reminded her friends to be "quiet" as they listened to the sound.

The children practiced patience and turn-taking, showing respect for each other as they waited for their turn. It was a beautiful moment of mindfulness, as everyone listened and enjoyed the silence that followed the chime.



**Reflection:**

- The children were actively engaged in identifying their brains and understanding their importance.
- They practiced patience and focus while listening to the chime.
- They explored mindfulness by noticing the silence and how it made them feel.
- They supported and encouraged each other during the activity.

By the end of our activity, we all agreed:

Taking care of our brains is just as important as taking care of our bodies!

