



Child Development Dayhomes

May 2025 Newsletter

Information for Dayhome Educators and Families in High Level

Healthy Eating on a Budget



Article Link: <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-budget/>

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Upcoming Statutory Holidays

(Dayhomes and office are closed)

Victoria Day: May 19, 2025

Canada Day: July 1, 2025

Civic Holiday: August 4, 2025

Labour Day: September 1, 2025

Truth and Reconciliation Day: Sep. 30, 2025



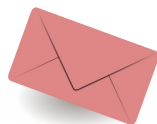
May is Educator Appreciation Month

“As an educator, you are always evolving your practice within multiple relationships. You may sometimes think of yourself as a gardener or an artist, sometimes a plumber or handy fixer of small toys, and sometimes a builder and designer of spaces. Caring for children and their families, you take on many roles while keeping in mind an image of the child: a strong, capable, and resourceful learner and citizen.” Pg. 52-53 *Flight Framework*

Happy Birthday

Janice - May 19
Mika - May 20

Parent Feedback Survey on CDDH Website



Let us know how we are doing.
Take the Parent Feedback Survey **here**.

Attendance Records Due:

Wednesday, May 21 by 6:00pm

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



Activity Idea

► Nature Observation Bingo

Website: <https://www.pbs.org/parents/crafts-and-experiments/nature-observation-bingo>

Materials:

[Nature Observation Bingo Card](#)

Paper

Pencil, crayons, or markers

Optional: Smartphone or camera



- 1) Let's Be Curious! Talk with your child about what it means to observe something. Explain that when we look closely at things — safely using our five senses — we notice new and important information. We can see a new pattern, hear a unique sound, and smell or carefully touch something that we might have missed if we just glanced quickly. Ask your child if they have ever observed something closely. What did you learn? Would you like to observe more with me today?
- 2) Let's Make a Plan! Print out the Nature Observation Bingo Card template or draw your own bingo cards. Make sure you have enough copies for each observer to have a card.
- 3) Tell your child that you are going to observe nature by creating a bingo card to help you look for interesting things. Brainstorm together with your child a list of things that you might see, hear, smell, feel or taste while on a walk through your neighborhood or playground. Here are some ideas: a bug the size of your thumb, a singing bird, a crawling creature, a leaf with five points, a flying bird, something that feels rough, a creature that is eating, a sweet-smelling plant, an animal's home.
- 4) Help your child draw or write your observation ideas in the spaces provided on the bingo cards. Make sure to mix up the orders on each card, so the winner is a surprise!
- 5) Let's Explore! Now it's time to use your senses and make observations! Take your Nature Observation Bingo cards, a crayon, and your curiosity outside. Walk around your neighborhood or local playground and look together for your nature ideas to observe.
- 6) Invite your child to mark an X on the bingo square if they find one of the observation ideas. What do you notice? Did you discover something surprising?
- 7) If a player completes a row, it's a bingo! Once someone gets bingo, challenge each other to mark off every box.
- 8) Let's Share! Optional: As you play the nature bingo game, take pictures of your observations and share with friends and family later. Invite your child to talk about what they learned with each observation.



Recipe Ideas

▶ **Slowcooker Burrito Bowls**

Source: [Food Guide Canada](#)

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

Ingredients:

2 boneless skinless chicken breast
1 1/2 cups canned (no salt added) diced tomatoes
1 1/4 cups lower sodium chicken broth
2 tsp chili powder
1 tsp ground cumin
1 tsp garlic powder
1 can black beans, drained and rinsed
1 cup uncooked brown rice
1 cup frozen or canned (no salt added) corn
Optional toppings: lower fat shredded mozzarella, lower fat plain yogurt, lower sodium salsa, diced fresh avocado.



Directions:

- 1) Lightly spray inside of large slow cooker with cooking spray.
- 2) In a large slow cooker, combine the chicken, diced tomatoes (with juice), chicken broth, chili powder, cumin, and garlic powder. Make sure the chicken broth covers the chicken, adding more if needed. Cover and cook for 3 to 4 hours on the low setting.
- 3) Uncover and stir in the beans, brown rice, and corn. Cover and cook for another 3 to 4 hours on the low setting.
- 4) In the last hour of cooking, check the brown rice occasionally, stirring once or twice to make sure it cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the brown rice is tender.
- 5) Remove the chicken and place in a large bowl or cutting board. Use 2 forks to shred the chicken into bite-sized pieces. Transfer the chicken back to the slow cooker and mix. Serve in individual bowls alongside optional toppings of choice.
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Learning Story

▶ Tuned In

Story By Jeane Paul Bustamante, Dayhome Educator

Rejea and Blake settled in to share a book. Rejea, who loved reading and appreciated a good story, invited Blake to join him. “Blake, come sit here,” he said, pointing to a blue chair across from him, where he was showing off pictures of different sea animals.

Blake smiled and sat, ready to listen to the world that Rejea was about to bring. Watching them from a distance, it was clear just how connected they were. Rejea’s lively expressions and emphasis on certain parts made the characters jump off the page. At the same time, Blake listened intently, fully absorbed in every word. Sharing a story showed how a simple story can make a bond, a nice moment of friendship.

