

Child Development Dayhomes November 2025 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 6 years Shaista Shameem 4 years Zohra Ali 3 years Olubola Oyetoro 1 year



National Child Day

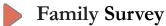
National Child Day is celebrated in Canada on **November 20th** to acknowledge the importance of children's rights and our country's commitment to upholding them.

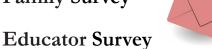


https://www.nationalchildday.ca/

CDDH Surveys

Let us know how we are doing! Click the links below.







Saleha, Irina, Geraldine, Sona and Shaista



Follow us on Social Media









AECEA Econo Coop Program

Attendance Records Due:

Wednesday, 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, 2025

Christmas Day: December 25, 2025

Boxing Day: December 26, 2025







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Community Events

Festival of Trees 2025

Ugly Christmas Sweater Party - Friday, November 14
Festival of Trees Gala - Saturday, November 15
Super Mom Hero Son Ball - Sunday, November 16, 2-4pm
Daddy Daughter Sugar Plum Fairy Ball - November 16, 6-8pm
Website: Link



Y Ride Cycle for Kids

Date: November 15, 2025 **Time:** 8:00 am - 12:00 pm

Location: Eagle Ridge YMCA (301 Sparrow Hawk Dr)

Cost: Free

Website Link: https://maccalendar.ca/events/y-ride-cycle-for-kids/



YMCA

- 1. Register to Ride Reserve your stationary bike by signing up as an individual or a team.
- 2. Unleash your Creativity Stand out from the crowd with team uniforms, themed costumes, or a unique fundraising idea. You may even win an award!
- 3. Spread the Word Share your goals and progress on social media and invite family and friends to drop by on the event day!

▶ Girls Inc. Fall Workshops – Girls in Motion

Date: November 21, 2025 **Time:** 10:00 am - 2:00 pm

Location: MacDonald Island Park

Cost: Registration Required

Website: Link



of Northern Alberta

Registration for Girls Inc. Fall programming is now open!

This season, we're excited to offer mentoring for ages 5 and up alongside our signature programs that build confidence, leadership, and resilience.

Register on our Parent Portal here:

https://girlsincofnorthernalberta.org/register-a-girl/ or email pd@girlsincofnorthernalberta.org

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Community Events

Christmas 2025 Trade Show & Artisan Market

Date: November 21, 2025

Location: Grand Ball Room @ SMS Equipment Place

Cost: Adult Day Pass \$12/Senior Day Pass \$10/Youth Day Pass \$10/ Weekend Pass \$20/ Family Day Pass (2 Adults & 2 Youth) \$35/Children 6 & Under FREE

Website Link: https://maccalendar.ca/events/level-up-your-business-work-

shop-226-401-489-714-637-516/



Upcoming Workshops

Decolonizing Gender Workshop (2nd Session)

Two-Spirit / Indiqueer Pasts, Presents, and Futures

Date: Thursday, November 27, 2025

Time: 6:30pm - 8:30pm Online: Zoom Link

RSVP to jennifer@childdev.com or to your consultant



YMM Early Learning and Child Care Conference

Date: November 15, 2025 **Time:** 8:00am - 3:30pm

Location: Quality Inn & Suites, Fort McMurray



National Child Day Conference

Date: November 21-22, 2025

Location: Event is in Edmonton, however virtual

tickets are available. More info here.







Educator Professional Learning Highlights

Big Feelings Little Bodies - Michelle

When Biting Happens - Maria F, Quirina

Play With Purpose - Maria F, Michelle

FASD in Early Years - Maria F.

Marketing Magic - Maria F, Uchenna

Brain Development and Resilience - Michelle

Interviewing and Choosing Families Well - Uchenna

Managing Routines Part 2 - Afshan

Beyond Behaviours - Seeking - Afshan

RMWB Indigenous Learning Series Module 1 & 2 - Bhashini, Afshan

How to Teach Picky Eaters to Try New Foods Without a Battle - Quirina, Saadia, Afshan

SET the Table for Success - Michelle

Connecting Children to Nature Through Indigenous Teachings - Meaghan

Fire Safety - Michelle, Uchenna, Manal

Possibilities for Practice - Afshan

Anaphylaxis in Childcare Setting - Bhashini

Anaphylaxis in School - Nezha

Prime Minister's Awards

The nomination period for the 2026 Prime Minister's Awards is now open! Nominate an early childhood educator. The deadline to nominate is January 14, 2026.

More information here.

Wood Buffalo Community Resources

Click here.



Flight Focus

"Children are mighty learners and citizens." (FLIGHT, p. 31)

On National Child Day, we honour children's rights to be heard, to belong, and to shape their world. We celebrate their voices, their ideas, and their powerful role in our communities.

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Recipe Idea

One Pan Dumplings (15 minute dinner!)

These One Pan Dumplings (15 minute dinner!) are restaurant quality, but made in the comfort of your own home! Even better, because it's a one pan recipe, there is minimal cleanup involved once dinner is over.

See Page 7 for recipe



Activity Ideas



Activities for 2 Year Old

Ideas include:

- -Hand your child a paper towel
- -Paint aluminum foil
- -Bag or collapsible bucket
- -Playdoh with animals
- -Pom poms
- -Egg shape matching
- -Stickers

YouTube Video: Link

Source: Addie Dwyer



The **Métis Dayhome Program** aims to support Métis Albertans in opening licensed day homes, made possible in partnership with Apeetogosan Métis Development Inc. Successful applicants will receive a one-time \$20,000 grant. For more information and how to apply, click <u>here</u>.

Learn English on your own or with friends and family. **CanAvenue** online learning is free. The site has hundreds of learning activities. Sign up for a free account to get started.

Website: www.canavenue.ca





Learning Story

Leaf Powder Play Crushing with Mortar and Pestle

Story By Mary Jane Castro, Dayhome Educator

Smashing dry leaves with mortar and pestle is a fun hands-on activity that encourages children to use their fine motor skills while exploring different textures, sounds and smells. As they crush the leaves, they observe hie the material changes from crisp pieces to soft powder, sparkling curiosity abd sensory learning. This simple activity also strengthens hand- eye coordination, concentration, and patience, while giving children a chance to connect with nature in a playful way.









One Pan Dumplings (15 minute dinner!)

These One Pan Dumplings (15 minute dinner!) are restaurant quality, but made in the comfort of your own home! Even better, because it's a one pan recipe, there is minimal cleanup involved once dinner is over.

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings 4

Calories 378kcal

Author Danielle Brown

Cost \$5

Equipment

- 1 casserole dish 9x9
- 1 cutting board
- 1 knife
- 1 whisk

Ingredients

Sauce

- 2 cloves garlic minced
- 3 tablespoon soy sauce
- 1 teaspoon ginger
- 2 tablespoon red curry paste
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 1 cup water
- 1/4 cup coconut cream

Main Ingredients

- 16 oz dumplings packaged your favorite kind!
- 2 cups bok choy chopped

Garnish

- scallions
- cilantro
- chili oil I use momofuku chili crunch
- sesame seeds

Instructions

1. Start by mixing all of the sauce ingredients in a 9x9 baking dish. Preheat the oven to 375F.

- 2. Chop the bok choy and add to the baking dish along with the dumplings.
- 3. Bake covered for 15 minutes.
- 4. Garnish and enjoy!

Notes

- Coconut cream will be thicker than coconut milk.
- Using fresh garlic and ginger will add more flavor to the dish.
- Use any of the garnishes listed whichever you prefer!
- Substitute the bok choy for any leafy green like spinach or kale.

Nutrition

Serving: 1g | Calories: 378kcal | Carbohydrates: 49g | Protein: 10g | Fat: 17g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 5mg | Sodium: 1307mg | Potassium: 174mg | Fiber: 4g | Sugar: 6g | Vitamin A: 2745IU | Vitamin C: 29mg | Calcium: 97mg | Iron: 3mg

Thank You! https://healthygirlkitchen.com/recipes/one-pan-dumplings-15-minute-dinner/

