



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.

▶ **Family Survey**

▶ **Educator Survey**



Happy Birthday to the following Educators!

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





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



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-workshop-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



► ARCQE 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.





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 [here](#).

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 how the material changes from crisp pieces to soft powder, sparking curiosity and 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
- ¼ 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/>

