



# Child Development Dayhomes

## December 2025 Newsletter

Information for Dayhome Educators and Families in Fort McMurray

### December Anniversaries



Najma Sana Ullah  
7 years



### Welcome New Educators

Jera Mae - Eagle Ridge  
Analisa - Timberlea

### Spreading Cheer - Family Sponsorship

The holidays can be tough for low-income families, especially when gifts are out of reach. Through our annual holiday gift initiative, Child Development Dayhomes supports two nominated families with a little extra joy and care. **Educators are invited to submit nominations for families to their consultant by December 13, 2025.**



### Educator Event

#### ► Educator Holiday Party

**"Frost and Flannel Night"**

**Date:** December 5, 2025

**Time:** 6:30pm - 8:30pm

**Location:** Doug Barnes Cabin  
Please RSVP to your consultant.



### CDDH Food Bank Drive

We're collecting non-perishable food items throughout November and December to help feed families in Fort McMurray. Every donation makes a difference! Items can be dropped off at our office or at your dayhome.

### Happy Birthday to the following Educators!

Afshan, Bhartiben, Chita, Cristina C, Eva, Hafida, Letty, Michelle, Portia, and Zohra



### Follow us on Social Media



### Attendance Records Due:

**Thursday, December 11 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)

**Christmas Day:** December 25, 2025

**Boxing Day:** December 26, 2025

**New Years Day:** January 1, 2026





## Community Events

### ▶ 4th annual Gingerbread Tipi Party

**Date:** December 10, 2025

**Time:** 5:00-8:00pm

**Location:** 8310 Manning Avenue

**Facebook event page:** [Link](#)

**Register:** Call 780-743-8555



Elders, seniors, youth and families, our 4th annual Gingerbread Tipi Party is back for another year! Join us for a magical evening of constructing delicious gingerbread tipis complete with a candy wonderland and icing galore! Feel free to don your most festive attire, but no pressure – come as you are.

### ▶ Gingerbread Jamboree & Holiday Market

**Date:** December 20, 2025

**Time:** 11:00am - 5:00pm

**Location:** BGC Fort McMurray

**Address:** 20 Riedel Street

**Cost:** \$35 to \$40

**Website:** [Link](#)



Get ready for a day full of holiday cheer for the whole family — fun for the kids and the adults! What's Happening:

Bouncy Castles • Games & Crafts • Cookie Decorating • Face Painting • Balloon Animals • Photo Booth • and maybe even a visit from some very special guests... Santa? Elf? Princesses?

### ▶ Caregivers Coffee!

**Date:** December 10, 2025

**Time:** 9:00am - 11:00am

**Location:** 28 - 117 Millennium Gate

**Cost:** Free

**Questions/Info:** Jasmine Lauzon (Phone 587-452-9334)

**Email:** [community@autismrmwb.org](mailto:community@autismrmwb.org)

**Website:** [Link](#)



Come enjoy a cup of coffee and a light snack while connecting with parents and caregivers of neurodiverse children/adults.



## Community Events

### ► Christmas Eve at the Café



**Date:** December 7, 2025

**Time:** 10:30am, 2:30pm, 6:00pm

**Location:** Keyano Theatre & Arts Centre

**Website:** [Link](#)

Step into the warmth and wonder of Christmas Eve at the Café — a heartwarming Christmas musical production brought to you by Family Christian Centre. Set in a cozy café on a snowy December evening, this inspiring performance weaves together live music, drama, and storytelling to remind us of the true meaning of Christmas.

## Upcoming Workshops / Professional Development

### ► Nourishing Beginnings



Free online nutrition program. Learn at your own pace, earn certificates, and build confidence in childhood nutrition. Website: <https://nourishingbeginnings.ca>

### ► Alberta Health Services Nutrition Workshops



Virtual group nutrition workshops led by registered dietitians. Topics include healthy eating, meal planning, feeding children, and more. Website: [Link](#)

### ► Canadian Nutrition Society Webinars



Live and recorded webinars on pediatric nutrition and feeding disorders. Some are free or discounted for members. Website: <https://www.cns-scn.ca/education-portal>

### ► Fort McKay First Nation Nutrition Classes



Occasional in-person and virtual nutrition classes at the Family Support Centre. Website: <https://www.fortmckay.com/events/nutrition-classes/>

### ► Income Tax for Educators



**Date/Time/Location:** January 14, 2026, 6:30-8:30pm, Online.  
Presented by Ian Griffiths. **Please RSVP to your consultant.**



## Educator Professional Learning Highlights



**Big Feelings Little Bodies Part 2** - Michelle, Maria F

**When Biting Happens** - Angel, Sidra, Chita

**Play With Purpose: Nurturing Oral Language and Literacy in Children from Birth to Age 5** - Michelle

**Vision Board** - Aysha, Gemma, Mary Jane, Quirina, Tahira, Hamidah, Amna, Uchenna, Afshan, Chita, Maria B, Arlyn P, Josephine, Maria F, Arlene H, Meaghan, Arlene R, Hafida, Cristie, Portia, Najia, Sona, Michelle, Salma, Saadia, Eva

**Building Bridges, Walking the Journey Together** - Geraldine, Ciamy, Chita, Faiza N, Gemma, Virgie, Aiel, Trupti, Titilayo, Hamidah, Marivic, Portia, Afshan, Aisha H, Arlene R, Arlene H, Arlyn P, Bhartiben, Brenda, Ciamy, Cristie, Eva, Josephine, Kathlyn, Khadija, Letty, Carol, Maria B, Mary Jane, Michelle, Najma, Nezha, Quirina, Saadia, Sheri-Lynn, Tahira, Uchenna, Uzma, Vandana, and Dally

**Mental Health Literacy** - Michelle

**SET the Table for Success** - Bhashini

**How to Feed and Educate Children to Create Positive Relationship with Food** - Sidra, Maria F

**Fire Safety** - Maria F

**Strong Bodies, Ready Hands** - Michelle

**Picky Eaters** - Sidra, Chita

**Discovering Literacy While Exploring Outdoors** - Manal, Faiza N, Michelle

**Self Care for Caregivers in the Winter Season** - Manal, Sidra, Cassia, Gemma, Michelle

**Decolonizing Gender** - Uchenna, Michelle, Maria F, Faiza N, Sidra, Chita, Glenda, Gemma, Aiel

**Little Hands, Big Impact** - Chita

**Outdoor Play is Too Dangerous and Other Early Childhood Myths Dispelled** - Chita

**Planning Meals and Snacks with Canada's Food Guide** - Michelle

## Flight Focus

The concept of children co-constructing menus and exploring food choices is reflected in the FLIGHT framework, particularly in its emphasis on identity, social responsibility, and holistic well-being. Reference can be found on Page 31 – under the Disposition to Learn: Seeking section, Page 43 – within the Nourishment section of the Well-being learning goal and Page 48 – in the Cultural and Social Experiences section





## Recipe Ideas

### ► **Bûche de Noël aka Yule Log for the Winter Solstice**

See page 7

### ► **Tang Yuan (Chinese Glutinous Rice Balls)**

See page 8



## Activity Ideas

### ► **9 Wonderful Ways to Celebrate Winter Solstice with Kids**

- 1) Go on a winter solstice stroll outside.
- 2) Explore the first day of winter with a winter scavenger hunt.
- 3) Read a picture book about the winter solstice.
- 4) Make a winter solstice lantern.



- 5) Decorate an outside tree with edible treats for wild animals.
- 6) Bake a Yule Log Cake (Bûche de Noël)
- 7) Eat a winter solstice feast by candlelight
- 8) Make a winter spiral
- 9) Cozy up by the fire with a warm drink

**Link:** <https://backwoodsmama.com/2017/12/7-wonderful-ways-to-celebrate-winter-solstice-with-kids.html>

## 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](#).



**Canada**

## Car Seat Info Session

Offering the session online! Dayhome educators can register, pay a \$25 fee, and complete the session at their own pace. At the end of the session, participants will complete a 12-question knowledge check. Upon successful completion, a certificate is automatically generated and emailed to them. Please see the [link](#).





## Learning Story

### ► Parachutes, Peekaboo & Plenty of Giggles

Story By Manal Malik, Dayhome Educator

Today was all about color, laughter, and imagination! We started off with some rainbow songs while swinging the parachute high and low.



Then came story time, where we took turns sharing little tales and letting our imaginations run wild.

And of course, no parachute play is complete without a game of peekaboo from underneath!



# Bûche de Noël aka Yule Log

(recipe adapted from [allrecipes.com](http://allrecipes.com))

## Ingredients

2 cups heavy cream (cold)  
1/2 cup confectioners' sugar  
1/2 cup unsweetened cocoa powder  
1 teaspoon vanilla extract  
6 egg yolks (eggs at room temperature)  
1/2 cup white sugar  
1/3 cup unsweetened cocoa powder  
1 1/2 teaspoons vanilla extract  
1/8 teaspoon salt  
6 egg whites (room temp)  
1/4 cup white sugar  
Confectioners Sugar for Dusting  
Meringue Mushrooms (see recipe below)

## Directions

Preheat oven to 375 degrees F. Line 10x15 inch greased jellyroll pan with greased (sprayed) parchment paper. In large bowl, whip cream, 1/2 cup confectioners' sugar, 1/2 cup cocoa, and 1 teaspoon vanilla until thick and stiff. Refrigerate.

In large bowl, use electric mixer to beat egg yolks with 1/2 cup sugar **until thick and pale** (about 5 minutes). Blend in 1/3 cup cocoa, 1 1/2 teaspoons vanilla, and salt. In large glass bowl, using clean beaters, whip egg whites to soft peaks. Gradually add 1/4 cup sugar, and beat until whites form very stiff peaks. Immediately fold yolk mixture into whites. Spread batter evenly into the prepared pan.

Bake for 12 to 15 minutes in preheated oven, or until cake springs back when lightly touched. Dust heavily clean dishtowel with lots of confectioners' sugar. Run a knife around the edge of pan, and turn warm cake out onto silicone baking mat (or towel, but the mat works better!). Remove and discard parchment paper. **Let cool before rolling.** Starting at short edge of cake, roll cake up with towel. Use the towel as the rolling agent. Cool for 30 minutes. Unroll cake, and spread filling to within 1 inch of the edge. Roll cake up with filling inside. Place seam side down onto serving plate. Ice with remaining filling. Run tines across to simulate bark. Refrigerate until serving. Dust with confectioners' sugar before serving.

Add meringue mushrooms before serving (do not refrigerate the mushrooms) or use some 'real' holly leaves. Do not use mistletoe. It's poisonous.



# Tang Yuan, Chinese glutinous rice balls (汤圆)

★★★★★  
5 from 96 votes

A sweet, nutty, runny filling sealed with a slippery, chewy wrapper, Tang Yuan (Chinese glutinous rice balls) is a delectable dessert not to miss.

Prep Time 30 mins	Cook Time 5 mins	Total Time 35 mins
----------------------	---------------------	-----------------------

Course: Dessert    Cuisine: Chinese    Diet: Gluten Free, Vegan, Vegetarian    Servings: 20 balls  
Calories: 89kcal    Author: Wei Guo

## Ingredients

### For the filling

- $\frac{2}{3}$  cup black sesame seeds
- 2½ tablespoon sugar or to taste
- 2½ tablespoon softened butter or coconut oil, lard

### For the dough

- 1 cup glutinous rice flour
- 3 tablespoon boiling water
- 4 tablespoon room temperature water or beetroot juice

## Instructions

### Prepare the filling

1. Toast black sesame seeds in a dry frying pan over low heat until they plump up and become very easy to break when crushed with your fingers (see note 1).
2. Once completely cool, put the toasted black sesame seeds in a food processor. Grind them with sugar until they turn into a soft, shiny paste.
3. Add butter (or coconut oil/lard). Mix to combine then keep refrigerated until the mixture is firm enough to handle.
4. Divide the paste into 20 portions. Shape each piece into a ball. Put them back in the fridge while preparing the dough (see note 2).

### Make the dough

1. In a mixing bowl, pour boiling water into glutinous rice flour while stirring with a spatula. Then add room temperature water (or beetroot juice for a pink dough) little by little.
2. Knead with your hand until a smooth, soft dough forms. Adjust its consistency by adding more water or flour (see note 3). If you are not using the dough straightaway, wrap it with cling film to avoid drying out.
3. Divide the dough into 20 equal pieces then roll each into a ball.

**Assemble Tang Yuan (please refer to the video below)**



1. Flatten a piece of dough into a round wrapper with your fingers.
2. Place a ball of filling in the middle. Gently push the wrapper upwards to wrap the filling tightly. Seal at the top completely (see note 4).

### **Cook Tang Yuan**

1. Bring a large pot of water to a full boil. Gently slide in some Tang Yuan. If necessary, cook in batches as the balls expand while cooking so do not crowd the pot.
2. Push the balls around with the back of a spoon to prevent them from sticking to the bottom of the pot. Cook over medium-high heat. Once all the balls start to float on the surface, boil for a further minute.
3. Dish out (along with some cooking liquid) and serve warm. You may also make some ginger syrup separately as the serving liquid (see note 4).

### **Store Tang Yuan**

1. Freeze Tang Yuan right after they are assembled. Lay them in a single layer on a tray lined with parchment paper to freeze. Once totally frozen, put them in an air-tight bag and store in the freezer.
2. **To cook frozen Tang Yuan**, follow the same cooking procedure (do not defrost).

### **Notes**

1. Do not overly toast the seeds as it would lead to an unpleasant burnt flavor.
2. To make assembling easier, the filling should be quite firm. So you may put the filling balls in the freezer for a short while if they appear too soft.
3. The amount of water (or beetroot juice) required varies depending on the brand of the flour. Adjust if necessary. The finished dough needs to be smooth and very soft but not at all sticky.
4. The dough made of glutinous rice flour isn't as elastic as regular dough. It may crack during the assembling (especially if it's not soft enough). If that happens, wet the broken part with a little water then rub gently to reseal.
5. **Make ginger syrup:** In a separate saucepan, simmer a small piece of smashed ginger and sugar in water for 3 minutes or so. Taste then adjust the flavor. Pour into the bowls with cooked Tang Yuan.

### **Nutrition**

Serving: 1ball | Calories: 89kcal | Carbohydrates: 13g | Protein: 2g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 0.1g | Cholesterol: 4mg | Sodium: 16mg | Potassium: 24mg | Fiber: 1g | Sugar: 2g | Vitamin A: 44IU | Calcium: 49mg | Iron: 1mg

*Tang Yuan, Chinese glutinous rice balls (汤圆) by Wei Guo @ Red House Spice*

Recipe URL: <https://redhousespice.com/tang-yuan/>

**Scan the QR code** to learn more recipe tips and ask me any questions!