



Child Development Dayhomes March 2026 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 March

Geetanjali Singh	7 years	Arlyn Palustre	3 years
Geeta Patel	7 years	Cassia Bondezzan	2 years
Cristie Bosgra	4 years	Admire Kargbo	1 year
Salma Akhtar	4 years	Virgie Agapito	1 year
Uchenna Aghanya	4 years		



CDDH Surveys

Let us know how we are doing!

- ▶ Family Survey
- ▶ Educator Survey



Happy Birthday to the following Educators!

Aiel, Elianne, Shamaila, Kathlyn-Ann, Analyn



Welcome New Educators



Juvy in Thickwood



T4 Tax Slips

Educators' T4s have been emailed. If you haven't received yours, please check your junk folder. If it's not there, reach out to your Admin contact for assistance.

Attendance Records Due:

Sunday, March 22 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)

Good Friday: April 3, 2026

Easter Monday: April 6, 2026

Victoria Day: May 18, 2026



Community Events

▶ **Bowl for Kid's Sake 2026**

Date/Time: March 22, 2026, 12:30pm-8:00pm
Location: The Alley YMM
Event by Big Brothers Big Sisters of Wood Buffalo
Facebook: [Link](#)



▶ **Autism and Neurodiversity Awareness Training**

Date/Time: March 9, 2026, 6:00pm - 8:30pm
Location: 10019 MacDonald Ave Unit 218
Website: [Link](#)



▶ **KFN Chef Nation (Free)**

Date/Time: March 12, 2026, 6:00pm - 7:30pm
Location: Fort McMurray Boys and Girls Club
Website: [Link](#)



▶ **Parenting Summit**

Date/Time: March 7, 2026, 9:00am - 3:00pm
Location: Eagle Ridge Community Center
Website: [Link](#)



▶ **YMCA Community Play and Learn**

For Families and Educators
Date/Time: March 6 & 20, 2026, 9:00am - 12:00pm
Location: [Eagle Ridge YMCA](#)



▶ **Beyond Adventures - Indoor Paddling Pool Sessions**

Upcoming date: March 4, March 21, April 1, April 18, April 29, May 16, May 27
Cost: \$25 per session
Facebook page: [Link](#)

To check availability and to register, contact David at beyondadventuresymm@gmail.com.
Please include Name, Email, Age, and Paddling Experience.





Upcoming Workshops / Professional Development

▶ Parenting Expo/Summit

We will have a table to represent Child Development Dayhomes

Date: March 7, 2026

Time: 9:00am - 12:00pm

Location: Eagle Ridge YMCA

More info: [Link](#)

▶ Wood Buffalo Regional Library & RMWB Transit Presentation

Date: March 24, 2026

Time: 6:00pm - 7:30pm

Location: MAC Island Library



Educator Professional Learning Highlights

Early Childhood Educator Level 1:
Madiha, Thushani, Darunee

**Early Learning and Child Care Certificate
(Level 2):** Trupti, Noreen, Hamidah, Letty,
Afshan

Speechified for Early Childhood Educator:
Chitra

ASaP Modules 1, 2, 3, 4: Analisa



Effective Communication with Children: Sheri

**Inclusive Materials Showcase and Lending Library
Launch Workshop:** Analisa, Tahira, Amna, Darunee,
Arlyn P, Cristie, Cristina C, Josephine, Juvy, Uchenna,
Maria B, Maria F, Mary Jane, Michelle, Obehi, Portia,
Ritha, Ruthchel S, Ruthchel V, Sara, Shamaila, Sheri,
Thushani, Uzma, Violita, Angel, Edna, Gemma, Brenda,
Dally, Geeta, Bhashini, Hamidah, Quirina

Flight Focus

In March, we're completing our safety checklist along with the Government of Alberta's required standards Ministry. These reviews support the principles in Flight: Alberta's Early Learning and Care Framework, which emphasizes creating responsive, secure environments where children can explore and learn with confidence (see A Responsive Environment, pp. 31–36, and Well Being and Belonging, pp. 46–53).



Recipe Ideas

▶ **Lucky Leprechaun Healthy Green Smoothie for Kids**

See page 8

▶ **Healthy Carrot Cake Muffins**

See page 10



Activity Ideas

▶ **Exploring Signs of Spring**

Website: [Link](#)



▶ **Spring Science: Observing Seasonal Changes in Nature**

Website: [Link](#)



Follow us on Social Media



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

► Lately

Dianne N's Dayhome

When I look back at these photos, what I see isn't chaos. It's not "nothing's happening." It's children doing exactly what children are meant to do when they feel safe.

Most days, the play just unfolds. It doesn't start with a plan or an activity I set out. It starts with someone putting on a cape, or sitting on the floor with a marker, or gathering tiny toys onto the light table because something about the glow pulls them in.

The superhero play keeps coming back. Not because I push it—but because they're working things out. Who's strong. Who helps. Who leads. Who follows. They're learning how to be together without being told how. Sometimes that looks loud. Sometimes it looks like kids piled around a cushion or a table, figuring it out in real time. There's negotiation, frustration, laughter, and then eventually settling.

The quieter moments matter just as much. Lying on the floor coloring. Standing still at the light table, moving pieces around again and again. Those moments of focus don't come from direction, they come from choice.

Movement flows through everything. Kids run, push, climb, pause, sit, lie down, get back up. No one is rushed out of one state into another. Their bodies get what they need, when they need it.

Meals slow us down. Soup on a spoon. Warmth. Familiar routines. Connection without pressure. The space isn't perfect. It's lived in. But it's set up so children can reach what they're curious about, return to things, repeat things, change their minds.

What these weeks really show me is this:
When children are trusted, supported, and not over-directed, learning just happens. Not because it's planned. But because they're ready. We have been keeping space for reinventing what is and I'm seeing each day they take charge and in a trio will recreate, redesign and develop brand new games each with a purpose that develops custom skills needed in the moment.

The days have been full and have flown by. Posting slipped for a bit, which reminded me how quickly time moves here. I'm going to return to posting closer to pickup, before the day carries into the next.





Lately, a new rhythm has been showing up in their outdoor play. They gather everything and pile it together, sometimes like it's for a bonfire, sometimes lining it up carefully like a train. The snow hill has become an important part of the game. It's a safety zone and a trap zone. A lookout. A place to climb, crawl, slide, and hide.

They meow like kitties as they move around it. They disappear behind it, tucking themselves into the space along the fence and gate, waiting to be found. That's where the rescue missions begin. I've been gently encouraging them to rescue one another instead of waiting for an adult. And every time, someone rises up. Someone figures it out. Someone who was "stuck" suddenly isn't anymore. It's been really beautiful to watch how imagination, movement, and problem-solving naturally weave together out here, simply because the space allows it.



An example of a set up they make. Everything goes in a line, even the carpets and cushions get arranged. Then comes the materials put onto the table and below. This is the starting a building of forts/houses. They practice this over and over— different methods applied and each time the building blocks in the mind evolve overtime.





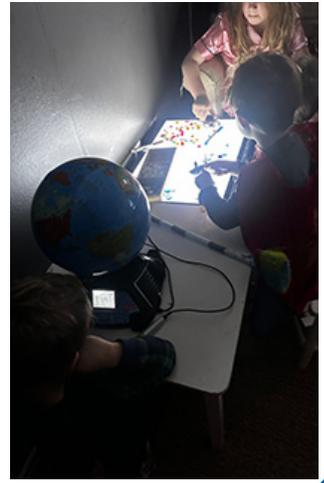
If you look really closely, there's a whole world living inside these houses. These magnetiles have been the epicenter of imaginative play lately. They've become structures that hold cars and animals, little ones tucked inside, and ferocious dinosaurs locked carefully into containers. There have been spaceships and boats. Today they were shields. And yes, also guns.

What I notice most is how easily the materials shift roles depending on the story they're telling. Nothing is fixed. Nothing stays just one thing for long. The same pieces get rebuilt again and again as their ideas change. It's a reminder that when play is open and uninterrupted, imagination doesn't need much at all. Just space to build, take apart, and build again.

We attempted our first walk in some time beyond the nearby park, and at some point they all magically became kitties. Each at their own convenience, skirting and crawling their way along. Now that I think about it, maybe they were tracking a scent.



Lately they gather the tables they want and chairs and they have been making their own play sets, and testing out various ways to make forts.



YIELD: 4 SERVINGS

Lucky Leprechaun Healthy Green

Smoothie

Start St. Patrick's Day off right with this bright and festive healthy green smoothie your kids will love! It's delicious, nutrient-dense, and so easy to make!

PREP TIME

5 minutes

TOTAL TIME

5 minutes



Ingredients

- 1 banana
- 2 cups of spinach leaves
- 2 cups frozen light-colored fruit (peaches, pineapple, mango, etc.)
- 1 cup milk
- 1 cup orange juice
- 1/2 cup plain Greek yogurt
- Optional add-ins (*see note)

Instructions

1. Combine all ingredients in blender and mix until combined. Easy peasy!
2. Depending on how awesome your blender is (or not), you may have to stir and blend some more to make sure that all the frozen chunks get ground up.
3. Pour into glasses and ENJOY!

Notes

There are lots of options for add-ins that will boost the health-factor of your smoothie. I often add protein powder, oats, chia, or flax seed to bump up the nutrition and make the smoothie a bit more filling.

Mom Tip: Use any leftover smoothie to make healthy popsicles! My kids think I'm the coolest mom ever when I hand them popsicles for a snack on a sunny day, and I just smile to myself knowing all the vitamins and minerals they are happily eating.

© Meg

CUISINE: breakfast / **CATEGORY:** Recipes

<https://themanylittlejoys.com/lucky-leprechaun-healthy-green-smoothie-for-kids/>

Healthy Carrot Cake Muffins



4.96 from 250 votes

These are delicious served warm soon after baking, at room temperature or even chilled, so see what your family prefers. They are naturally dairy-free and can be made gluten-free and egg-free as well. See the Notes section for details.

Prep Time 10 mins	Cook Time 16 mins	Total Time 26 mins
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Course: Breakfast Cuisine: American

Servings: 12 (Makes 24 mini muffins or 12 servings) Calories: 119kcal

Author: Amy Palanjian

Equipment

- Mini Muffin Pan
- Mixing Bowl
- Rolled Oats

Ingredients

- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{4}$ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 cup applesauce
- 1 cup grated carrots
- 2 large eggs
- 3 tablespoons canola oil (or melted coconut oil)
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup raisins (I prefer golden raisins, but any kind will work)

Instructions

1. Preheat the oven to 350 degrees F and coat a 24-cup mini muffin tin with nonstick spray.

2. Add all ingredients to a medium bowl and stir together to combine thoroughly but gently.
3. Add a heaping 1 tablespoon of the batter to each prepared muffin cup and bake 18-22 minutes or until lightly golden brown around the edges and a cake tester inserted into the middle comes out cleanly.
4. Remove from oven, cool in the pan for 2 minutes, and use a paring knife to loosen the edges as needed. Tilt in the pan to allow air to circulate underneath or transfer to a wire rack to cool.
5. Serve warm, at room temp, or chilled.

Notes

- To store, place in an airtight container and store at room temperature for 3-5 days. Reheat slightly to serve if desired. Or, place cooled muffins into a zip-top freezer bag, remove as much air as possible and seal. Store in the freezer for up to 3 months. Thaw overnight in the fridge or in the microwave in 10- to 15-second increments.
- I like to use golden raisins because the flavor and color is nice here, but regular ones work just fine.
- Add 1/4 teaspoon ground ginger to add even more flavor.
- **Egg-free:** Omit the eggs and add 1 tablespoon ground flaxseed meal and use 1/2 teaspoon baking soda (up from 1/4 teaspoon in the recipe). Let mixed batter sit for 5 minutes before adding to the pan. Bake for about 2 additional minutes, or until a cake tester inserted into the center of a muffin comes out cleanly. (Or you can use a store bought egg replacer like the one from Bob's Red Mill.)
- **Gluten-free:** Use gluten-free cup-for-cup flour and certified gluten-free rolled oats.
- For best results with the texture, grate the carrots yourself. OR use kitchen shears to roughly chop store-bought grated carrots into slightly smaller pieces. (Right out of the bag, the grated carrots are often in long pieces that will be hard to fit in mini muffin cups.)
- These work best as mini muffins. To bake as standard-size muffins, increase the oven temp to 375 degrees F and bake for 18-22 minutes or until a cake tester inserted into the center comes out cleanly.
- Be sure to grease the pan well and use a paring knife around the edges as needed to prevent the muffins from sticking to the pan.

- When checking for doneness, look for the edges to be golden brown, the tops of the muffins to be firm to the touch, and a cake tester or toothpick inserted into the center of a muffin to come out clean—not with wet batter stuck to it.

Nutrition

Serving: 2mini muffins | Calories: 119kcal | Carbohydrates: 18g | Protein: 3g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 27mg | Sodium: 79mg | Potassium: 130mg | Fiber: 2g | Sugar: 7g | Vitamin A: 1828IU | Vitamin C: 1mg | Calcium: 37mg | Iron: 1mg

Thank You! <https://www.yummytoddlerfood.com/healthy-carrot-cake-muffins/>