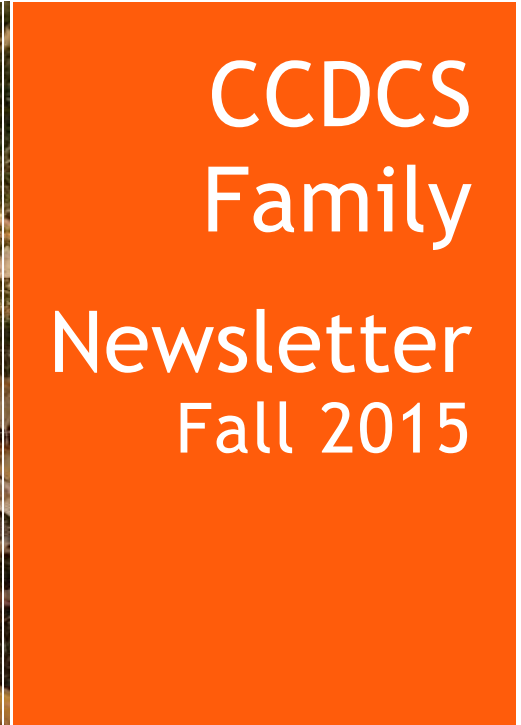




EAGLES HAVING FUN IN THE FALL LEAVES



REMINDERS

# Executive Directors Message

by Cherri Hodgins

The pumpkins are in the stores, and the Fall and Halloween decorations are everywhere!! Costumes have been made or purchased... And everyone is eagerly awaiting the arrival of Fall and all that it entails!! This time of the year is a great time for togetherness, friendship, sharing and cozy colder weather activities.

Wow what a great 2<sup>nd</sup> Fall Fair and a time for community togetherness. Thank you so much to our organizing committee, Christie Pashby, Greta Heathcote, Alice Conniff and Cherri Hodgins.

A big thank you to our **volunteers, participants and supporters** of the Canmore Fall Fair. It was definitely a noteworthy event for families and young children. The Fire Chief commented that he thought he met every child in Canmore that day! What a wonderful time it was for the children to explore the fire truck, roam through the hay maze, pet a goat, attend a music class and be entertained by Larry's balloons. Of course, we were all mesmerized by the opportunity to ride a horse.

Huge appreciation to our **sponsors**: TriStar Woodworks – Title sponsor, Ken's Iron Works and Custom design, Canmore Woodcrafters, Sotheby's International Realty Canada, Dan Sparks Realty, Moir Insurance Services Inc., Georgetown Inn, Mountain FM

Special Thanks to our **volunteers and Community support**: Barb Scott, Bruce and Nedra Johnson,

Wendy Bush, Kandace Krause, Beatrice and Nora Blatter-Balmer, Marylyn and Charley Bridges, Leanna Christine, Krista Pelton, Canmore Outdoor Power Equipment, E'cole Notre-Dame-des-monts, Canmore fire department, CRPS, Peter Nicol and Michelle Preston, Maria Guilhon, Kids Can Do More, Ramada Train, Canadian Rabbit Hopping Club, Alpine Edible Schoolyards, ATCO, Aydin Productions, Suzie Q, Crazy Larry, Music Magic, Rhonda from the Canmore Library and Canmore Tim Hortons.

### Annual Pot Luck and Holiday children's performances.

It has been an annual tradition to have a holiday gathering for the families at CCDCS. We have quite a few new families and this is a great way to come enjoy a meal and meet other members of the Society. It is also a great night to look at the Children's art work, explore an activity in their rooms and be treated to the annual children's performances in our mini-gym.

**When:** December 4<sup>th</sup>, **Time:** 6:00 to 7:30  
**Where:** Daycare Roundhouse

Sign up sheets will be posted in classrooms soon.



### CLOSED-NOV 11

We will be closed on Wednesday Nov 11<sup>th</sup> in honor of Remembrance Day



### HOLIDAY POTLUCK -DEC 4

### HOLIDAY HOURS-

**WE CLOSE AT 3PM DEC 24, 31**

**CLOSED-DEC 25, 28, JAN 1**

### DRESS UP IN COSTUME OCT 30

# Junior Kindergarten

by Alana Harte

Junior Kindergarten started on September 14 in full swing with our two classes: a morning and an afternoon class. It has been a marvelous month of getting to know one another from the individual children, to parents and teachers. Over the course of the month we have learned our routine, created a friendship wreath and created new relationships within the classroom. We have created nature journals where the children reflect on what we have collected from nature. The nature journals are to create a founding with the children to stay connected with earth as well as bring nature indoors. As a class we created a science experiment, that provided the children with the understanding of what happens when two primary colours mix together. The science experiment not only showed the children what happens when two colours mix but an understanding of how leaves change colours. The children have been able to enjoy the gorgeous weather and engage in many activities outside where more relationships blossom.



We look forward to a new month ahead of us. October will be filled with safety, giving thanks, understanding the seasons and Halloween.

Thank you to Amy for assisting in Junior Kindergarten classroom during September and October.

A reminder to dress the children in appropriate outdoor clothing as the weather begins to change and to send sun hats and sunscreen for our warm weather we are still enjoying as well as water bottles!



# Eagles News

by Claire Cresencia

October has flown by! We are enjoying the warm Fall days by getting outside and engaging in the interests of the children which has been everything from ball play, to rolling in the leaves to parachute play and their favourite – the playground.

We are looking forward to Halloween celebrations with crafts set up in the Marmot room and haunted house in the Eagle room – please send your children in their costumes!

November is around the corner – we will be focusing on Remembrance day and gearing up for when the snow begins to fly.

A reminder that WE ARE CLOSED on Wednesday November 11<sup>th</sup> to observe Remembrance Day

And Canadian Rockies has 2 consecutive PD days on the 12<sup>th</sup> and 13<sup>th</sup> (Thursday and Friday).

As mentioned before, if your child(ren) are not regularly scheduled on these days we cannot offer care as the program is FULL on both the days.

Looking forward to the upcoming month and hoping for more warm weather!



# Daycare News

What an exciting time we've had in our classrooms as we head into Fall!

We celebrated Fire Prevention week with a visit from the Fire Dept. and Sparky the Dog on October 8<sup>th</sup>. They talked about fire safety with our older groups and the children loved climbing on the firetruck and giving Sparky high-fives!



We have continued our monthly music sessions with Jenny from *Kids Can Do More* with every classroom participating in the program. Our Bear Cubs, Coyotes and Chickadees took a visit to the playroom at Parent Link and had a blast playing with all the toys!

Shannon from Active for Life has been back working with our Mountain Lion and Grizzly groups on gross motor skills for Physically Literacy.

On October 30<sup>th</sup> we will be celebrating Halloween at Daycare. Our older children will be entertaining the Seniors at Bow River Lodge with some Halloween songs and dancing. We will 'parade' there in costume.



*Grizzlies having fun at Riverside Park*

All age groups have had so much fun playing in the autumn leaves, enjoying walks around town, making apple sauce, talking about Thanksgiving, and exploring a variety of themed craft and sensory activities.



*Coyotes on a nature walk collecting leaves in purpose made containers*



*Last year's kids performing to the Seniors at Bow River Lodge during our annual Halloween Parade.*

# Fundraising

## Purdy's Holiday Campaign

Back just in time for the holidays. Purchase your holiday treat through our Purdy's campaign and support the Society's fundraising initiatives. One of our goals with the proceeds will be to support our music and movement programs over the winter months.

**Purdy's campaign starts Monday, November 2<sup>nd</sup>**

**Order's due by 4:00 p.m. on Friday, November 20<sup>th</sup>**

**Delivery date: Friday, December 11<sup>th</sup>.**  
(Daycare or Elizabeth Rummel pick up)

# Volunteer Opportunities



Help organize the Purdy's orders on December 10<sup>th</sup> from 5-7pm

Support over the winter months with extra toy cleaning during an illness outbreak

Join our Fundraising Committee to work on the Spring Raffle

Help set up and tear down during our Holiday Party on December 4<sup>th</sup>

Help put back up our Bulletin Boards during an evening or weekend in November

If you are interested in any of the above opportunities please see Gwenda in the Office. Remember each family at the Daycare is required to complete 8 hours and BAS/JK 4 hours per year.



# FALL FAIR MEMORIES



A great day was had by all. Thanks to Cherri, Alice, Christie Pashby and Greta Heathcote for organizing the event and all the parent and staff volunteers that made the day such a success!



# Chef's Corner

by Jay Palafox

Please enjoy this favourite fall soup recipe!



## ROASTED BUTTERNUT SQUASH SOUP

2 x 400 ml cans	Coconut milk
1 kg	Butternut squash, medium diced (Carrots are also a good alternative)
4 – 5 tbsp	Olive oil
1 large	Onion, medium diced
3 – 4 pieces	Garlic, sliced
2 tbsp	Chinese 5 spice
To taste	Salt and pepper
As needed chopped (optional)	Cilantro, roughly chopped (optional)
As needed	35% Cream (optional)

1. Preheat oven to 350F
2. Lightly coat squash in olive oil, salt & pepper
3. Place on parchment paper lined bake sheet & roast till golden brown on all sides, mixing every 10 min or so. Should take about 30 minutes
4. While squash are roasting, in large pot heat olive oil, over

med - high heat, till almost smoking, add onions and cook till translucent

5. Add garlic, Chinese 5 spice, and mix till smell of garlic comes through. Season with salt and pepper
6. Add coconut milk and roasted squash and bring to boil over high heat with pot lid on.
7. Once boiled reduce heat and simmer for about 10 – 15 minutes
8. Take off off heat and blend soup in blender till smooth.
9. Garnish with cilantro and a drizzle of cream on each bowl.



## Career Opportunities

Currently, we are recruiting for 1 full time teacher and 1 part-time office support 2 days per week.

Should you know of anyone who may be interested in joining our outstanding team please forward them our Executive Director.

## Staffing Update

Please join us in welcoming several new faces to our team. We also would like to send out a warm thank you to our tenured staff for your continued dedication to CCDCS.

Claire Cresencia has moved to our School aged programs as the School age Coordinator. She will continue to be at the daycare daily but her focus is on supporting our programs at ERS. We take great pride in the work that our staff do every day and have worked to ensure these transitions have been as smooth as possible.

**Bear Cubs:** Angela Yamaguchi and Christina Jupe

**Chickadees:** Addy Nickerson and Alysa Wheatley

**Coyotes:** Bianca Park and Marlee Gordon

**Mountain Lions:** Kayla Brown and Sarah Hildebrand

**Grizzlies:** Adrienne Kalmanczhey and Paola Perez

**Marmots:** Lead teacher: Jessica Dillion and Alanna Harte

**Eagles:** Before & After School Coordinator: Claire Cresencia and Sean Morstad

**Junior Kindergarten:** Lead Teacher: Laura Hoskin and Alanna Harte

**Support staff:** Lindsay Hernandez, Kim Dinh

**Office staff:**

**Executive Director,** Cherri Hodgins,

**Office Administrator:** Krista Armstrong

**Program Director: Infants:** Gwenda Farrell

**Program Director, Preschool:** Alice Conniff

Unfortunately, we must say good bye to Kayla in November as she embarks on a journey to join her partner in England. All the best in your future endeavours.

# Kid's Corner



## Fall Playdough Fun

To make playdough you'll need to mix, in a large bowl:

2 cups of plain (all purpose) flour

1 cup of salt

2 tablespoons of cream of tartar

2 tablespoons of vegetable oil

Then give your play dough a twist by adding in some spices. Try a different spice to each playdough batch: grated cloves, ground ginger, ground cinnamon and grated nutmeg.



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## What Do You Do With A Pumpkin?

Because pumpkins are harvested in the fall, they're a traditional part of fall celebrations. Here are some ideas for using pumpkins in the child care setting. Most people think of pies when they



hear the word "pumpkin," but pumpkin can also be used as a [vegetable](#). Prepare pumpkin in one of the following ways.

### PUTTING PUMPKIN ON THE MENU

**Bake.** Remove fiber and [seeds](#) from the pumpkin. Cut the pumpkin into large pieces and place it on a cookie sheet. Bake at 350 degrees until it is fork tender. Remove the skin and mash pumpkin with butter, salt, and pepper to taste. Serve as a vegetable.



**Steam.** Remove fiber and seeds from the pumpkin. Cut medium-sized pieces of pumpkin and remove the skins. Place them on a steaming rack in a heavy pan. Add 1/2 cup to 1 cup water and cover the pan tightly. Reduce [heat](#) when steam begins to escape. Steam until fork tender. Mash and use as a vegetable or in your favorite pumpkin [recipes](#).

**Microwave.** Pierce the skin of a whole pumpkin with a fork several times to make holes for the steam to vent. Cover with a paper towel to contain spattering. Microwave on high heat until pumpkin is fork tender. Cut the pumpkin open and remove seeds and skin. Mash and use as a vegetable or in a recipe you like. Try the following recipe for pumpkin muffins or roast the seeds for a tasty treat.

### PUMPKIN MUFFINS

1 1/2 cups flour  
1/2 cup sugar  
2 tsp. baking powder  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 cup raisins  
1 egg  
1/2 cup milk  
1/2 cup cooked, mashed pumpkin  
1/4 cup vegetable oil

Sift dry ingredients together. Beat egg slightly. Combine egg, milk, pumpkin, and oil. Add wet ingredients to dry mixture all at once and stir until they are

combined. Batter should be lumpy. Fold in raisins. Fill greased muffin cups two-thirds full. Bake 20 to 25 minutes at 400 degrees. Makes 12 muffins.

### ROASTED PUMPKIN SEEDS

Scrape the inside of the pumpkin, saving the seeds. Wash the seeds to remove the membrane. Drain and spread in a baking pan. Toast in a 300 degree oven, stirring occasionally to brown the seeds evenly. Serve to the children for a snack. Caution: Roasted pumpkin seeds may cause choking in children under 3 years of age.

### PUMPKIN-SEED ART PROJECTS

Dry clean pumpkin seeds on a plate in a sunny window and use them later for art projects. Combine the dried seeds with other natural materials, such as acorns, pine cones, corn kernels, and dried beans to make mosaic pictures.

### THE PUMPKIN AS JACK-O'-LANTERN

Jack-o'-lanterns are the traditional symbol of Halloween. Before doing this activity, however, stop to consider the way some parents view Halloween. Some families do not celebrate Halloween because it conflicts with their religion or values. Select another activity if you feel parents would object to this one. If you aren't sure, ask!

Let the children help design the face of the jack-o'-lantern and take out the pumpkin seeds and string. Adults should do all the carving. When the jack-o'-lantern is finished, let the children touch and explore it. Place a small flashlight inside to light up the features.

Children can make their own jack-o'-lanterns by decorating pumpkins with permanent markers. Jack-o'-lanterns made in this way can be cooked and eaten after Halloween if segments with permanent marker on them are discarded.

