

# GTFRC @ WJB winter newsletter, 2022

## You are welcome here!

What a refreshing week that has just passed!!! We are so thrilled to be able to welcome our wonderful families back into the building!

It has been a long 2 years amidst all the COVID guidelines, and it feels so incredible for our educators to have face to face conversations with you and share the discoveries your children are experiencing at childcare. We also take great pride in our spaces and learning that takes place, so it is always great to be able to showcase that to you again as well.

A special thank you to all of you for your support and patience as we navigated through the COVID guidelines that resulted in unfamiliar restrictions to our day to day operations in the childcare sector.

## Board of Directors Governance Training

As Growing Together is a not-for-profit childcare, we are governed by a Board of Directors. The administration team, and some current Board member were pleased to take part in some professional development training taking a closer look at the duties and responsibilities of the Board and the relationships with administration. It was valuable training that provided clarity and transparency allowing Growing Together to evaluate certain systems that are in place.

## Professional Development

There have been some wonderful other professional development opportunities that our GTFRC staff have taken part in the past few months. We are thankful to have a CK Professional Development Committee to organize and plan these learning opportunities to stay current with strategies and early childhood learning.

We had an excellent turnout for the great Lisa Murphy M, Ed. aka the Ooey Gooey lady where we held conversations and reflections around the keynote "What if today was their only day?".

We are also excited to have shared with families that the CK Professional Development Committee has planned the first Professional Development Day for GTFRC employees taking place on Monday May 9<sup>th</sup>. "Heart work, and so much more!" will be the focus of the training including some world-renowned experts such as Dr. Jean Clinton MD., Jim Grieves, and Armine Yalnizyan.

**In order for staff to participate in this event, all Growing Together locations will be closed this day.**

## Fundraising

Thank you to those of you that participated in our most recent Little Caesar's fundraiser. We will have the final amount tallied shortly as orders were due Friday March 25<sup>th</sup>. **All orders will be available for pick up at our ST. ANNE'S location on April 12<sup>th</sup>, 2022. Time to be announced.**

**Stay tuned for more information about our upcoming Cinnabon fundraiser. It will be the actual buns and not certificates this time.**

Until next time – take good care!

**Melanie L. Brown**

Supervisor, RECE

WJ Baird & Harwich Raleigh



# Infant Room

Infant Room W.J. Baird

The infants in our program love exploring the snow! They love to dig it up with shovels, rakes and also just love to explore it with their whole bodies. (5.3 The Senses). When we can't make it outside to play in the snow, we bring it in so the children can continue to enjoy the experience.

Keep warm and love the snow!  
Ms. Dawn, Ms. Chrystal and Ms. Rya





# Toddler Room

The toddlers have been experiencing a lot of changes in the last little bit. We had to say a sad Good bye to Ms. Sarah. We also said see you later to some friends that moved up to the JR preschool room. The toddlers are resilient and adjusting well.

The past few months have seen us getting outside as much as possible. This can be hard with the cold, cold weather, and having to bundle up. The toddlers are showing independence in trying to get dressed by themselves. This is wonderful to see and so helpful to their teachers. While outside we have been shoveling and moving the snow in different ways. We have used trucks and sand pails. When not, outside we have been busy with messy painting; we have made some colleges, and we have been digging for different items in the sensory bin. We have also been into dinosaurs. We like to growl and stomp around like dinos. To follow this up we add in the song “We are the Dinosaurs” by Laurie Berkner and will march around the room singing along.

In the next few weeks as we head into spring aka the muddy season, your child may come home with dirtier then usual outer wear. If you want you can send extra mitts, socks and splash pants for the warmer afternoons/days. We do have muddy buddies to put over top but they are not warm so we still need the warm items for underneath.

Your Toddler Teacher

Ms. Christina, Ms. Denise Ms. Lorna



# Junior Preschool

We are so excited for the warmer weather to be starting, we have been spending more time outside exploring our playground. We have started to incorporate some spring activities into our classroom, such as planting seeds and watching our classroom plants propagate into new plants.

We are very excited to be welcoming Ms Kelsey back from her maternity leave, the children love circle time with her. They're favourite books are "There's an alligator under my bed" and "Alligator Baby." Our two other main educators in our room, are Ms Sara and Ms Bryanna. Ms Sara is always finding new sensory activities for the children to explore, recently we have done rice bins for St Patrick's day and a new cloud dough recipe the children loved how soft the dough felt. Ms Bryanna is always finding new craft opportunities for the children to be able to express themselves.

Ms Kelsey, Ms Sara, Ms Bryanna





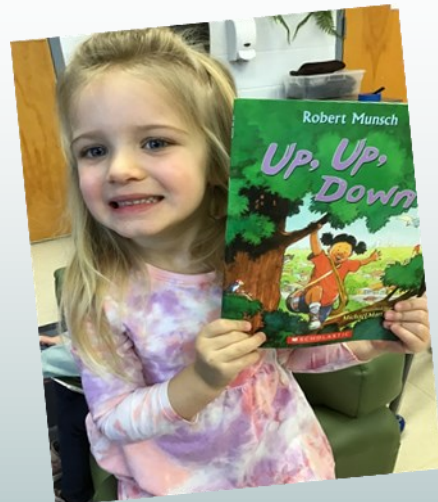
# SR Preschool

Happy Spring! We are excited that our program is growing- welcome Dahlia, Emmett, Parker and Zelda. I am also excited that we will have another new face in our room- Ms. Crystal (Registered Early Childhood Educator).

A big interest in our program right now is stories, listening to stories and retelling stories on their own. A few favourites are Mortimer, Pete the Cat, Up Up Down and Clifford. I sure am looking forward to bringing the stories outside to come together as a group and read with the nice weather that's coming.

To retell these stories we made print outs of the characters, laminated them and put a small magnet on the back and put on a magnetic board. Do you have a favourite story that you enjoy reading together at home? Do you have a special routine at home when you read stories? Feel free to share with me on HiMama any details about your interesting stories!

Lynetta & Crystal



# FDK GROUP

FDK and we are here to play !

Board games have been very popular this winter season with time being spent with friends and educators playing Bingo ,Kerplunk,Connect4, Who Is It? and Catch the Fox!

We turned our kitchen center into an ice cream parlor counting play money ,colors and flavors, and social skills with our friends! We had so much fun scooping out cones!

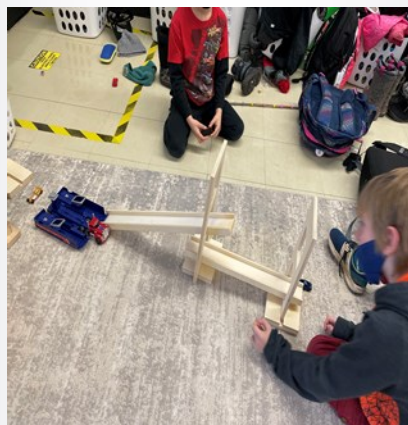
Our tuff tray became a natural habitat for our Arctic snow friends including polar bears, seals, penguins, ig-loos, and of course some ice fishing.

We certainly spread the LOVE during our Valentine season with your children printing lots of loving words on hearts and also learning to print their friends names...often by memory. Again our tuff tray was used to contain everything RED with lots of scooping and pouring with our RED rice. We enjoyed Valentine heart tracing and cutting ,ribbon lacing and even decorating our Dollhouse for Valentines Day.

The children are now in creative discussions on how we can make our dollhouse a "Bunny House" for Easter ! They sure have some creative ideas !

Enjoy this Spring weather that will be upon us soon and your amazing beautiful children ♡

Ms Taylor & Ms Bonnie





## School age winter update

**This winter on one of our PD Day the children enjoyed going for a walk to the snow hill and skateboard park as they went sliding on the hill with there toboggans**



**We have also talked about having a classroom pet and we agreed that a good. Classroom pet could be a fish aquarium so we now have some fish in our room we will all take turns taking care of them**



**The GTFRC was given a challenge in February to show LOVE this was a conversation that the school age children and I had and they decided that showing Love can be shown through hugs and gift giving so we had a bell in our classroom that said ring if you need a hug the children enjoyed ring the bell and getting hugs they even made it into a game where they would ring the bell and run to see if they would still get the hug we also made card for all our GTFRC friend and added bubble or a stuff with the card and Gave them out**



# Kitchen Corner

## CHOCOLATE CHIP BANANA BARS

Chocolate Chip Banana Bars are a simple & delicious ripe banana recipe that's even better than banana bread! Great for breakfast, lunch and even dessert! Check out all the 5 star reviews- everyone raves about these Chocolate Chip Banana Bars!



4.81 from 220 votes

Prep Time  
15 mins

Cook Time  
22 mins

Total Time  
37 mins

Course: Breakfast, lunch, Snack/ Dessert    Cuisine: American

Keyword: banana bars, banana dessert, banana recipe    Servings: 24

Calories: 146kcal    Author: Jessica & Nellie

### Ingredients

- 5 very ripe bananas about 1 2/3 cup
- 3/4 cup brown sugar
- 1/4 cup oil any type- I use coconut
- 1/4 cup milk
- 2 eggs
- 1 3/4 cup flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 cup mini chocolate chips divided

### Instructions

1. Heat oven to 350 degrees F. Spray a 15x10.5" pan with non-stick spray.
2. Peel bananas and mash well. Stir in brown sugar, oil, milk and eggs until combined. Add in dry ingredients and stir. Fold in 1/2 the chocolate chips.
3. Spread the batter into the prepared pan and sprinkle remaining chips on top. Bake 18-22 minutes, until a wooden toothpick inserted in center comes out clean. Cool completely and cut into squares.
4. Yields 24 bars.

### Nutrition

Calories: 146kcal | Carbohydrates: 24g | Protein: 2g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 15mg | Sodium: 114mg | Potassium: 115mg | Fiber: 1g | Sugar: 14g | Vitamin A: 55IU | Vitamin C: 2.1mg | Calcium: 23mg | Iron: 0.7mg