

GTFR @ Harwich Raleigh 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 GTFR 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 GTFR employees taking place on Monday May 9th. "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 25th. **All orders will be available for pick up at our ST. ANNE'S location on April 12th, 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



FDK GROUP

Hello everyone! Can you believe that it is almost spring? This winter season has flown by. We certainly have had a lot of fun. Between building in the snow outside, bringing it in inside, and even performing science experiments with it, we have explored lots that this snowy season has to offer!

We are so lucky to have a new addition to our centre... Venus the lionhead bunny! While she technically lives mostly with the school age, she loves to come over and visit us for a week or so at a time. The children love her so much. Aside from her being so adorable, there are many other benefits to having a classroom pet (or in this case, shared pet). From encouraging empathy, to reducing stress, and providing comfort and companionship, Venus is our helpful superstar.

We always have loved the magnet blocks, but this past winter we have been utilizing them in new and interesting ways. We have started building so high with them that we need a ladder just to finish our creations! As well, we have put them on moveable bases to move them about the room. Now we are attempting to build forts with them so big that we can go inside. I love the creativity and ingenuity that the children show!

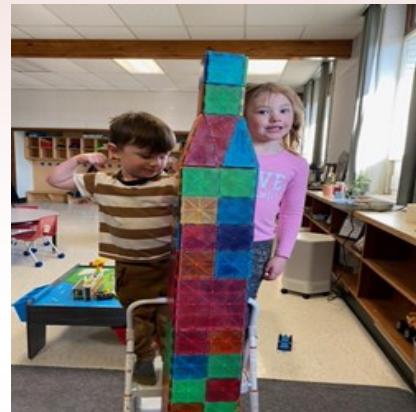
With the weather starting to warm up, remember that we are outside in all types of weather, and that we love playing in MUD! Please make sure that children have appropriate outside gear, as well as a pair of inside shoes. If you would like, bring in a set of spare clothes, just in case we get dirty. It is much appreciated!

Thank you,

Ms Liz.

Classroom Wish List:

Clothing size 4-6



School age Group

Yay spring is here

WINTER WAS LOTS OF FUN!!

The School age at Harwich Raleigh has been amazing to say the least. Saying and hearing the most sounds like; kindness, honesty, and respect for each-other. In other words, honor each and every relationship we have. Our group welcomed a new friendship. Venus, is her name and she fits into every nook and space in our environment.



Here we walked together to the hill behind the fit park. It was cold but together, we accomplished great heights with each other. And naturally, we sang our hearts out, but the “Water Horse “ that lives in the water at the bottom of the hill was in hibernation till Mid Summer ☺

So now we look forward to singing and dancing the whole Summer through.

Ms Nicole

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

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