

# Wee R Kids Parent News - October 2010

October 2010

Parent Newsletter



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## *Upcoming Statutory Holidays*

### Thanksgiving October 11, 2010

Providers receive these days off and the office will be closed on these days.  
Thank you.

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**OFFICE HOURS:**  
**8:00am-4:30pm**

Dear Parents,

I hope you had a great September, and that you are enjoying Autumn. It was a busy past couple of months for us at Wee R Kids, as I am sure it has been for you.

Just a reminder as we head into cooler weather, please make sure to send warmer clothing, jackets and shoes with your child or children. Mittens, hats and scarves will also be needed as we see colder temperatures. Remember the children will still be going for walks and playing outdoors.

Hope you all have a Happy Thanksgiving and a fun Halloween! Happy October!

*Angel Dick*

## **COLD & FLU PREVENTION TIPS**

**WASH YOUR HANDS** for at least 20 seconds with soap and water! This is probably the number one thing you can do to prevent illness. Be sure your children are washing their hands often or using hand sanitizer.

Don't touch your face. Even if germs are on your hands, they can't enter the body unless you touch your eyes, nose or mouth. Teach your children to not touch their faces either. (You will be amazed at how many times you touch your face once you begin to pay attention!)

Don't share food, drinks, lipstick/chap stick or toothpaste with other people, even family members. Germs can carry from one person to the other easily.

Clean doorknobs, bathrooms and children's toys with disinfecting cleaner often.

Yogurt has been shown to stimulate production of an immune system substance that fights disease. So, eat up!

Let fresh air into your home at least once a week even if it is extremely cold outside. Studies have shown that the air inside your home is 2 to 5 times worse than the air outside. Allowing fresh air in will help to get stale, unhealthy air out and fresh air in!

Get plenty of sleep and drink plenty of water so that your body will be able to fight off illness.

Stay at home if you are sick. No need to spread your germs to others.

## Fun Activities at home

### Caramel Apples

8 apples

1 cup chopped nut of your choice

1 cup heavy cream, divided

3/4 cup light corn syrup

1/2 cup (1 stick) unsalted butter

1 cup sugar

1 teaspoon vanilla extract



Directions:

Wash and completely dry the apples. Insert a stick into the stem end of each.

Line a 9-by-9-inch or 7-by-11-inch baking pan with foil. Place the chopped nuts into the lined pan.

Fit a heavy-bottomed saucepan with a candy thermometer. Over high heat, cook 3/4 cup of the cream, the corn syrup, butter, and sugar to 280 degrees F (firm ball); at this point the syrup will be golden. Remove from the heat and carefully swirl in the remaining 1/4 cup of cream and the vanilla. Use caution; this is very hot and it may splatter.

While the caramel is hot, dip and turn the apples into the caramel to coat and let the excess drip off. Dip the bottoms into the chopped nuts. Arrange the apples on a non-stick or waxed paper-lined cookie sheet and let cool.

*"Each day of our lives we  
make deposits in the memory  
banks of our children."*

*~ Charles R. Swindoll*

### Hand and Footprint Ghosts

Black paper

White paint

Black pen

#### **Instructions:**

Print a white handprint onto the black paper, keeping your fingers together. Leave some space and print a white footprint.

When the paint is dry, draw on some ghostly faces. The fingers/toes form the bottom of your ghost.

Cut out the ghosts, leaving a thin rim of black paper around the edge.



### Happy Halloween (Song)

To the tune of "Mary Had A Little Lamb"

Here we come to trick or treat, trick or treat,  
trick or treat. Here we come to trick or treat,  
knocking on your door.

Please give us some candy sweet, candy  
sweet, candy sweet. Please give us some  
candy sweet, and we will say Thank You!

We wish you a Happy Halloween, Happy Hal-  
loween, Happy Halloween! We wish you a  
Happy Halloween! Now we will scare  
you.....BOO!

## To Do Around Town

### **Nikka Yuko Japanese Gardens**

#### **Oct 2**

1:00pm-3:00pm Children's Activity Origami Lessons

2:00pm Tea Ceremony

#### **Oct 3**

11:30am-1:30pm Children's Activity Lantern Decorating

2:00pm Tea Ceremony

#### **Oct 9**

11:00am-1:30pm Children's Activity Origami Lessons

2:00pm Laido Demonstration

3:00pm Calligraphy Demonstration

#### **Oct 10**

11:00am-1:30pm Children's Activity Fukuwarai Game

2:00pm Tea Ceremony

### **Lethbridge Public Library**

#### **SATURDAYS**

(until Saturday, October 23)

at 10:00 a.m. small 'n Tall - for newborns to 4-year-olds.

Includes rhymes, songs, finger

plays and much more!

## Parent Reminder

Please remember that payments are due at the first of the month. It is important that we receive your payment by the first of each month so that care can continue.

### **Helen Schuler Nature Centre**

Junior Naturalists ages 6-10

10am-12pm Saturdays

Free

October 2 We All Fall Down

October 16 We All Fall Down

October 23 Halloween Special

October 30 Halloween Special

## Did You Know?

- Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family which also includes squash, cucumbers, gherkins, and melons.
- The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds.
- Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.
- In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."
- Pumpkins are low in calories, fat, and sodium and high in fibre. They are a great source of Vitamin A, Vitamin B, potassium, protein, and iron.
- The largest pumpkin ever grown was 1,689 pounds. It was grown by Joe Jutras of North Scituate, Rhode Island.
- Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.



# Halloween Safety Tips



## 1. Protect children from situations beyond their abilities.

For example, young children shouldn't be expected to navigate the streets without an adult supervising them. Ideally, children under nine should be with an adult while children over nine should be in a larger group accompanied either by older children or an adult.

## 2. Prepare your kids for situations before they are expected to deal with them.

Discuss Halloween safety tips with all of your children, no matter what age they are. Emphasize tips that are especially important in your neighbourhood, or that were a challenge in past years (such as avoiding a street that isn't usually well-lit or the house with the vicious dog). Get your kids' agreement that they will follow the safety rules.

## 3. Observe and talk about any situations you encounter when you're out trick-or-treating.

If you're supervising your children on Halloween night, use the many teachable moments that come up. For example, point out safe and unsafe behaviour when you see it, such as kids crossing the street without using a crosswalk.

## 4. Prepare, don't scare, your kids.

If you were raised on warnings and scare tactics, you may believe that it's important to "scare some sense" into your kids, especially when it comes to keeping them safe on Halloween. But the opposite is actually true: fear disables kids. It prevents them from thinking on their feet, from judging a situation accurately and from acting self-protectively.

You empower children by teaching them exactly what to do, not by warning them about what could happen if they disobey you or use poor judgment. So, when it comes to trick-or-treating:

- Explain that Halloween is a special night when it's okay to accept candy from people they don't know, without getting into grim stories about why it isn't safe at other times.
- Teach them to stay in well-lit areas and to only visit homes that have their outside lights turned on. Remind them to stay on porches as opposed to entering people's homes.
- If they're out with other kids, attach their names and addresses inside their costumes and make sure they know their phone number, just in case they ever need to make an emergency call.

## 5. When it comes to costumes:

- Make sure that drivers can see your child by using costumes with bright fabrics, or decorate them with reflective tape. Give each child a flashlight to carry.
- To prevent falls and other injuries, make sure your child's costume fits properly and is no longer than her ankles.
- Make-up and face paint are safer than masks because they don't block your child's vision. If your child is wearing a hat, wig, or scarf, tie it securely so that it won't slip over her eyes.