

# Wee R Kids Parent News - September 2010

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September 2010  
Parent Newsletter



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## Upcoming Statutory Holidays Labour Day September 6 2010

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

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

Dear Parents,

We want to thank those of you who have come in to re-sign contracts for the 2010-2011 year. For those of you who have not done this, please make sure to contact our office to book an appointment as all contracts NEED to be signed by September 1.

Please feel free to call our office between 8:00am-4:30pm 403-320-5711 to set up your appointment as soon as possible.

A reminder to everyone, parents are required to sign Field Trip Consent Forms for each field trip and before the Provider takes your children on the outing. Please ensure that you are signing these documents, and thank you so much.

I hope you are all excited about Autumn, the new school year and for all of the fun activities your children will be participating in at their Day Homes. If we in the office can be of any assistance to you, please let us know.

## Did You Know?

- ♣ The leaf colors red, yellow & brown are in the leaves all year long & only become exposed when the green chlorophyll disappears in the fall.
- ♣ Mulching fall leaves where they fall lets them decompose so that they can release their minerals back to the underlying soil.
- ♣ Fall colors are best when late summer is dry & autumn has bright sunny days & cool nights.
- ♣ Fall days become shorter & many plants stop making food. That is when the green chlorophyll starts to disappear from the leaves.
- ♣ Most leaves fall from trees because the ends of the branch are sealed off near the leaf stem to protect the tree through the long winter months.
- ♣ An acre of trees can grow 4,000 pounds of wood in a year, using 5,880 pounds of carbon dioxide & giving off 4,280 pounds of oxygen in the process.

## Parent Reminders

Just a reminder that fees are due on the first of each month, if payment has not been received by the end of the first business week of the month, care will be suspended.

## Fun things to do

### Lethbridge Corn Maze

July 31 ~ October 23

<http://www.lethbridgecornmaze.com/>

### Farm Festival

September 11 from 10-4

Located at the Lethbridge Corn Maze

## Fun Activities at home

### Recipe

#### **PB&J Breakfast Cupcakes**

- 1 1/4 Cup All Purpose Flour
- 2 Tsp Baking Powder
- 1/2 Tsp Salt
- 1/4 Cup Peanut Butter  
(you can also use almond, cashew, or sunflower butter)
- 1 Large Egg
- 2 Tbsps Sugar
- 1 1/4 Cup Milk (low fat or whole)



1. Preheat oven to 350 degrees.
2. Whisk the first 3 ingredients in a bowl.
3. In a separate bowl, whisk the peanut butter, egg and sugar until combined, then whisk in the milk until incorporated.
4. Whisk the wet ingredients into the dry ingredients until just combined (you don't want to over beat the mixture).
5. Grease or line mini muffin tins and fill 2/3 of the way up with the batter.
6. Bake for 20 minutes or until a toothpick comes out clean.
7. Cool.
8. Spread the top of each cupcake with frosting (recipe below) and serve.

\*This batter can also be used to make pancakes

#### **Jelly Frosting** (Makes about 2 cups)

- 1/2 Cup Whipped or Regular Cream Cheese (softened in a microwave or at room temperature)
- 1/4 Cup Jelly, Jam or Preserves

1. Place all ingredients in a bowl and whisk until thoroughly combined (you want the mixture to be smooth like frosting).
2. Spread on cupcakes and serve.

### Autumn Hand Wreath

- Glue
- Brown craft foam
- Orange craft foam
- Yellow craft foam
- Red craft foam
- Green craft foam
- Ribbon



Help your child trace their hand on each colour of foam. Two hands on each colour looks best. Next glue the hands together in a wreath shape and tie ribbon in a bow and glue to hands. Hang onto wall or door for an Autumn theme.

*"Children will not remember you for the material things you provided, but for the feeling that you cherished them."*

**Richard Evans**