

Wee R Kids Parent News



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Upcoming Statutory Holidays

Canada Day
August 1, 2011

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

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

Please call ahead Fridays as
only one staff member is in
the office

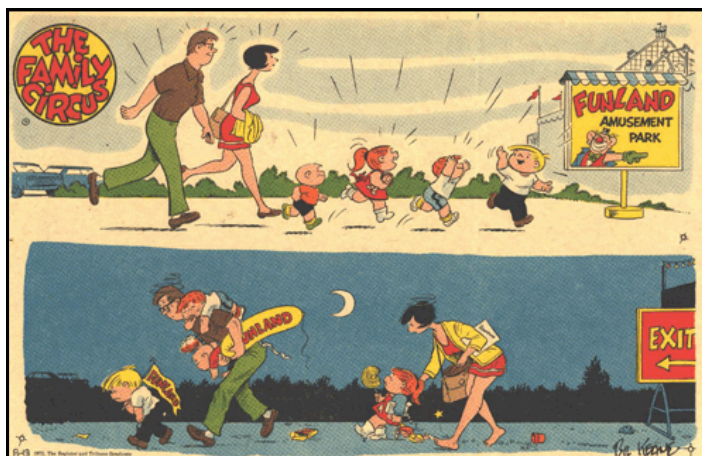
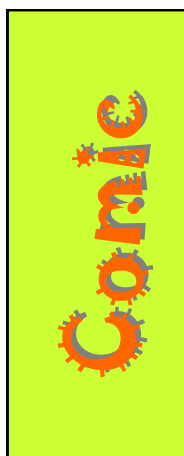
Dear Parents,

I hope you are enjoying your Summer so far. On visits I have noticed the children enjoying some really great Summer activities in our Day Homes.

I wanted to let you know that both Lynda and I will be leaving Wee R Kids at the end of August. We have already found a new Co-ordinator, her name is Donna, she will be training through August and we will also be training a new Day Home Visitor.

Hope you have a great Summer, make sure to introduce yourselves to the new staff in the coming weeks.

~ Angel



Banana Bread

What you need:

2 eggs

1 $\frac{3}{4}$ c. sifted flour

2 tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

$\frac{1}{3}$ c. vegetable oil

$\frac{2}{3}$ c. sugar

1 c. mashed bananas (about 3 bananas)

Preheat the oven to 350° F (180° C).

Beat eggs well in a small bowl.

In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.

In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.

Add the eggs to the mixture in the large bowl and beat well.

Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.

Pour mixture into the baking pan. Bake for 70 minutes.

Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!



Home Cooking



Garden Chicken Wrap

Prep time: 5-10 minutes

What you need:

4 whole-wheat wraps (8 inches)

2 cups store-bought rotisserie chicken, shredded

$\frac{1}{2}$ cup shredded carrots

1 avocado, thinly sliced

1 cup baby spinach leaves

$\frac{1}{4}$ cup of your favourite fat-free/low-fat dressing (about 1 tablespoon per wrap)

Place wraps side by side on a flat surface. Divide chicken into four portions (about $\frac{1}{2}$ cup each). Place a portion of chicken on each wrap.

Top each wrap with carrots, avocado, and spinach.

Drizzle dressing evenly over each wrap.

Roll each wrap up tightly and cut on the diagonal.

Serve immediately or wrap tightly in aluminum foil and refrigerate for lunch the next day.

Arts & Crafts

Glow Bug

What you'll need:

Construction paper

16 oz green plastic bottle

Tape,

2 pipe cleaners

Pencil, scissors & glue

Pom-poms

Fluorescent light stick.

Fold construction paper in half length-wise and tear along the fold. Wrap one half around the bottle top for the bugs thorax and tape it in place.

Wrap a pipe cleaner around the bottle neck and twist to make antennae. Cut the other pipe cleaner stem into thirds and glue the pieces onto sides of bottle to make legs.

make a small circle for head and 2 wing shapes.

Glue wings to thorax. glue the circle on the bottle cap for face. add pom-poms for eyes. let glue dry activate light stick and put inside bottle!



AROUND TOWN

Junior Naturalists
Every Saturday 10am-12pm
Helen Schuler Coulee Centre
FREE!

Big Bird, Little Bird—Frogs
August 3 9:30-10:30am
Helen Schuler Coulee Centre
FREE!

Trailblazers
Every Tuesday 10am-12pm
Helen Schuler Coulee Centre
FREE!

Lethbridge Downtown Tour
August 3 1:30-3pm
Contact Leslie Hall 403-320-4700 for more
information.



Reminder!

There is a new Parent Handbook on our web site, please check it out under the heading "Parents." Please also check out the ne Standards Manual for Day Homes on the Government of Alberta site.

If you have any changes that need to be made to contracts, please make sure to contact your provider and the office this month.

Make sure to make an appointment if contracts need to be changed for September as we will be in and out of the office this month.