

Wee R Kids Parent News - January 2011



#200, 529—6th Street S
Lethbridge, Alberta
T1J 2E1
Phone: 403-320-5711
Fax: 403-329-9160
Email:
weerkids@telus.net

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Upcoming Statutory Holidays

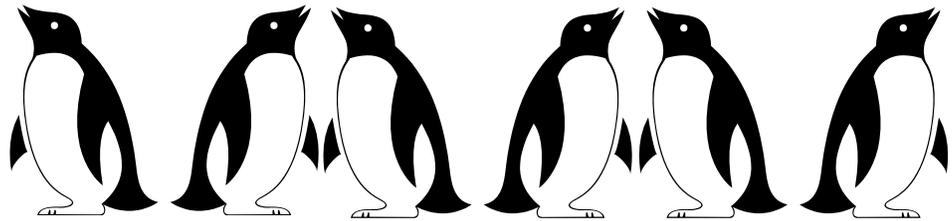
None in January

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

OFFICE HOURS:

8:00am-4:30pm

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



Dear Parents,

Welcome to 2011. I hope it will be a wonderful year for each of you. There is so much happening I am sure in your day homes in the next coming months.

A reminder that you can talk with your providers about leaving some winter wear at their homes. Most providers have an area where they can store some small items. Please ask them if this is possible, or make sure that you bring some warmer clothes each day, in Southern Alberta, we never know what the weather is going to do.

If you celebrate a different holiday, like Chinese new year or something like that, please share with your provider some of your customs, it would be wonderful to add that into their program.

We in the office wish you all a Happy New Year and hope that the coming months are really wonderful.

Angel Dick



Sing a Song

The Polar Bear

(To the tune of "My Bonnie Lives Over the Ocean")

The polar bear lives in
Northern Canada,
He never gets cold in a
storm,
He swims in cold icy water,
His heavy coat keeps him warm.
Warm, warm, warm, warm,
His heavy coat keeps him warm.
Warm, warm, warm, warm,
His heavy coat keeps him warm.



Fun Activities for home

Cooking

Polar Bear

Materials

Rice cake (cinnamon & sugar or plain)
Cottage cheese
Black olives or raisins
Oreo cookie
Banana



Directions:

This is a simple, healthy, and delicious snack children will enjoy to make and eat.

Slice banana and place black olives in a small bowl. Let children spread cottage cheese on a rice cake. Use an Oreo cookie for the polar bear's nose and, the black olives or raisins for the eyes. Finish the polar bear snack with two banana slices for the ears.

Date Penguin

Materials:

paper plate
a date
cream cheese
3 triangular slices of cheddar cheese
Raisins

Have the children slice the date open with a plastic knife. If they are too young, you will need to do this for them. Let the kids spread some of the cream cheese inside of the date. Attach two cheese triangles at the bottom to make the penguin's feet. You can use the cream cheese to get it to stick. Stick the other triangle on the top of the date to look like the penguin's beak. Finish off the penguin by attaching two raisins at the top of the penguin for his eyes. Remember the raisins will stick if you put a little cream cheese on the back of them.



Craft

Toilet Paper Roll Penguin

What You'll Need:

Toilet paper tube
Black and white construction paper
Scrap orange construction paper
Scissors
Glue
Wiggle eyes



Instructions:

1. Cover your tube with black construction paper.
2. Make an oval out of white construction paper and cut out. Cut out wings onto black construction paper and cut out. Cut out feet and beak onto orange construction paper and cut out.
3. Glue the tummy onto the tube so that the flat edge is at the bottom of the tube.
4. Lightly crease the wings and then glue them onto either side of the tummy. Creasing them before you glue them will help them stick out from the body a little.
5. Glue on the wiggle eyes and the beak. Fold the feet on the line to create tabs. Glue the tabs to the front inside of the tube so that the feet stick out in front of the penguin.

AROUND TOWN

Mommy & Me Tuesdays

8:30AM-9:30AM
YWCA Studio

Stroller Boot Camp Thursday's

8:30AM-9:30AM
Park Place Mall

Marooned By Munsch Sterndale Bennett Theatre

January 5-8, 2011
For Tickets call: 403-329-7328

Saturday's at the Galt

08 Paint like the Masters Experience art history with these exciting painting projects inspired by artists such as: Picasso, O'Keeffe, and Warhol.

15 Flying Saucers Make a toy flying saucer and learn about some historic flying saucer sightings.

22 Make Your Own Rub-on Tattoo Learn to design and print your own rub-on tattoos using special paper.

29 Métis Jigging Learn to dance the Red River Jig from Roy Pogorzelski of the Aboriginal Council of Lethbridge.



Reminder!

Parents, please remember that as the weather becomes colder, the children will still be going outside for play and walks. It is very important for each child to have warm clothes, layers are best.

Remember, payments are to be made on the first of each month.

Please also remember that you need to be aware of when your subsidy expires, please make sure that you are going into or contacting the subsidy office in plenty of time to re-apply.



1) Bake. It is always fun to bake something yummy on cold winter days. Cookies are always a hit, cakes, pies or anything else you can think of would be great to make and share with family. Maybe bake some cookies and share them with neighbours or your child's class. This is a great way to spend the day, and a wonderful way to make some memories.



2) Go outside. Make a snowman, snow angel's, or a whole snow village. Go sledding, or for a walk. Enjoy nature and your family at the same time, and who doesn't like to bundle up.

3) Take your camera out and snap shots of everything. You can also make this into a game with your family. Make a list of things you should take photos of before your walk, then capture as many as you can. Anything from birds, to shaking hands with someone you just met. The ideas are endless.



4) Shovel your neighbours walks for them. Take the whole family out to do this. What a great treat that would be for someone on your block and what a wonderful lesson for your children.

5) Play board games. Or even make up your own. Teach your children old maid or go fish. What wonderful times you will spend together.



6) Watch movies or read stories together. Stay in your P.J.'s all day and just spend time together.

Remember that family time doesn't have to be fancy or even cost any money, you just have to be together.

We will open the book. It's pages are blank. We are going to put words on them ourselves. The book is called opportunity and it's first chapter is new years day.

~Edith Lovejoy Pierce

