

# The Parent News

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## Upcoming Statutory Holidays Remembrance Day

November 11, 2011

Providers receive this day off and  
the office will be closed.

### OFFICE HOURS:

Monday ~ Thursday  
8:00am ~ 4:30pm

Friday  
8:30am ~ 4:00pm



Dear Parents:

Welcome to November, I sure hope you have been having a wonderful Autumn so far. I am sure that Winter weather is not far away. Please remember to send your children appropriate clothing for outdoor play as they will be going outdoors each day unless it is extremely cold out.

Please also remember that unless you have made alternate payment arrangements, payments are due on the first of each month, please honour this date as it is how we pay your providers. If you have problems making your monthly payment, please call the office and make arrangements.

I know your providers have wonderful things planned this month, please ask them if they need anything specifically in regards to clothing.

Thank you and have a wonderful month!

~ Angel

"November comes and November goes,  
With the last red berries and the first  
white snows."

~Elizabeth Coatsworth



**Cottage Pie**

2 lb / 900g potatoes, peeled and quartered  
 6 tbsp milk  
 1 stick / 110g butter, cubed + 1 tbsp for the sauce  
 Salt and ground black pepper  
 1/2 tbsp lard or dripping  
 1 cup / 115g chopped onion  
 1 cup / 115g finely diced carrot  
 1 clove garlic, minced  
 2 cups / 450g ground beef  
 1 pint / 600 ml beef stock  
 1 cup / 115g chopped white mushrooms  
 2 tbsp finely chopped flat leaf parsley  
 1 tbsp all-purpose flour  
 1 cup / 115g grated Cheddar Cheese

Heat the oven to 375°F

Boil the potatoes until soft then drain into a colander. Place the milk and butter in the pan used to boil the potatoes, return to the heat and warm gently until the butter has melted. Add the potatoes and mash. Season to taste and keep to one side.

Melt the lard or dripping in a large deep pan. Add the onion and carrot and fry for 5 minutes. Add the garlic and cook for another minute.

Add the ground lamb and one-third of the beef stock to the onion and carrot mixture and cook, stirring constantly until all the meat is browned.

Add the remaining stock, parsley and mushrooms, season with salt and pepper. Cover with a lid and cook for 15 minutes.

Mash the flour into the remaining 1 tbsp butter then add in small pieces to the ground meat sauce, stirring until all the flour has dissolved and the sauce has thickened slightly, approx 5 mins.

Place the meat sauce into an 8"X 3"/ 20cm X 7cm deep ceramic or glass ovenproof dish and cover with the mashed potato. Sprinkle the grated cheese on top of the potato and bake in the heated oven for 30 - 35 mins until the surface is crisp and browned. Serve immediately.

**Home Cooking****Chicken Noodle Soup**

1 (3 pound) whole chicken  
 8 carrots, halved  
 8 stalks celery, halved  
 1 large onion, halved  
 Pasta Noodles  
 water to cover  
 salt and pepper to taste  
 2 teaspoon chicken bouillon granules

**Directions**

Put the chicken, carrots, celery and onion in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (skim off foam every so often).

Take everything out of the pot. Strain the broth. Pick the meat off of the bones and chop the remaining carrots, celery that has not been in the broth. Season the broth with salt, pepper and chicken bouillon to taste. Return the chicken, carrots, celery and onion to the pot, cook until fresh vegetables are tender.

In a separate pot cook pasta noodles as per box instruction. When tender, add to soup. Stir together, and serve.



Activities At HomeSong or Finger PlayThe Winter Song

(tune: Farmer in the Dell)

Let's sing a winter song,  
 Let's sing a winter song,  
 The days are short, the nights are long.  
 Let's sing a winter song.  
 The winter wind is cold,  
 The winter wind is cold,  
 It freezes noses, ears, and toes.  
 The winter wind is cold.  
 Winter now is here,  
 Winter now is here,  
 Put on your coat, your hat, your gloves,  
 Winter now is here!

Science Activity  
Snow Painting

You will need:

Paint Brushes

Snow

Paint

Take the children outdoors and have them choose a spot that they would like to work on. Make sure they are all bundled up. Allow the children to paint beautiful pictures in the snow.

They can even build a fort and paint it. Make sure that you use non-toxic paint for this activity. After the night of freezing they can go out and see their paintings made into ice.

Art ActivityFoot Penguin

White Paper

Black Paper

Orange Paper

Google Eyes



Trace Child's foot with a white and a black paper. Have child cut out feet and a beak shape and two foot shapes from orange paper. Glue the white foot to the black foot, then glue the eyes, beak and feet to the shape and viola! You have a penguin friend. Your child can use their imagination and add all sorts of things to the penguin like a scarf, hat, etc.



# Winter Safety

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be well supervised outside. Check every so often on older children who are playing outdoors for a long time.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Keep children indoors if the temperature falls below  $-25^{\circ}\text{C}$  ( $-13^{\circ}\text{F}$ ) regardless of the wind chill or if the wind chill is  $-28^{\circ}\text{C}$  ( $-15^{\circ}\text{F}$ ) or lower regardless of the temperature.
- If your child's feet and hands are warm, what they are wearing is usually good. If your child is dressed too warm, she could sweat and feel colder when she stops playing.
- Dress your child in layers of clothing that can be put on and taken off easily.
- Wear a hat because a lot of body heat is lost through the head.
- Keep ears covered at all times to prevent frostbite.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes around.

## When tobogganing or Sledding

- Children under 5 should never go down a hill alone.
- Always wear a ski or hockey helmet – not a bicycle helmet – while sledding. Bicycle helmets are only tested up to  $-10^{\circ}\text{C}$  ( $14^{\circ}\text{F}$ ) and need to be replaced after one crash. If you use a hockey helmet, make sure it meets the Canadian Standards Association standards.
- Never use a sled with sharp or jagged edges. Handholds should be secure.
- Use a sled you can steer rather than a snow disk or inner tube. It will provide better control.
- Always sit up or kneel on a sled. Lying down can increase the risk of injury to the head, spine and stomach.
- Never sled on or near roadways. Look for shallow slopes that are free of trees, fences or any other obstacles.
- Avoid sledding on crowded slopes.
- Sled during the day. If you sled at night, make sure the hill is well lit.
- Slide down the middle of the hill and climb up along the sides. Remember to watch for other sledders and move quickly out of the way once at the bottom of the hill.



"Precaution is better than cure." ~Edward Cook