

Victor Wyatt **MACCPF** Programs for Families

Keeping you connected to your Centre...always caring to enhance your child's world

Happy New Year!

Illness

Please refer to your Parent Policy page #12.

If your child will be absent from the centre please call and leave a message. Phone #: 982-6680

Late Fees

Please refer to Parent Policy page #11.

Some exceptions will be considered for inclement weather. You are responsible to arrive at the centre 5 minutes before closing (5:25pm) otherwise late charges will be applied.

We would like to remind all of our families of our "no nut policy." Please do not send any foods or snacks that contain or may contain traces of nuts. Due to life threatening allergies these items will be sent home. Baked treats must have the recipe ingredients in order for us to guarantee it is peanut-free. Otherwise we have no way of knowing. Please make sure any Christmas treats are nut free.

Reminder - We are STILL continuing to collect 4 litre milk jugs. We would like to send a huge thank you to the families who are frequently bringing them in already. Your help is appreciated. We are not at our maximum yet as we are going to be making an igloo out of the jugs. We need around 400!

If you have any large (TV, furniture or appliance-sized) boxes, we would LOVE to have your donation. Boxes come in handy for almost anything!

Upcoming Events

January 9 - Classes resume

January 24 - Early Dismissal @ 2:15

WE WISH YOU ALL A HAPPY AND HEALTHY HOLIDAY AND HOPE 2012 IS AN AMAZING YEAR FOR EVERYONE!

February 2 - In-service (centre open)

February 3 - In-service (centre open)

February 20 - Louis Riel Day (centre closed)

February 28 - Early Dismissal @ 2:18

In February there will be a special party in the Senior Room for Valentine's Day. It will be all about the importance of giving and receiving.

Birthdays

Miss Janet	December 4
Miss. Marni	December 7
Daniel M.	December 7
Justin S.	December 15
Ruth	December 21

Hubert	January 3
Daniel O.	January 26

Cadence	February 1
Trinity	February 1
Ms. Laura	February 21

Kinder News

The children were very sad to see Ms. Meriam leave on her trip to the Philippines. The Kinders have been busy getting ready for Christmas and doing plenty of crafts with Ms. Tami, Ms. Marni and Ms. Laura. Ms. Meriam will be back on January 6th so we will be planning a “welcome back” party to let her know how much she was missed.

The children enjoyed decorating our Christmas tree. It was so nice to see them all dancing around to Christmas music and placing ornaments on every branch. The excitement and smiles on their faces make it all worthwhile. Christmas is about being together and these boys and girls are an amazing group!

The Kinder children are constantly learning through play and have been doing everything from making Christmas goodies, creating “glue” snowmen, to getting messy with water, flour and everything in between.

Junior News

The junior group is hockey crazy; Brett (who is subbing for Meriam while she is gone) has taken on as head referee handing out penalties as needed. Some of the non-hockey players have taken on the role of cheerleaders, scorekeepers, etc; it has been a ton of fun for all.

To balance it out, we have had NHL crosswords, designed our own NHL logos and have worked on posters of our newly created teams!

Once our hockey craze ends we will work with the children to plan the new activities. We are not sure where we will be heading but we will let you know.

We will also be making some special Christmas presents for special people in our lives, but that will be a secret!

Senior News

We made a Santa’s Workshop in Room 6 for the Juniors and Kinders to enjoy. There were crafts, music, stories and a gift making station. All the Seniors took part in the Christmas spirit of giving.

We will also be having some fun on December 22nd when we have a \$3.00 gift exchange. I can guarantee a lot of laughs and good times as each child either keeps or “steals” another person’s gift. There will also be another game done on the 22nd that will require lots of patience and determination as the children will need to TRY and open a present to get to the ultimate prize in the middle. Let’s just say they will need to put on a scarf, snow pants and mitts to open this gift and they can only open it with spaghetti tong...stay tuned!

In January we will be starting the “Child of the Week” again with more responsibilities and I would love the children to bring in pictures from home of them growing up. Stay tuned for more Random Acts of Kindness too!



Recipe of the Month – Gingerbread Cookies



Ingredients

1 1/2 cups dark molasses
1 cup packed brown sugar
2/3 cup cold water
1/3 cup shortening
7 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground allspice
2 teaspoons ground ginger
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 (16 ounce) package chocolate frosting

Directions

Preheat the oven to 350 degrees F (175 degrees C).
Lightly grease one cookie sheet.

Mix together the molasses, brown sugar, water and shortening. Sift together the flour, baking soda, salt, allspice, ginger, cloves and cinnamon. Add to sugar mixture and mix well. Cover and refrigerate for 2 hours. Roll dough 1/4 inch thick on floured board. Cut with floured gingerbread cutter. Place about 2 inches apart on cookie sheet. Bake for 10-12 minutes. Cool and decorate with frosting.

Christmas Happiness & Psychological Health through Giving

By Bernadette Dimitrov

Christmas is a time for giving and giving is the act of generosity. It nourishes love in our relationships and builds the human spirit. Research shows that people who give without expectation and who do not feel diminished by the act of giving are the most psychologically healthy in our society today. Here are seven benefits of giving:

1. Builds Relationships - giving reinforces appreciations and acknowledgement of each other and thus is an important ingredient for building relationships.
2. Deepens Relationships - by sharing past and future thoughts we give of ourselves in an intimate way. It can be a wonderful ritual such as at Christmas to come together and openly give and share feelings, experiences and wishes for the coming year. This deepens relationships as we share and express more of who we are.
3. Expresses Feelings - giving is a way to express and show feelings especially if you are not comfortable expressing feelings through words. Giving is an opportunity to express a whole range of feelings such as gratitude, appreciations and thanks.
4. Creates Memories - through giving we have many ways to create and leave lasting memories. Our willingness to care, show interest, give time, loyalty, honesty and by going out of our way to do something extra for someone else such as preparing a special meal, writing a special verse on why we love and cherish someone or making a special gift as a symbol of our love, are some of the ways we can give and create lasting memories.

5. Creates Predictability - we all love predictability; especially children as it gives them a sense of security. Through the predictable act of giving especially at birthdays and Christmas celebrations, the expectation of appreciations, acknowledgement, love and being made to feel extra special is created by the ritual of giving.
6. De-stressor - giving is all about looking outside of ourselves with no expectation of anything in return. It is putting others first for concentrated moments in time. The ritual of giving takes the focus off of us and our stresses in life are handled with a more balanced focus.
7. Creates Miracles - connecting into the community by giving has huge benefits. It reinforces love in all our lives. It creates leverage which creates miracles when together we give for the greater good.

Giving is an expression of our love. We give in many ways with our supportive words, our listening, attention and giving of our time and of course through material giving too. Giving materially, emotionally and physically is the glue that holds people together and is a way to renew our love for one another, create lasting cherished memories, deepen relationships and create psychological health and happiness for ourselves!