

NEWSLETTER



We love fall!

INSIDE: See Parent Resources for some great event and activity ideas this fall!



Dear Families,
As we say goodbye to warmer weather, we want to keep the sun shining bright for you with a giveaway!



Enter to Win!



We're asking that you share words of appreciation for a member of our team (classroom or administration) on Facebook. Watch for our contest posts in your Facebook newsfeed, then type a team member's name and a word or two of praise into the comments area. You'll be entered into a draw to **WIN ONE OF TWO \$100 "ONE4ALL" GIFT CARDS!** Spend the credit on great products from brands like Aerie, American Eagle, David's Tea, DSW, H&M, Indigo, Hudson's Bay, Saks, The Shoe Co and more.

Contest ends with the draw on November 30. Winners will be announced and gift cards distributed in early December. Good luck!



AdaptiveYYC

from **United Way of Calgary and Area**

Executive Leadership Team Update

AdaptiveYYC

The importance of good mental health has come to the forefront of our attention during the pandemic.



Our team's well-being is a top priority, so we're excited to be taking part in AdaptiveYYC. It's a free resilience training initiative that helps individuals manage stress, build emotional well-being and lead more purposeful lives.

Adaptive YYC is led by United Way of Calgary and Area, in collaboration with Headversity. The program is designed to help us build resilience, respond to the adverse impacts of the pandemic and keep working to the best of our abilities in these difficult times.



A Free Mental Well-Being Initiative For Non-Profits and Small Businesses in Calgary

♥ Making a Difference...

The Making a Difference initiative acknowledges team members for excellence in activities, interactions and endeavours.

For this edition, our appreciation goes to the educators at Pump-kin Patch!



Rahima

for her great leadership skills and for always keeping a cool head in heated situations.



Sandeep

for her initiative, her leadership skills, her gentle nature with children and her flexibility as a team player.



Carol

for greeting every child with a warm welcome every morning, as well as for her enthusiasm and her gentle nature.



Fadila

for jumping at the opportunity to volunteer whenever someone needs an extra helping hand and for checking every room to make sure everyone is doing well.



Carrot Cookies

Happy fall, everyone! One of our goals at our central kitchen is to get fresh, local produce whenever we can. In mid-September, I met with Rosemary Wotske, one of the founders of Poplar Bluff Organics Farm in Strathmore. She brought us samples of the vegetables they grow at their farm. I have to say they are unbelievably flavourful! We're proud to say that, from now on, all our carrots, beets and potatoes will come from them. I invite you to visit their website and get to know their products: poplarblufforganics.com

And while we're on the topic of fresh veggies, we thought it would be great to share our Carrot Cookies recipe. For this recipe, I invite you to go to a local farmers market and buy fresh farm carrots. That way, your cookies will be naturally sweetened and full of nutrients!

RECIPE:

Yield: About 15 cookies

- 1 $\frac{1}{3}$ cup oats
- 1 cup whole wheat flour
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{2}{3}$ cup soft butter or margarine
- 1 egg
- 1 $\frac{1}{4}$ cup shredded carrots

DIRECTIONS:

With the rack in the middle position, preheat the oven to 350F. Line a baking sheet with parchment paper.

In a bowl, combine the oats, flour, ginger and baking soda. Set aside.

In another bowl, cream the butter with an electric mixer. Add the egg and mix until smooth. On low speed or with a wooden spoon, add the dry ingredients and the carrots, then mix well.

Spoon the batter onto the baking sheet using about 2 tablespoons for each cookie. (We use an ice cream scoop at the central kitchen to get all the same amounts.) Make sure to space them out evenly.

Bake for about 15 minutes or until the cookies are lightly golden but still soft at the center.

Let cool and enjoy!

Bonne Appétit!

PARENT RESOURCES

Ideas on what to do, where & when!



Calgary FARMYARD

Calgary Farmyard, with its 35+ activities for the whole family, is open for Fall Days (Saturdays, Sundays & Holidays) and Harvest Nights (Friday & Saturday nights) until Halloween (October 31).

Calgary Farmyard: There's so much to do at **Calgary Farmyard**, and thanks to their Harvest Nights event (Friday & Saturday nights from 5:30 to 9:30 pm until October 31), a lot of that fun extends from day to night! Visit the pumpkin patch to find the best prospect for this year's jack-o-lantern. Next, visit the corn maze (try it out in the dark for an extra challenge), visit some farmyard friends, and check out the 35+ attractions including outdoor arcade games, zip lines, mini golf, playground structures, jumping pillows, the potato sack slide, and more!



For Halloween, Heritage Park will light up on four fun-filled nights (Oct.28, 29, 30, 31)

Heritage Park: For four nights only (October 28 to 31), ghosts, ghouls and everyone of every age is invited to dress up and celebrate the spirit of Halloween at **Heritage Park**. Spooky crafts, a monster-sized game of Operation, trick or treating, outdoor shows and a trip through a funhouse are just some of the outdoor activities you'll get to experience at this fun-filled event!

Calgary Zoo: Here's a unique Calgary brunch experience (Sundays until November 21): **Safari Sunday Brunch!** Held in the heart of Destination Africa, at the Safari Lodge, you can enjoy brunch with both gourmet and comfort breakfast foods, including a free-flowing chocolate fountain with fresh fruit, eggs Benedict with Canadian bacon, a Belgian waffle bar, and much, much more!

FROM THE KIDS' ZONE



On sunny days we spent time at the playground. Sometimes the kids pretend to be pirates, roaring dinos and even construction workers.



In the fall we go for nature walks. The children are fascinated to see many dry leaves on the ground. They collected leaves and we talked about the beauty of the fall.



Kids at Bright Lights, Parkside, Play Penn, Sunridge and Pump-kin Patch Child Care Centres enjoy some outdoor play.



Although it got a little cooler recently, our kids have been out and about, having fun!



The little ones love to play outside, chasing and popping bubbles.

NATIONAL DAY FOR TRUTH AND RECONCILIATION



Our Values

We hope you had an opportunity to honour the lost children and survivors of the residential schools, their families and community by participating in some way in National Truth and Reconciliation Day. As an organization and in every one of our centres we are dedicated to the development of a high quality early learning and child care system in Calgary and across Canada. We know this cannot be done without Indigenous voices defining what this means for Indigenous children, families and communities. We support Call to Action #12, one of the 94 Calls to Action created by the Truth and Reconciliation Commission of Canada , which states: "We call upon the federal, provincial, territorial, and Aboriginal governments to develop culturally appropriate early childhood education programs for Aboriginal families."



CENTRES UPDATE: PUMP-KIN PATCH

In this edition, we put the spotlight on Pump-kin Patch.

The following photos are from our kids' activities surrounding Thanksgiving and Truth and Reconciliation Day. Older children were read the story, *Phyllis Shirt* on Truth and Reconciliation Day.





I'm thankful for

Austin, mom and dad. I love them
 Aysel: mom and dad. give me candy
 Emmett: mom and dad. I love them
 Lucas: grandma and grandpa. give me treats
 Luke: mom and dad. give me treats
 Brent: Nanny and papa. give me toys
 Hunter, mom and dad. give me toys
 Henry, grandma and grandpa. give me presents
 Ronan, mom and dad. play with me
 Quinton: mom and grandma. make yummy food
 Paisley: mom and dad. play with me

