



Address: 8155-79 Ave NW Edmonton AB. T6C-0P9 Ph: 780 448-1301; Fax: 780 461-0351
Email: office@northaltacare.com Website: www.northaltacare.com



Outdoor Play in a Winter City

During the colder weather and winter months, it can be challenging to get the children outside to play. It takes more time to get them ready and requires different program planning. It is important to get children outside to enjoy the unique benefits of the winter months.

- ✓ Children can learn about the change of seasons.
- ✓ They can enjoy a different kind of physical fun.
- ✓ Children's physical activity levels increase.

When you cannot get outside, try some fun activities with snow IN THE HOUSE!



Support outdoor play by considering:

Time - The amount of time we spend outside is flexible based on the children's comfort. There does not need to be a set time.

Space - Create a space children can enjoy the outdoors; shovel an area so the children can move about easily.

Materials- Provide a variety of materials the children can use in the snow such as **pails, shovels and paint**. **Remember to include** loose parts like twigs and rocks.

Educators and families may be concerned children will get sick when they go outside however colds and flu are caused by virus' such as rhinovirus and influenza, not the weather. The outdoors has been shown to reduce virus transmission. The outdoors benefit children by exposing them to Vitamin D and fresh air, which can ward off potential viruses.

Ensure children have appropriate clothes which includes boots, snowsuit, mitts and toque.

Safety tips:

- ✓ Remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead. Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- ✓ Protect children from frostbite. The most common body parts to get frostbite are the cheeks, ears, nose, fingers, and toes.

For information on winter safety, visit [Caring for Kids](#)





Educator's Birthdays

Linda L. *Nancy A. *Raman K. * Ezhil M.
Suzana K. *Heather S. *Gagan C.
Davorka B. *Dina B. *Parminder C.

November 2023



Educator's Anniversaries

Anu R. 7 yrs. *Alia A. – 3 yrs.
Sonia D. 1 yr. *Manpreet K. 1 yr.

| Sun. | Mon. | Tues. | Wed. | Thu. | Fri. | Sat. |
|----------------------------------|--|-------|--|------|--|------------------------------|
| | | | 1 Parent Fees Due | 2 | 3 <i>Parents: Late fee applies to unpaid childcare fees</i> | 4 |
| 5 <i>Daylight Saving Time</i> | 6 | 7 | 8 | 9 | 10 | 11 <i>Remembrance Day</i> |
| 12 | 13 In lieu of Remembrance Day Northalta Office closed Approved Day home closure | 14 | 15 Educator payment email sent. | 16 | 17 | 18 |
| 19 <i>National Child Day</i> | 210 Educator payment email due BY 9:00a.m | 21 | 22 Northalta Educator Workshop 6:30p.m.- 8:00 p.m. Year in Review and Looking Ahead | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Dates to Remember

November 5th - Daylight Saving Time - Turn clocks back by an hour at 2 a.m. on Sunday Nov. 5th.

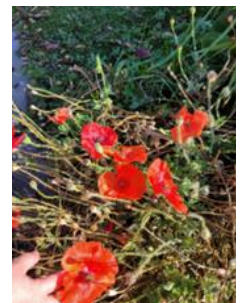
November 11th - Remembrance Day - Commemorates the sacrifices of people in all armed conflicts. Visit the [City of Edmonton](#) for Remembrance Day activities. **Please note, the Northalta office and day homes will be closed Nov. 13th in lieu of Remembrance Day.**

November 20th - National Child Day - Is celebrated in recognition of our Canada's commitment to upholding the rights of children and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child in 1989. **This year's theme is "Inclusion for Every Child."** For more information visit [National Child Day](#)

November 22nd - Northalta Educator Workshop - Year in Review, Looking Ahead. Northalta will be discussing day home considerations over the past year and look ahead to 2024.

Please note the upcoming Northalta office closure and day home Educator approved closure schedule:

- Monday, November 13th, Remembrance Day (day in lieu).
- Monday, December 25th - Christmas Day
- Tuesday, December 26th - Boxing Day
- Monday, January 1st, 2024 - New Year's Day





Possibilities for Practice (PfP)

Northalta is happy to continue our relationship with ARCQE and offer the Possibilities for Practice (PfP) sessions exclusively for Northalta Educators. The sessions will be held weekly from November 13 – December 18th, 2023

“This six-part professional learning series is particularly relevant for anyone seeking an introduction to the guiding principles of practice intended to inform curriculum implementation. The following is an outline of topics pertaining to the Flight framework that will be explored during these sessions:” ARCQE

- Session 1: What is Curriculum
- Session 2: Image of the Child
- Session 3: Responsive Environments
- Session 4: Practice of Relationships
- Session 5: Creating a Culture of Learning
- Session 6: Pedagogical Leadership

We have several educators interested in the upcoming sessions. If you have not added your name to the list, please contact Arlene.

Community of Practice (CoP)

Over the past few years, many educators have completed the PfP sessions. When educators finish the sessions, they are welcome to join the Community of Practice group for Northalta Educators.

The CoP group is led by educator mentors who have completed the Flight course at MacEwen.

The CoP includes four Northalta educators who are the mentors of the group; Dyan E., Alia A., Heather S., Nieves R.

Northalta consultants and our pedagogical partner from ARCQE, Sandra B., also participate in the CoP.

Everyone enjoys sharing their thoughts and ideas about how they incorporate and recognize the concepts and holistic goals of Flight in their day home.

Please contact Arlene for more information.

Educators recognize children as mighty learners. Possibilities for young children's play, and learning are enriched through materials, time and space in the day home.

