

OSCAR Newsletter



February, 2019

Program News

Chester Ronning - Our theme for the month is Friendly February, with weekly themes of China, Zodiac, Pets, Love, and Weather will also tie into and teach us about diversity, sharing, kindness, and self-love. Our Family Board theme is to honor pets. **Please send in a picture or email Kandace a picture of your family pet or an experience with a favorite animal by February 14th.** We still have a few Special Day to happen in February along with all the wonderful planned and spontaneous events that are going to happen. We hope to continue having parents spend some time with us at pick up to join in the fun that your children get to enjoy every day. Parents, we also want to thank you for sharing your children with us OSCAR Staff.



Jack Stuart - February is Heart month. A very important month to ensure young hearts are strong and healthy, both psychically, and emotionally. **We will be celebrating heart week February 11- 15 Healthy Heart, Healthy Life. We at Jack Stewart are planning for preparing the students with fitness, healthy eating and strong communications with each other.** As well February is Chinese New Year, Kung Chi Fat Choy! We will be making Chinese Lucky Nickels (Feb 4) as well as little New Year dragons (Feb 5) Please join us any day, for fun culture knowledge of themselves and other cultures.



Sparling - Sparling OSCAR has an exciting February planned! **Valentine's Day this month and we have many things planned around the month of the heart, such as random acts of kindness, making cards for seniors in our community, and a Valentine's Day party.** We also have many other great activities organized based on the input from the children we will have different themes each week: Cartoon Characters, Bugs, Super Heroes and Under the Sea. We are looking forward to a great month of crafts and games that will inspire us as we continue to work and learn together! Parents are always welcome to join in our fun.



Sifton - This February we are going to celebrate Chinese New Year by doing a "Year of the Pig" themed craft. February 11th is "National Make a Friend Day," which is an amazing opportunity to play with someone new. **There are many more inspiring days coming up, please check out the planning sheets in the parent information binder for details. In addition to these day we will also have three themed weeks this month; Valentines, where we are having the children make cards to give to the members of the community.** Oceans, where we will make aquatic themed crafts and painting. Endangered Animals, where we have a variety of crafts planned, and will talk about different endangered animals all week. We look forward to seeing the children's creativity develop as they transform these themes into active play. We hope to see some parents join us for a few activities during this eventful month.



OSCAR Child Care Society

CDSS Office Hours

8:30 a.m. - 4:30 p.m.
Monday - Friday
(Drop off mail box available outside CDSS Office)

#3, Community Centre
4516 - 54 St.
Camrose AB T4V 4W7

Phone: 672-0141
Fax: 672-2833

Email: cdss10@telus.net
www.camrosefcss.ca

Questions & Concerns

Please feel free to contact me, Kandace Bonney, OSCAR Director, at 780-672-0141 if you have any questions or concerns regarding OSCAR in anyway.

OSCAR Site Cell #'s

- Chester Ronning OSCAR: 780-608-0990
- Jack Stuart OSCAR: 780-608-9068
- Sparling OSCAR: 780-679-4700
- Sifton OSCAR: 780-781-5159

Health Tip

Healthy snacks and physical activity are important to providing good nutrition, supporting lifelong healthy habits and eating habits, that help prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure and obesity. CPS



Search for: OSCAR Child Care Society

Save the Date
2019/2020 OSCAR Registration
June 5th
Details/Time to Be Announced

Screen Time and Mental Health

Screen Time and Mental Health www.inmotion4life.ca

'Screen time' is the time spent using a screen-based device, such as a smartphone, tablet, computer, or television. Screens can be used for educational or work purposes, and also for recreational purposes. Many Canadian children participate in high levels of screen use, which impacts their health.

How screen time impacts children's health:

- Early development: Higher screen use in the early years is linked to poor brain development, language development and attention skills.
- Physical health: Higher screen use is linked to lower levels of physical fitness, unhealthy weights, and higher risks of cardio-metabolic disease.
- Psychosocial health: Higher screen use is linked to behavioral issues, lower self-esteem, and lower psychological well-being.



Triple P

Triple P – Positive Parenting Program®

Getting Results

By Professor Matt Sanders

It's natural to want your child to do well at school and some parents use a reward such as money to encourage their children to get better grades. I've often heard of parents offering their child money for every "A" on their end-of term report card.

One of the problems with giving children financial incentives for good end-of-term grades is that the reward comes too long after the effort is made.

Rather than waiting till the end of term, it's much more effective to set up a system of rewards which are brief and frequent and which encourage positive daily habits. These daily habits then build towards an eventual outcome, such as a good homework and study routine.

However, you can encourage children to build good study and homework habits without having to resort to offering money.

Why not try a reward such as spending time with your child doing an activity they really like? Or you could offer a special treat you know they'll enjoy. The object is to encourage good routines by giving extra attention and praise or small frequent rewards when they are doing the right thing.



When kids are struggling that little bit of extra attention can encourage them into new patterns of behavior – and they may end up getting that A after all!

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. To find out more about Triple P in Alberta go to www.triplep-parenting.net.

If you would like further information please do not hesitate contacting the Camrose Family Resource Centre, a Parent Link centre at 780-672-0141 or Facebook at <https://www.facebook.com/CamroseFamilyResourceCentre/>



Important Dates to Note



February 1
February 7
February 15
February 18
February 20
February 20

March 7 & 8
March 14
March 20
By March 20
March 22 to 29

Closed NO School & NO OSCAR
Early Dismissal – OSCAR starts 1 hour early
Closed NO School & NO OSCAR
Closed NO School & NO OSCAR
January Fees Due
March Calendar Due @ CDSS

Closed NO School & NO OSCAR
Early Dismissal – OSCAR starts 1 hour early
February Fees Due
April Calendar Due @ CDSS
Closed NO School & NO OSCAR – spring break

OSCAR Accounts

Invoices are now **emailed** to all families unless otherwise requested.

Just a reminder all accounts are to be paid in full each month by the 20th or shortly thereafter. These are the payments we accept.

- Cash, Cheque or Debit Machine at CDSS
- Pre Authorized payments (PAD) 20th of the month or next banking day
- Subsidy <http://humanservices.alberta.ca/financial-support/15104.html>

Staff Birthdays



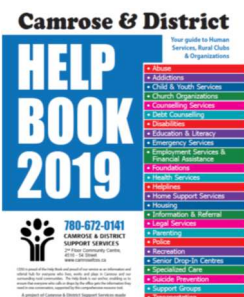
Miss Roxanna – February 3
Miss Chelsey – February 14
Miss Kayla – February 27

Tax Receipts

Will be issued by email before March 2019 for accounts paid in full for fees paid in 2018.



CDSS Help Book



You will find the online version of the Help Book at www.camrosefcss.ca. A printed copy is available at OSCAR, in the Parent Information Binder, for you to have a look at. The Help Book is updated annually, and is an excellent information source of essential information. **Copies of the Help Book are also available at CDSS.**

Supportive Information & Referral A CDSS Service Available at no Cost.

To try our one-on-one sessions please call
780-672-0141
www.camrosefcss.ca



780-672-0141

We are Information & Referral Specialists!
We are here to help you!

5 Ways to Unplug and Play



Inside	Outdoors	In the Community
Draw family portraits	Create sidewalk art with chalk	Go on a nature walk at the park
Write a letter to a family member. Draw them a picture	Blow bubbles	Join a sports team
Cook dinner with your family	Take your dog for a walk	Go swimming
Write a story	Play tag with friends	Meet friends for lunch
Read a book	Go bird watching	Have a picnic at the park
Make birthday cards for your friends	Go on a bike ride	Go to a live sports game
Start a journal or diary	Climb a tree	Go ice skating
Paint a picture	Stargaze	Go to a museum
Invent a new game. Teach it to your friends	Make an obstacle course using jump ropes, balls and chairs. Have a relay race.	Visit your local library and stock up on some good books
Learn to play a musical instrument. Make up a song.	Help your parents wash the car	Take a cooking, jewelry making class
Dance	Fly a kite	Take singing lessons
Do instant recess activities such as sit-ups, jumping jacks or push-ups	Plant a tree	Attend a local concert. Watch a band play.
Have a family game night	Build a snow fort	
Make crafts & give them as gifts to friends & family	Visit and get to know your neighbours	
Design a poster for Unplug & Play	Slide or roll down a hill	
Research your family history. Make a family tree.	Organize a neighbourhood scavenger hunt	
Plan a slumber party for your next birthday party.	Play tag, hopscotch or hide and seek	
Make puppets from old socks and put on a puppet show		
Put together a puzzle		
Listen to the radio		
Build a fort in your living		



Heart-in-the Hole Eggs & Toast

kaboose.com

Simply cutting out a shape from a piece of bread turns a breakfast standard into a special treat.

Ingredients

- 1 teaspoon butter
- 1 slice bread
- 1 large egg

Cooking Instructions

- Using a 3-inch heart-shaped cutter, or sharp knife, cut heart out of the center of the bread.
- In a medium non-stick skillet over medium low heat melt butter. Place the bread, heart stencil and cut-out heart, in the skillet. Cook about 2 minutes, or until bread is toasted on one side.
- Flip bread over and add egg to the center of the cut-out heart. Cover skillet. Cook 2-3 minutes, or until white of egg is cooked.

- Salt and pepper to taste. Spread heart cut-out with jam, if desired.

Tips & Tricks

- If your skillet is too small to fit the stencil and cut-out heart bread pieces so that they lay flat, the cut-out can be toasted in a toaster.
- If sunny-side up eggs are not to your liking, then once the egg is set turn over the filled stencil and cook about 1 minute more, or until the yolk is set.
- Scramble the egg and try it like an omelet.

