

OSCAR Newsletter



January, 2019

Program News

Chester Ronning - In January we are focusing on the children's favourite activities by letting each child have a special day. Check the parent calendar for when your child's day will be. Each child was asked what they wanted to see on their day. Some would like to bring a show and tell, (no animals) some planned the craft and gym activity, and some planned cool theme days. We encourage our parents to participate by helping their child prepare for their day and joining in the activities, when possible helping your child present, or sending pictures that explain something specific.



Favorite Art Activities for Children

Jack Stuart - With a New Year comes new opportunities and 2019 at Jack Stuart will be filled with fun, adventure and exploring. On January 10th during early dismal, we will be talking about stories from the holidays, and what new cool toys or items we got for Christmas. This month we are keeping our fingers crossed and hoping to have at least two special guest speakers coming to share their stories of adventures from around the world. Please check back in with the staff this month for dates as we are still make arrangements for our guests to come in. Parents are always welcome to stay and play and join in adventures of our day.



Sparling - We will approach 2019 head-on with all our senses. Sniffing out new adventures, and learning how each one of our senses can help us on a day to day basis. We will give each other a hand in this busy world, and look out into the world to find ourselves on another interesting journey. The journey that we will embark on, is every little boys or girls dream of being a pirate! We will dream about hooks and hats and pirates at sea and we will find a treasure or two and throw it to sea. Then off to the next journey that is to be the Arctic Sea, where will learn about igloos and polar bears too. Last but not least we're not all sugar and lace, we will talk about the galaxy and things from outer space. We look forward to this January adventure and invite parents to join in whenever they can to play a little and join our clan.



Sifton - Happy New Year! We hope that everyone had a fantastic holiday. We are super excited to start off the year with some art appreciation with some paintings and string art. Then we are diving into the rainforests for a fun filled week of adventure, who knows what kind of creatures we can discover. Throughout our month we will celebrate many different diversity days, such as Hat Day, Compliment Day and Handwriting Day just to name a few. January 15th is Hat Day and we encourage all OSCAR participants to grab their favourite hat and wear it for the afternoon at OSCAR. We always look forward to having you, our parents come and spend some time at the program to play and see what we love



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

Outside play is as beneficial for children in winter as it is in summer, providing they are properly dressed for the season. If children are dressed too heavily they are likely to sweat and feel colder as soon as they stop playing. - cps

Find Us on Facebook



OSCAR Child Care Society has a Facebook page that provides monthly newsletters, updates and reminder of things you need to know and some family community events. Search for: [OSCAR Child Care Society](https://www.facebook.com/OSCAR-Child-Care-Society)

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>



Triple P

Triple P – Positive Parenting Program®

A Sense of Self

By Professor Matt Sanders

Children who have healthy self-esteem are likely to be happy, co-operative, successful at school and make friends easily. They are fun people to be around because they are eager to learn and succeed, and because they cope with stress effectively.

However, self-esteem doesn't come built-in at birth. As parents, it is important that we help our children develop a true sense of their own strengths and weaknesses.

Children who receive plenty of praise and encouragement feel good about themselves. A child who believes their parents have confidence in them by allowing them to do certain things by themselves will learn confidence. Telling your child you love them and spending time with them will help your child feel valued and cared for.

It is important also to encourage children to follow a healthy lifestyle. Regular exercise and good grooming habits help children develop a positive image of themselves. And when your child achieves at something you can let them know that they should feel good about such accomplishments – it is okay to be different and be good at different things

Parenting Tip: Laughter really is a great medicine. Children who feel good about themselves laugh spontaneously, develop a sense of humour and learn to tell funny stories. Encourage your child to laugh by listening to their stories, playing games and having fun together.



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



January 7
 January 10
 January 18
January 20
January 20
 January 31
 February 1
 February 7
 February 15
 February 18
February 20
February 20

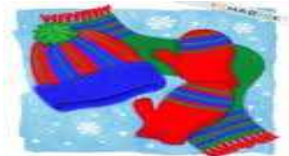
Back to School and OSCAR
 Early Dismissal – OSCAR starts 1 hour early
 Closed NO School & NO OSCAR
December Fees Due
February Calendar Due @ CDSS
 Closed NO School & NO OSCAR
 Closed NO School & NO OSCAR
 Early Dismissal – OSCAR starts 1 hour early
 Closed NO School & NO OSCAR
 Closed NO School & NO OSCAR
January Fees Due
March Calendar Due @ CDSS

Cold Weather Play

The OSCAR program will go outside as much as possible when the wind-chill is warmer than -25 c. Below are some helpful tips from the Canadian Pediatric Society, (CPS). All winter activities require warm, dry clothing. To prevent frostbite, children should be dressed in warm clothes, including:

- **A hat** and clothing made of tightly woven fibers, such as wool, which trap warm air against your body. A few lighter layers protect better than one heavy garment
- **Loose layers** (an absorbent synthetic fabric next to skin, a warmer middle layer, and a water resistant/repellent outer layer),

- **Protect** vulnerable areas such as fingers, toes, ears and nose
- **Socks** A single pair of socks, either wool or a wool blend (with silk or polypropylene) is better than cotton which offers no insulation when wet. Avoid extra thick socks as they can cause cold feet by restricting blood flow and air circulation around the toes
- **Boots** Be sure boots are dry and not too tight



Tax Receipts

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

Staff Birthdays



Miss Megan – January 18
Miss Marie – January 28

CDSS Help Book

Camrose & District Help Book 2018



Your guide to Human Services, Rural Clubs & Organizations

- Abuse • Addictions • Child & Youth Services
- Church Organizations • Counselling Services • Crisis Counselling
- Disabilities • Education & Literacy • Emergency Services
- Employment Services & Financial Assistance
- Foundations • Health Services • Home Support Services
- Housing • Information & Referral • Legal Services
- Planning • Public Recreation • Senior Drop-In Centres
- Specialized Care • Suicide Prevention • Support Groups
- Transportation

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.**



Make it Your Way Cookie Cups

Get creative with Make It Your Way Cookie Cups! Using refrigerated chocolate chip dough as a base for this customizable cookie cup, this is one treat that has something for everyone. Perfect for an after school snack, or after dinner dessert, these cookie cups can be customized to your personal tastes and filled with a variety of toppings - yogurt and fruit, ice cream, chocolate, nuts and more!

Ingredients - 1 package of refrigerated Chocolate Chip Cookie Dough, or your own favorite recipe

Directions - PREHEAT oven to 325° F. Grease twelve 2 1/2-inch muffin cups.

PRESS two squares of dough together. Place in prepared muffin cups.



BAKE for 20 to 24 minutes or until golden brown. Cool completely in pan on wire rack*. Center of cups will indent slightly upon cooling. With tip of butter knife, remove cookie cups from muffin pan.

FILL cookie cups as desired.

Yogurt & Fruit Cookie Cups: Top each with a spoonful of yogurt and cut-up fresh fruit of choice.

Ice Cream Cookie Cups: Top each with a small scoop of Light Ice Cream (any flavor). Sprinkle with Semi-Sweet or Premier White Mini Morsel Toppers.

Rocky Road Cookie Cups: Immediately after cookie cups come out of the oven, top with a mixture of Semi-Sweet Chocolate Morsels, mini marshmallows and chopped nuts.

Cookie Tin Time Capsule

kaboose.com

Difficulty: **Average**

Parental supervision is recommended

Capture your memories by using a recycled cookie tin and making it into a cookie tin time capsule. Have hours of fun making this fun craft with your kids. Spend New Year's Day or special holidays together with this family craft.

What you'll need:

- Cookie tin (or similar type); washed and dried
- Rag
- Sandpaper
- Spray paint
- "Painters" paint markers in assorted colors
- Memorabilia

How to make it:

1. Take lid off the tin.
2. Lightly sand the cookie tin (lid and bottom) all over on the outside to rough up the paint.
3. Wipe the cookie tin off with rag.
4. Spread out newspapers and place cookie tin on it.
5. Spray paint the cookie tin. Let dry.
6. Use paint markers to add your message. Some sample messages might be:
 - Time Capsule Don't open until New Year's Eve 2029
 - Family member's names could go around the exterior of the tin.

7. Let each member of your family place a few special items in the tin. Some ideas to place in the tin could be:
 - Character / sports cards
 - Report cards
 - Funny snapshots
 - Your favorite jokes
 - A note to each family member telling them how much you appreciate them.
 - Anything that is important to you NOW.

Place the tin some place you will be able to find it in 10 years! You could make the time to open the tin in any year that you wish, maybe less maybe more. You decide.

