

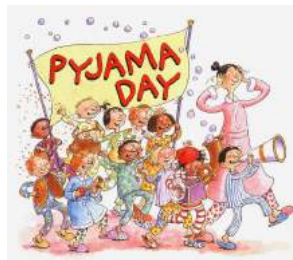
OSCAR Newsletter



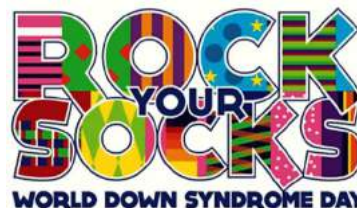
March, 2019

Program News

Chester Ronning - The weather is getting warmer and we at Chester Ronning OSCAR could not be more excited! We are ringing in March quite literally with Music Week. **Focussing on the creation and the enjoyment of music! Pajama & Stuffy Day is on March 11th - so parents mark your calendars!** Our family board theme is Pets so we ask parents to bring in or email Kandace with photos of the kids and some critters. We have so many exciting activities planned, please check the Parent Info Binder and activity calendar. Parents are always welcome to spend some time with us and play.



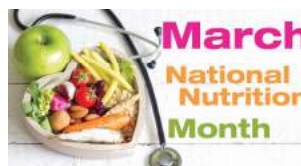
Jack Stuart - March at Jack Stuart OSCAR is full of interesting dates of learning and exploring many different things. We will be starting up "You Days!" What is it that interest your child and what would they like to do at OSCAR. Every week from now until all children have had a turn, we will have children lead the way of what they would like to do, such as baking, to slim, to having an animal theme day. Each day will be different and based on the child of the day. Please check our board regularly to see when your child's day is coming up. **We will also be having Pink Shirt day and Down Syndrome Awareness day (March 20).** Parents are always welcome to join in our fun and play.



Sparling - March is an exciting month at Sparling OSCAR as we planned to make up games, like Family OSCAR Feud, trivia games like: "Would you "Rather" and or "Are You Smarter Than an OSCAR Student", and a few small "Minute to Win it" games. Invitations will be sent out to parents and families to join us March 21st, for our "OSCAR MASH" event, by the beginning of March. There will be, 3 invitations per family and everyone is welcome to participate in the "OSCAR MASH" event. Test your knowledge against your children, there will be something for everyone! Also as spring quickly approaches we will have a fun filled week plan with different activities and crafts under the theme "Everything Spring".



Sifton - This March is Sifton OSCAR nutrition month. It is good to understand proper nutrition, healthy eating habits, allergy awareness and those in the world who lack the means of obtaining proper nutrients. Because of this, we have some games and activities planned to help teach the children about nutrition. Also, multiculturalism is very important to us at OSCAR, celebrating all kinds of cultures and religions. March 6th is Ash Wednesday, a day that millions of Christians around the world celebrate. We also have planed a brain awareness week; everyone is different - even our brains. Crafts are another important part of our programming. This month we are planning to make Mardi Gras masks; it is neat to see how creative many of the children can be! Another date to look forward to is March 20th - **FIRST DAY OF SPRING** - very exciting for all, especially for our very own Mr. Landon, who is expecting his first child around this time. We are looking forward to see what this month will hold, and we have you have a warmer winter and a great spring to come!



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 fell 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

March is Nutrition Month! Many Canadians don't eat the recommended amount of vegetables and fruit each day. Cut up vegetables and have them in the refrigerator in see-through containers at eye-level so you quickly grab and eat them. Take cut-up raw vegetables to work, school or sports to enjoy as a snack. - AHS



Search for: [OSCAR Child Care Society](#)



Thank you!

OSCAR Child Care would like to recognize the following community organizations for their donations for the 2018-2019 program year:

Donations Towards our Snack Program

- **Loyal Order of the Moose**
- **Camrose Swans & Roses Lions Club,**
- **Elks Lodge for donations**
- **Family Thrift Shop**

Donation Towards our Loose Parts Program

- **Dean Inman, from Kroeger Joyce Inman**



Triple P

Triple P – Positive Parenting Program®

Beating Bullies

By Professor Matt Sanders



If your child is the victim of a school bully, you're far from alone.

One in six children is bullied at least once a week. There are many ways children bully other children. There may be teasing, threats, verbal abuse, harassment, pushing, pinching, tripping or extortion. Sometimes one child is excluded from playing with other children. All can lead to a significant loss of self-esteem. Children may become anxious and shy around other children. They may feel sick, suffer stomach pains, nightmares and sleep problems, or refuse to go to school.

Bullying should never be ignored or left to be sorted out by the young victims themselves, however it is difficult to know exactly what to do.

Start by listening to your child's description of how the bullying occurs, asking specific questions so you clearly understand what happens — what the bully does, what your child does, how they feel about it, what they have tried to do about it so far. Any strategy you adopt to tackle the bully will be more effective if you enlist your child's aid when working it out.

And make sure you don't immediately assume it's all the bully's fault. Your child may have teased or provoked the bully.

If the bullying is occurring at school, talk with your child's teacher. Many schools have anti-bullying programs in place. To help your child deal effectively with a bully, encourage them to figure out reasons it might be happening. You might say: "It sounds like when they tease you they're getting attention from the other kids, so maybe they do this to show everyone how tough they are." You and your child can then decide on strategies for dealing with the bully. These could include ignoring the bully and walking away; making friends with other children and playing with them during lunch breaks; or being assertive. If necessary, practice these strategies with your child by acting out the roles so they become confident with their behavior.

Parenting Tip: Teaching your child to fight back when they're being physically bullied isn't helpful. In fact, it can lead to more bullying. Your child may not be as physically strong as his or her tormentor so the fear of losing a fight can be quite real. That doesn't mean however that you don't encourage your child to be assertive and self-confident in the face of teasing



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



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
February Fees Due
April Calendar Due @ CDSS
Closed NO School & NO OSCAR – spring break

April 4
April 12
April 19
April 22
April 20
By April 20

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

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



Mr. Adam – March 5
Miss Dana – March 22

Tax Receipts

Tax receipts were issued by **email**, Mid-February for all accounts / fees paid in full for 2018. If you have not received your receipt, please contact Kandace.



Day Camps for Non-School Days

A program for Children 6 to 12 years old, located at the Camrose Recreation Centre meeting Rooms. Cost ranges from \$32.95 to \$38.10 For More information call 780-672-9909 or follow the link <https://www.camrose.ca/en/recreation-and-leisure/day-camps.aspx>

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.**





DONATIONS NEEDED
LOOSE PARTS



OSCAR Child Care is in need of donations to help fill our "LOOSE PARTS kits"

Loose parts are strong, clean, reusable materials with no sharp edges. Building with these loose parts enables children to develop critical thinking skills in a fun creative way using:

Science, Technology, Engineering, and Math (STEM) skills.

Here is a list of materials needed:

- ◆ Springs 1-3" – no sharp ends
- ◆ Nuts and bolts – no pointed ends
- ◆ Bamboo sticks – up to 1-foot long
- ◆ Hard cardboard cylinders - not paper towel or toilet rolls
- ◆ Wooden bowls – soup size
- ◆ Corks – any size – clean
- ◆ Carabiners – any size
- ◆ Peg board pieces - appr. 1'x1'
- ◆ Clothespins – any kind
- ◆ Wood rings – any size
- ◆ Wood slices "cookies"
- ◆ Plastic pipe pieces – up to 1 foot
- ◆ Plastic beakers and test tubes
- ◆ Measuring tapes - cloth
- ◆ Measuring cups and spoons
- ◆ Any size wooden spoon
- ◆ Rocks – smooth – child hand size
- ◆ Thread spools – empty (any size)
- ◆ Wooden shapes – smooth edges
- ◆ Mecanno™ pieces
- ◆ Sand – clean, school quality



Please bring donations to the OSCAR office at Camrose and District Support Services in the Community Center 4516 – 54 St. Camrose (780-672-0141)

by March 21, 2019

Thank you for your generosity!

Join the OSCAR Club

OSCAR Child Care Society

4516 - 54 Street Camrose, AB T4V 4W7
Phone: (780) 672-0141
Email: cdss10@telus.net
Website: www.camroseccss.ca
FaceBook - OSCAR Child Care Society



After School Care

Chester Ronning
Jack Stuart
Ecole Sifton

Sparling
St. Pat's children
attend Sparling

Available to students in Kindergarten to grade 6. We follow the BRSD Calendar.

OSCAR is the Place to Be!



2019 - 2020 Registration

June 4th, from 1 p.m. - 5 p.m.
June 5th, from 9 a.m. - 7 p.m.
June 6th, from 9 a.m. - 1 p.m.

Location

Camrose & District Support Services
Community Centre Room 231
4516 - 54 St.

Non refundable Registration Fee

\$60.00 for 1 child
\$85.00 for a family



- Did You Know We:**
- Are a licenced and accredited program
 - Hire Certified Child Care Professionals
 - Are an Electronic Free program
 - Provide Healthy Snacks
 - Offer fun and exciting daily/monthly themes and activities
 - Provide help with homework
 - Bring in special guest speakers
 - Actively engage children with play



Flower Power Eggs

Who needs expensive copper or stainless steel egg or pancake ring molds when you can use pretty, bright bell peppers?

There's no recipe, really, just three steps:

1. Cut bell peppers into 1/2 inch rings;
2. Place in a non-stick lightly oiled skillet;
3. Crack an egg in the middle of each ring and cover and cook over low heat until done. If you like your yolks runny, just cook over low heat until whites are done. If you like your yolks firm, break the yolks and then cook over low heat until both whites and yolks are firm



Carrot Fries

- Kids will eat their veggies when you make delicious carrot fries.
- Cut 2 pounds of carrots into sticks; toss with 2 teaspoons olive oil.
- Spread on parchment-lined baking sheet; sprinkle with 1 teaspoon salt.

Bake at 400 degrees for 20 to 25 minutes. Serve warm.
Variations – also great with sweet potatoes or turnip sprinkled with parmesan cheese before baking

