

Children's Choice Community Child Care Services

Parent Newsletter
September 2019



Important Dates:

Sept 2 - Closed -
Labour day

Sept 18- Board AGM

Provider Spotlight Arezoo Vahidi

Hi everyone,

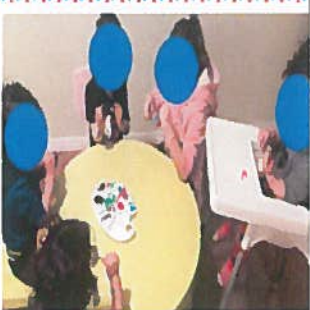
My name is Arezoo Vahidi and I have been working with kids for about 5 years, as a teacher at daycare centres and as a day home provider located in Royal Oak NW. I decided to open up my day home because this is the job that I enjoy working, no matter how many challenges I have faced on the way.

I am a clinical psychologist and I love operating as a day home provider because, I can feed the little minds of the kids with love, care and respect also recognize and analyze their needs, interests and I could teach them the art of sharing. When I see these little angels every morning at my doorstep, they give me energy that motivates me through day. In my day home I'd love to share my rich culture of Persian heritage with the kids and show them both Persian and Canadian cultures and teach them how multiculturalism can help us learn and enjoy more from each other's different backgrounds.

I am so lucky that I have a great team of professionals like Children's choice agency staff and loyal parents behind my back who have always stayed with me through times.

In our day home, we do lots of fun activities such as dancing, painting, playing soccer, doing yoga, learning different languages and know about other cultures, reading English and Farsi stories, counting numbers, writing alphabets and tons of outdoor activities.

I believe that life is short, and we have to learn from these kids, how to enjoy and spend every second of it.



Agency Notes

We are part of an exciting pilot project that is allowing us to work with an online version of the Ages & Stages Questionnaire (ASQ). This questionnaire is easily filled out and submitted and tracks your child's development. This is a quick simple and fun tool that also lets you know what milestones to look forward to with your little one. Keep an eye out for a welcome email and feel free to contact us if you have any questions!

We look forward to your participation

These are the ASQ logos:



Back to School Questions other than "how was school today?"

These questions can work with pretty much any age of child and will have your children a little more thoughtful about their day while also allowing them a chance to open up to you about what is important to them.

Tell me about a moment today when you felt excited about what you were learning.

Were there any moments today when you felt proud of yourself?

Is there a question you wish I'd ask you about

Is there anything you're worried about?

What are you looking forward to tomorrow?

For more questions and to read a more detailed article see: <https://www.edutopia.org/blog/parents-fifteen-questions-replace-how-was-school-today-elena-aguilar>

Education Sessions

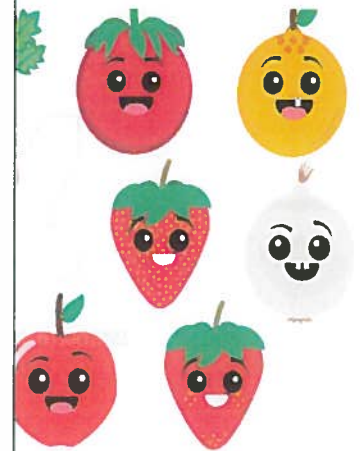
Nutrition and Mental Health: An overview of what the science says

Offered from Alberta Health Services Community Education Sessions

Available online until: March 31, 2020 - 6:00 PM

The key to understanding the importance of nutrition for our mental health is having some basic knowledge about what exactly it is that nutrients do in our brains. This workshop will provide an overview of nutrition in brain health, as well as a summary of some of the clinical studies showing how dietary education and supplementation are being used to improve mental health. The talk will end with practical ideas for fostering better eating habits, even in our pickiest eaters such as those on the autism spectrum.

Register: <http://community.hmhc.ca/sessions/?p=online>



Taming Anxiety Gremlins

6:30 PM - 8:30 PM - [St. Marguerite School](#)

Offered from Alberta Health Services Community Education Sessions

Anxiety is at epidemic levels among children and teens. This workshop will promote parent and teachers' understanding of anxiety and teach them how traditional ways of offering help may unwittingly feed into the child's worries and associated behaviours. Participants will learn effective tools to help children manage their anxiety to promote their resilience and overall well-being.

Register on their website: <https://community.hmhc.ca/sessions/>

Enrich Your Kids - Free Financial Class, Calgary

Are you a parent wishing to enhance your child's financial literacy? If so, this **FREE Financial Fitness Class** is for you!

What you'll learn:

- Teachable moments to help your kids learn about money
- Age-appropriate lessons for each stage of your kid's life
- How to implement an allowance to build effective money management strategies
- How to help your kids develop a budget, set long-term savings goals and become responsible spenders

Set yours kids up for financial success by registering for this class today!

<https://www.eventbrite.ca/e/enrich-your-kids-free-financial-class-calgary-tickets-66503805673?aff=ebdssbdestsearch>



Children's Choice Annual General Meeting 2018

Wednesday, September 18, 2019

6:00pm-8:00pm

**Dover Community Hall
3133-30th Avenue S.E.**

- Learn about your child's program
 - Daycare accredited
 - Family Dayhomes accredited
 - Out-of-school accredited
- Elect your new board! Or join the board!
- Childcare provided during meeting
food & Beverages on us!

Please join us in support of your child's program.

*Should quorum not be achieved at this meeting the meeting will be adjourned. A second AGM will begin immediately.

Fun Things to try



A smash-up of art,
science and
engineering

Spectacle tickets AVAILABLE NOW
Full program launch August 13, 2019

Beakerhead is back!

If you have not yet heard of, or experienced, Beakerhead it is a scientific marvel of events all over the city. Many events are even free!

Beakerhead's workshops and shows will be hosted throughout Calgary from September 18-20, culminating in one night of immersive, interactive, delightful madness on September 21 at Prince's Island Park!

Check out Beakerhead.com for a list of their events happening around the city and try and take some in, especially for those curiously minded!