



## Important Dates:

June 20  
Father's Day

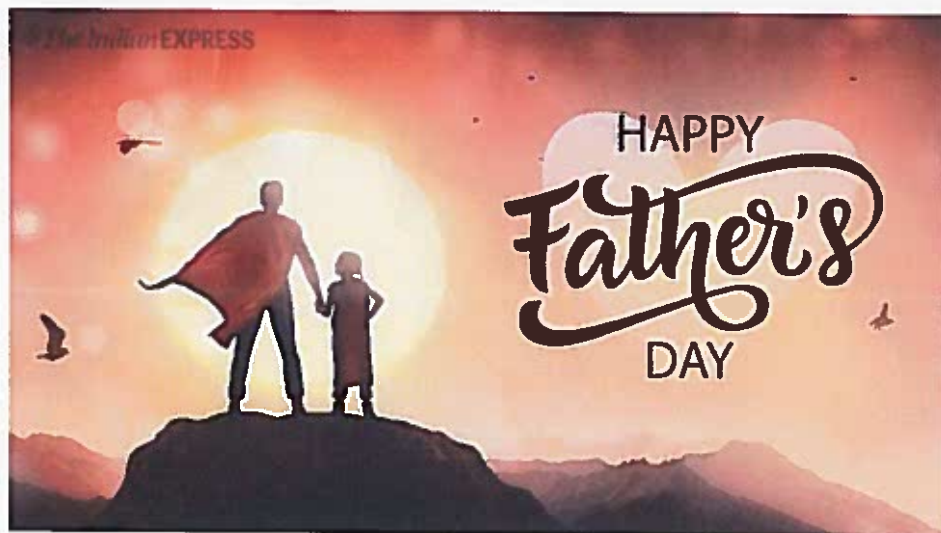
June 21  
National  
Indigenous  
Peoples Day

July 1  
Canada Day  
Closure

## Day Care News

### Father's Day

Father's Day is a celebration in Honor of all Fathers and takes place on the third Sunday of June. Father's Day is a day of commemoration and celebration of Dad. It is a day to not only honor your Father, but all men who have acted as a Father figure.



You are my superhero

We will be closed on Thursday, July 1<sup>st</sup> for Canada Day



On July 1, 1867, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Quebec. The anniversary of the day was called Dominion Day until 1982. Since 1983 July 1<sup>st</sup> it has been officially known as Canada Day.

Canada Day observance takes place throughout Canada and is a federal statutory holiday.

We would like to say Happy Birthday to Ronan, Gunner, Chris, and Brooklyn who will all be celebrating their birthday this month.

We hope you have a *really* nice birthday!



## News from Room 1

We are really enjoying being outside every day. We are planting seeds and making bird feeders in hopes of seeing lots of birds throughout summer. With the nice weather here, we are now able to go on Nature walks, go to open fields, play hide and seek, blow bubbles, chase each other up and down the hill as well as doing simple exercises. Soon we will all be able to have picnics in the park.

The children are going to be doing some Father's Day Activities and making something special for Dad.

### Some of our favorite songs:

The Wheels on the Bus

See the Sleeping Bunnies

Baby Shark

Sticky Sticky Bubblegum

Zoom, Zoom, Zoom, We're Going to the Moon

### Some of our favorite books:

Down by the Station

Llama Llama Misses Mama

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear

We can hardly wait to get the sprinkler out and run through the water.

Lots of happy days ahead!

## Room 1 Educators – Zunaira Riffat, Vilma Osená, Jeannette Paguergan, Sangeeta Rai

### Introducing Zunaira:

Hi, I am Zunaira. I was born and raised in Pakistan. I did my Masters in English from back home. After coming to Calgary in 2006, I completed my Early Learning & Child Care Diploma (Level 3) from Bow Valley College. I am spending a happy life with my husband and three grown children; two girls who are 24 and 21 years old, and a boy who is 16 years old.

Children's Choice is my second home. Children's unconditional love, parents' appreciation and my supportive colleagues have persuaded me to work in the toddler room for the last 8 years. I am looking forward to more years of learning, fun and adventure with your children and watching them grow.

I am proud to be part of the Children's Choice team under the exemplary supervision of Ronda and Bridget. They are truly the guiding stars of Children's Choice.

### Introducing Sangeeta:

Hi, my name is Sangeeta Rai and I feel very proud to say that I have been working for 11 years with this wonderful organization. I am originally from India; I started my career as a music teacher back home. I moved to Canada with my family in 2003. I studied at Mount Royal University and achieved my Level 3 with an Alberta Advanced Qualification Certificate. I am

also a mentor for students working toward a career in childcare and love spending time with the children and taking care of them, I believe it is one of the noblest professions. I am a proud Grandma of a five-month-old little girl named Rumi. Watching her grow has been a very humbling experience. I am looking forward to more wonderful years with the staff, the children, and our lovely families at Children's Choice.

## News from Room 2

The children in room 2 are so happy to be outside in the sun. They love going on nature walks, sand play, going to the park and playing with bubbles. But most of all they love water play! Could you please bring a bathing suit and a towel so they can join in on those really hot days? While outside they are also great explorers and do a lot of insect hunting. Soon Ryan (our cook) will be making picnic lunches for us to take on our adventures.

### Children's Favorite Songs:

Sleeping Bunny  
Grizzly Bear  
Simon Says  
The Wheels on the Bus

### Favorite Books:

Dinosaurs  
The Littlest Elf  
Don't Let the Pidgeon Drive the Bus  
Alphabeep, A Zipping, Zooming ABC

## Room 2 Educators – Jennifer Lachica, Bukki Ajayi, Jesa Paguergan

### Introducing Bukky:

Hi, my name is Bukky. I was born and raised in Nigeria, Africa. I migrated to Canada in 2016 after working as an elementary teach for more than 4 years.

Working at Children's Choice has been a great experience as a newcomer to Canada. Being part of the children's development and milestones, with the supportive environment and the amazing team has contributed to my personal development in so many aspects. Thanks to the amazing leadership of Bridget and Ronda.

### Introducing Jennifer:

Hi, I'm Jennifer, married and I have two beautiful children. I've been in Canada for over 8 years. I have worked in several day cares since 2013. I graduated with a Bachelor of Science in Elementary Education in the Philippines. My concentration was in Early Childhood Education. I taught at a government school back home for 4 years. In 2016 I took Early Childhood Montessori Diploma Program at North American Montessori Centre here in Canada. In 2020 Children's Choice gave me the opportunity to participate in the new curriculum which is called The Curriculum Framework at McEwan University.

Children's Choice is "THE BEST" Daycare that I have worked with. Lots of learning and opportunity to grow. Staff and children are awesome under the BEST Leadership of Bridget and



Ronda.

## News from Room 3

The children in room 3 are getting ready to start Kindergarten in a few short months. We are working on our self-care skills such as our bathroom skills, having a clean appearance, and learning the letters in our names. With learning the letters in our names, we are also practicing how to make each letter that is in our name. Some of the children are learning their addresses as well.

The books that we are reading in the classroom are written by Cheri J. Meiners, M.Ed. discussing manners, feeling books and how to get along with others. We are also reading a lot of script books based on feelings, how to respect others, and problem solving when things are not working with their friends. We have found that the more we share these books with the children the more they are able to work through some of the tougher day to day altercations with some help from teachers or with the help of the stories.

We have a new staff member named Thu, who also started in our classroom this month she has previously been working in room 2. Thu, we are happy to have you with us and we look forward to seeing what ideas you bring to our classroom.

Room 3 Educators – Jaime Holmes, May Baek, Thu Nguyen

## Parent Corner

Greetings! My name is Lynsey Bechert and I am a Board member of the Children's Choice Society and mom of Thomasz in Room 2, and Annalise who will join Room 1 soon. The Board and I wanted to reach out to fellow parents through the newsletter as we are not able to enjoy the parties and celebrations as we once were. I am hoping to include items of interest for parents, including family profiles, community news, book or toy reviews, as well as recommendations for child-friendly activities and destinations in the city. I am hoping we can all connect here and share our insights! Please send me your own family profile, or any of the above, if you would like it to be shared in the newsletter. You can send it to [lynseybechert@gmail.com](mailto:lynseybechert@gmail.com)

Stay safe and be well,

Lynsey and the Board of Directors

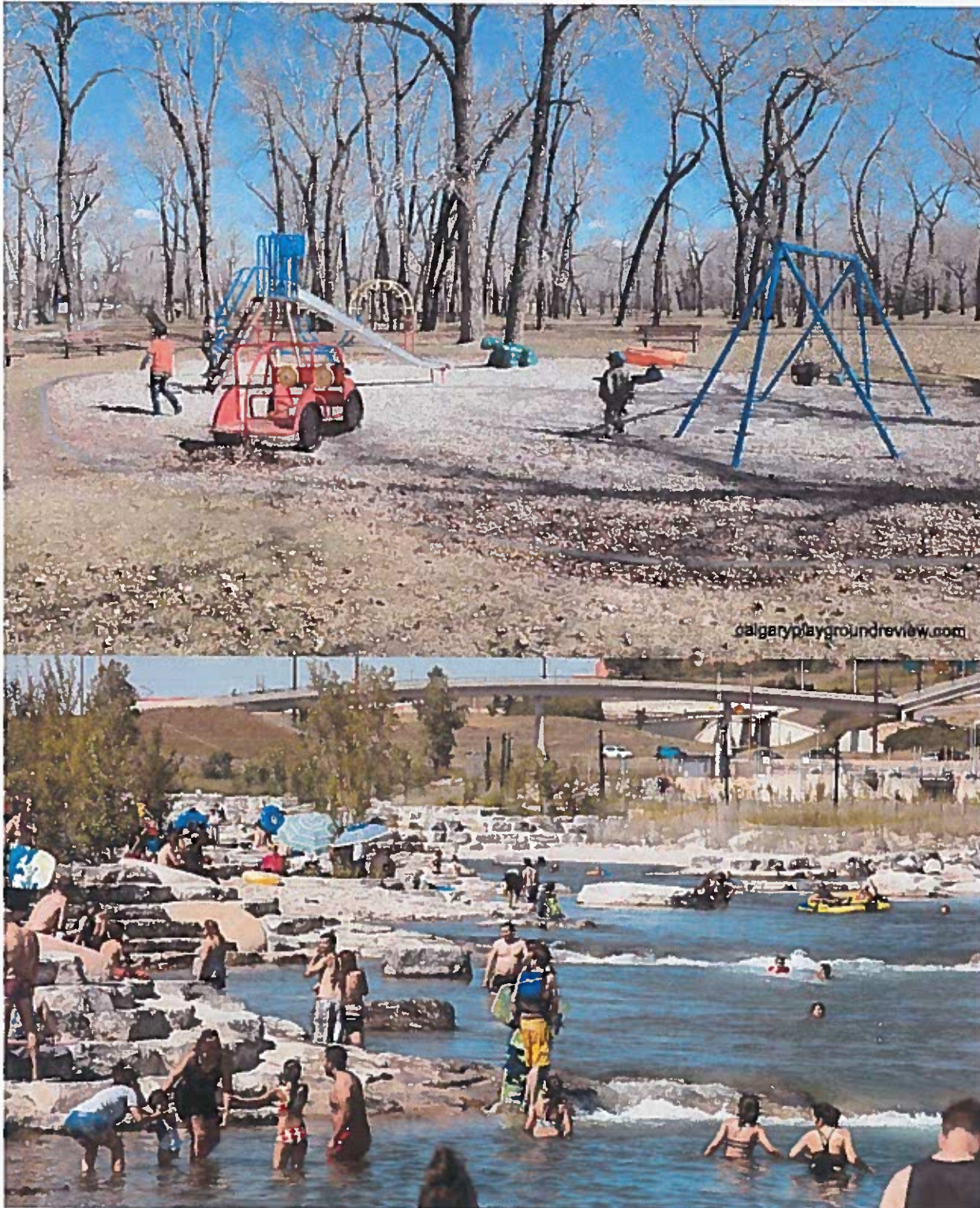
Dear fellow Parents,

Welcome to summer! I hope this message finds you happy and healthy and enjoying as much outdoor time as you (and your kids) can manage! We are all proud of the work the daycare, OOSP, and day homes have done to continue to provide safe and enriching care. Wishing you the best, and hope the health of the province is already on an upswing, as are vaccines, so restrictions will ease. I've included a few suggestions for activities and books and community resources. Thanks to the parent Brenda and Erin who've made suggestions, and please do not hesitate to get in contact. [lynseybechert@gmail.com](mailto:lynseybechert@gmail.com)

Be well, Lynsey, member of the board-of-directors of Children's Choice

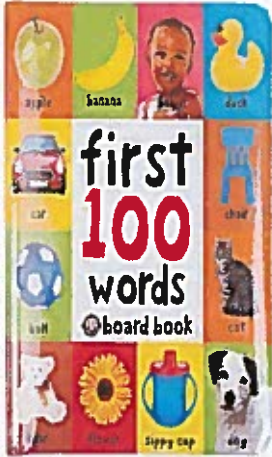
**Park and Playground Recommendation: Pearce Estate Park and Harvie Passage, 1440-17a ave SE**

This is another great spot for kids of all ages near the day care. Located on the river, the park shares space with the Bow Habitat Station (currently closed), and includes educational, kid-friendly signage at various natural spots and assets such as telescopes and Adirondack chairs on decks. There is a large, treed area with a playground and many picnic tables and BBQs. A short walk takes you to Harvie Passage, a white-water training area on the river where families gather on the stony shores and watch kayakers try their luck. Some people even dip their toes in the water!



## Book recommendation: Priddy's Books (brand)

I am a fan of the colourful, simple, clear, and engaging Priddy's books series, mostly for younger children learning their initial vocabulary but also for older children as they offer many thematic sticker books that teach letters and numbers as well as categories of words and concepts (animals, cars & trucks). They also have wipe-away books and letter formation. The baby books have accurate photographs, flaps to reveal pictures, and well-spaced graphics.



## Healthy summer snack - Veggie - Fruit popsicles

I have tried a few of these and few children will say no to a frozen treat!

Website: <https://babyfoode.com/blog/7-healthy-popsicles-for-baby-toddler-made-with-fruits-veggies/>



strawberry  
cherry  
beet

# Parent Corner

## Community news:

-- Become part of the **Greater Forest Lawn Parent network**. The online group offers links and reminders to community programs, hosts virtual parties, and even provided craft packages for kids over Christmas break and Easter.

[www.support4parents.org](http://www.support4parents.org)

<https://www.support4parents.org/> is the **best way to find your parents**

<https://www.support4parents.org/> is a website that helped Parents in ForestLawn to find what activities and events are in this location. The agencies can also add their resources in this website to be public for everyone. Parent Network And Community events

[www.support4parents.org](http://www.support4parents.org)

-- **Ward 9 Dream Network**- The City of Calgary has put together a comprehensive map of the various wards which include several family-friendly options you may not know about! See website to order your free colour copy and start planning some spring and summer activities!

<https://www.gccarra.ca/dream-network>



[Ward 9 Dream Network Map - Ward 9 Great Neighbourhoods Calgary - Gian-Carlo Carra](#)

For all ages, all abilities, all the time. order a free copy. enter [www.gccarra.ca](http://www.gccarra.ca)





CALGARY  
PUBLIC  
LIBRARY

-- Calgary Public Library - Build a Book Bag

Since the CPL is currently closed to in-person visits, consider using their website to request a Book Bag with selections for your child, or yourself. They call you to curbside pick-up when it is ready. You can order multiple bags for free.

<https://calgarylibrary.ca/connect/readers-and-writers/build-a-book-bag/>

[Build a Book Bag | Calgary Public Library](#)

Let us find your perfect match. With Build a Book Bag, we'll help you discover titles you'll want to read – no browsing the stacks required.

calgarylibrary.ca

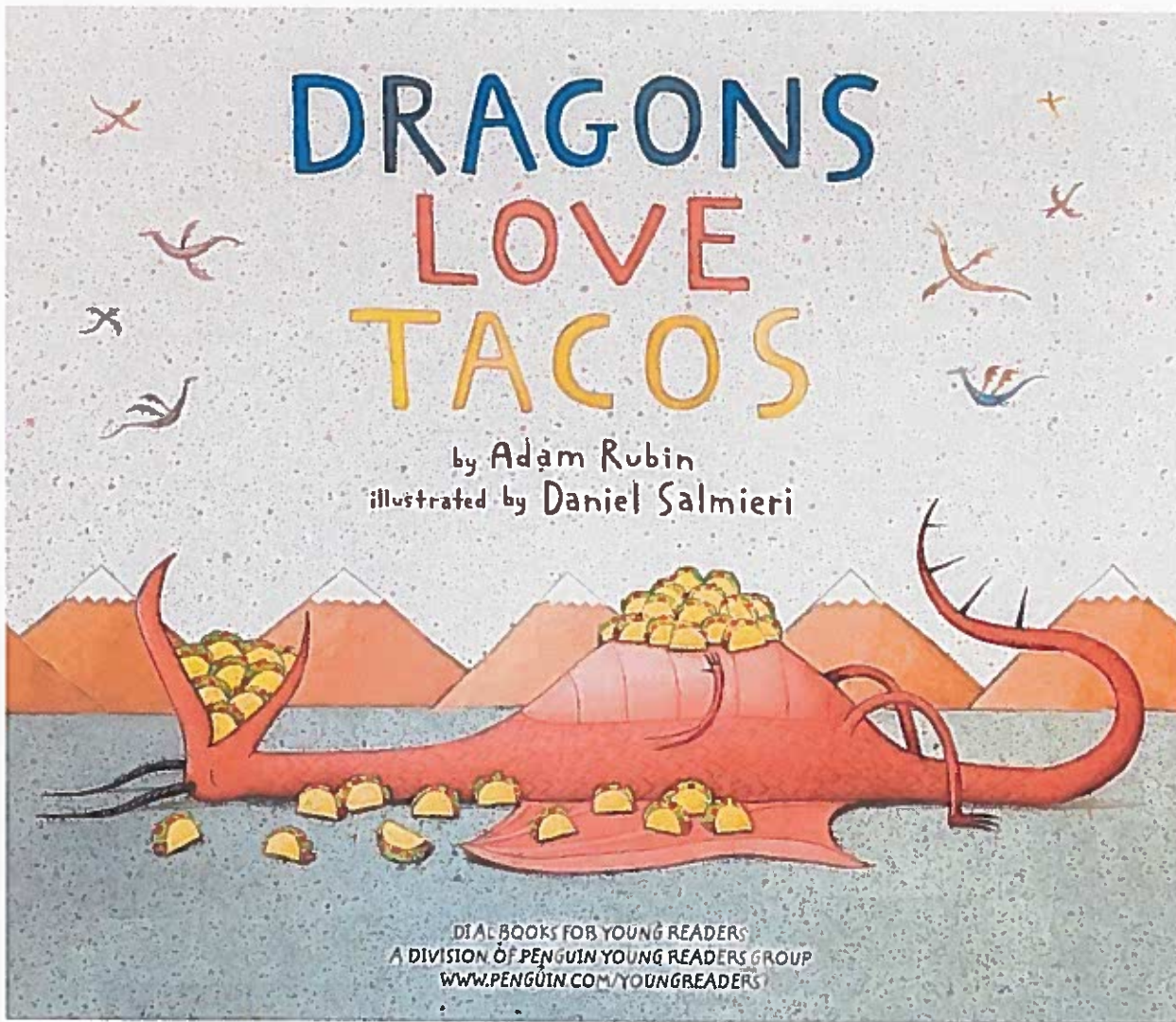
**Family Profile:**

Hello, Children's Choice Community Daycare! My name is Lynsey and my husband's name is Mirko. We have a son, Thomasz (3), and a daughter, Annalise (10 months). We live in the Dover community and have so far about 4 years, since moving from downtown Calgary where we lived as singles and newlyweds. We are both from Edmonton but met in Calgary through a friend where we both moved for work. I am an English, Social Studies, and Special needs teacher, and Mirko is an accountant for a manufacturing company. We both love to travel, and were able to take Thomasz on some holidays in his young years. Annalise's life has been very different as she was born being accustomed to seeing people in masks! We love Calgary for its milder temperatures (compared to Edmonton!), mountain proximity, fantastic parks and festivals, and vibrant community life. We miss our extended family which is in Edmonton and across Canada. Thomasz has loved being at Children's Choice since he was 1 year old. I quickly joined the Board of Directors and have appreciate the warm and sincere staff, programming, and beautiful park setting. On the weekends, lately, we check out different playgrounds, enjoy the zoo, and have had a few picnics in the mountains. Please don't hesitate to say hi!



**Book Review:**

***Dragons Love Tacos by Adam Ruben (scroll down)***



We do a lot of trips to the library, whether curbside pick-up or on the brief, recent periods where we could browse in person. So we go through a lot of selections. New York Times Bestseller *Dragons Love Tacos* has stood out as a kid-classic in our household, with Thomasz reviewing it by saying “I want to read it all the time!” The simple but unique story involves hosting a party for dragons and serving a lot of tacos which makes them happy. However, dragons cannot have hot salsa of any kind or they will breathe fire... let the drama ensue! It’s a fun mash-up of things kids like - dragons... and tacos.... - and a pleasure for parents to play along with as well. Suitable for ages 3 and up.

**Activity Recommendation: Inglewood Bird Sanctuary, 2425- 9 ave. SE**

Inglewood Bird Sanctuary is the kind of place that’s only a 10-minute drive from where I live, fills me with awe and happiness every time I visit, but always forget about when it’s time to plan a day. It’s kind of a hidden gem. Located at the eastern tip of the Inglewood neighborhood, it offers a beautiful oasis of nature in the middle of the city, with walks as short or as long as you wish to do. The advantage of the sanctuary compared to other scenic walks is that you are immersed in nature (and birds!) very quickly. A gentle stream courses between towering trees and birds, squirrels run by, and you can see butterflies in the summer. The paths are somewhat narrow, and are dirt, so can be tricky if the ground is wet and you have a stroller. There is no playground, but

lots of the natural world to explore. And if that doesn't satisfy, Inglewood is nearby for an ice cream, coffee, or beer.



### Board Meeting

If you would be interested in finding out how the day care works, you can join the Parent Board at any time. The Board consists of Parents just like you and they meet monthly. Please call the Day Care and talk to Bridget or Ronda if you would like more information. 403-273-6360.

"Alone we can do so little, together we can do so much."

Hi Everyone! It is time for us to review our services to our families. Please go on our website [www.childcarecalgary.com](http://www.childcarecalgary.com) to complete the survey and return it to us. Thank you for your feedback.