

Note Worthy

Activity plan:

NUTRITION

Closure Days:

Monday February 20,
2017

Meeting:

Provider Appreciation
TBA

Subbing contact person:

Feb 4/5 Noreen

Feb 11/12 Andrea

Feb 18/19 Noreen

Feb 25/26 Andrea



February 2017 Provider Newsletter

Provider Appreciation/Team Building Night

THERE IS NO MEETING on February 8th we are finalizing plans for our appreciation/team building night. We should be able to send out an email at the end of the week with all of the information.

Income Tax Receipts

Provider T4A's will be mailed out from the accountant in the next 2 weeks. \$15 will be deducted from your invoice. If you have any questions call the office.

Parent tax receipts are in the Provider mailboxes please give them to your clients.

Review Menus

Please check your menus to make sure you are offering at least 3 food groups for snacks and all 4 food groups for lunch and supper.

Meat and Alternates seems to be the most confusing for people. Here are some examples of food items that would be a part of the Meat and Alternates group- all types of meat, fish, lentils, tofu, quinoa, chickpeas, garbanzo beans, kidney beans, nuts, hemp/chia seeds, peanut butter, eggs. You should all have a copy of the Canada Food Guide for information to help you plan your menu, if you need one there are some in the office.

HANDWASHING

Just a reminder with it being cold and flu season to make sure you are implementing appropriate handwashing procedures.

Before and after diapering, before and after eating, after using the washroom, before and after preparing foods, after wiping a child's etc.

Reminder

Please take all of the items out of your mailbox not just your cheque. We put documents and information in your folder that are important for you to have.

Renovations

Please contact the office to let us know if you are doing renovations in your home that may affect your ability to maintain health and safety standards. If we know you are renovating we will help you put a plan together to assist you with maintaining the necessary standards.

CRIBS

Double check your cribs. Drop side cribs are illegal and can't be used. If you have one you need to get rid of it.



Outings

If you have off site outings listed on your activity calendar you need to have the matching off site permission form in place even if the weather is too cold and you don't go. If these types of outings are listed on the calendar it will be assumed that you were planning to go and therefore an off- site permission should have been in place at the beginning of the month to match the outing.

Serena Pollock will be in the office on days when both Andrea and Noreen need to be out of the office. She will be doing a few day home visits. She will not be in the office full time as she is still running her day home.

Tax Information

We didn't have enough Providers needing the Tax workshop to facilitated bringing in an accountant. We have resources in the office and we can connect you with an accountant that understands day homes.

Backyards

We know that you may not be using your backyards as much in the cold weather but it still needs to be clean. Please don't use it as a dumping ground for bags full of garbage, excess cardboard, discarded materials etc. If your backyard is part of your approved areas and accessed by the children it needs to be clean.

FAMILY DAY ACTIVITIES-SPEND THE CONNECTING WITH YOUR FAMILY

Why Unplug? By graduation, the average teen will have spent more time watching screens than being in the classroom, playing sports and talking to their parents. (screensmart.ca)

Why Connect? Children and youth who are frequently connected to adults and other community supports are more likely to have a high standard of well-being in health and resiliency and traits like strong academic and social performance, compassion, and leadership are highly promoted. (search-institute.org)

How to Connect

Events around Lethbridge on Family Day:

- Play Day 2017** | 11am-3pm, University of Lethbridge/1st Choice Savings Centre (free)
- Family Day Event** | 1pm-4pm, YMCA (free for families)
- Family History Day** | 1pm-4:30pm, Galt Museum (free)
- Family Fun Day** | 10:30am-3:30pm, CASA, Community Arts Centre (free)
- Family Day Special** | 11am-4pm, Helen Schuler Nature Centre (free)

