



KIDZCLUB NEWSLETTER SEPTEMBER 2023

Dear Families of Sacred Heart School and Kidzclub,

Welcome to a new year of Out of School Care at KIDZCLUB Sacred Heart!

Thank you for trusting us to provide care for your children.

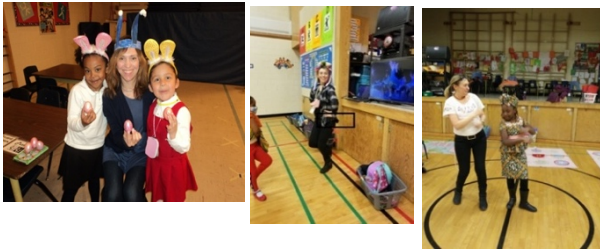
We look forward to meeting you and your children and have an exciting and full of fun activities year together.

Please read this newsletter for some important information

MEET THE PEOPLE WHO ARE GOING TO CARE FOR YOUR CHILDREN.

Please visit our website to read our staff's biographies.

Ms Tanya - Program Director



Ms Nora - Program Supervisor



Ms Jen - Head of "Love you children" and "Let's have fun" club



PROGRAM LOCATION

Please be advised that Kidzclub primary location is the gym. Usually, we are at the gym from 7:00 till 8:00 and 2:40 till 6:00. Please drop off and pick up your children at/from the gym during this time (use playground door: ring the bell or call our staff). From 8:00 till 2:40 we are in the kindergarten room (located upstairs). If you are picking up/dropping off your children during this time, please call Kidzclub staff.

DROP OFF/PICK UP

For the safety of our children, all parents asked to respect the following procedures:

- In the morning (7:00-7:55) parents have to sign-in children into the Program in person. After school (2:40-6:00) all parents have to sign-out children from the Program in person.
- Only parents/guardians and person indicated as an emergency contacts can pick up children. If you wish other people to pick up your children, please fill in a "non-guardian pick up" form.
- If your children are not attending the program and/or picked up directly from the school, please notify our staff.

Note: Kindergarten children will be dropped off at 8:00 am (if you start Program at 7:00) and picked up from kindergarten class and sign-in/out by Program staff. All school age children have to go to classes at 8:00 (if you start Program at 7:00) and come to the Program after school by themselves at 2:40 (teachers will be notified which children in their class are attending the Program) and will be sign-in to the Program by staff.

ORIENTATION

All new families will be given on-site orientation/interview and will be asked to sign all necessary forms during September. If you have not done so yet, please read the Parents Handbook (www.kidzclubchildren.com) and sign the last page (Parents Agreement) and bring it to the Program on your first day.

HOW TO FIND INFORMATION

We will be happy to answer all your questions about the Program and your children, to listen to your ideas about Program improvement and assist you at any time. If we are busy with other children during the program time, we will be happy to book an individual meeting at a convenient time for you.

We will update you with all Program news and monthly calendar in our monthly newsletters, which will be sent to you via e-mail. Also, you can find important information, such as: program yearly calendar, program curriculum, latest newsletters, Parent's Handbook, pictures of children involved in different activities, staff's biography, community information and much more if you visit our website: www.kidzclubchildren.com

RESTING TIME

Dear parents, our little ones who are at kindergarten room have a resting time. Please provide your child with a blanket to make their nap time comfortable.



CHILDREN'S BELONGINGS

Please write your child's name on all his/her belongings.

SHOES

Please provide your children with extra pair of inside shoes for the Program. (will be kept at children's baskets at the Program)

FEE PAYMENT and LATE PICK UP

Child care payments are due on 1st to the 5th day of each month. All children have to be picked up no later than 6:00 pm. Late payments and late pick up will incur an extra charge.

RECEIPTS FOR TAX PURPOSES

Please keep your copy of receipts and use them when filing your income tax. At the end of a tax year, you can also request the tax form.

SEPTEMBER CALENDAR



During September, we are planning to cover topics: "Back to school" and "All about me".

September 5-6 Staggered entry for Grade 1-6
September 11-12 - Staggered entry for Kindergarten

Staggered entry schedule

Grades 1 - 6: Staggered entry days are September 5, September 6;
Regular entry for Grade 1-6 starts September 7, 2023
Kidzclub Program will be in the Gym during staggered entries

Kindergarten

Staggered entry days are Monday, September 11 and Tuesday, September 12.
There is no Program for Kindergarten students from September 5 - 8, 2023
Regular entry day for all Kindergarten students is Wednesday, September 13, 2023.

**Kidzclub will only take the children during the staggered entry who are scheduled to attend the school this day
Please check with school what day your children are scheduled to attend.**

September 7 - First day of regular entry for school age children.
September 13 - Kindergarten children first day of regular entry
September 22 - Parent/Teacher conferences in school. No school. Program is open from 7:00 am till 6:00 pm.

THANK YOU, ALL FAMILIES IN PARTICIPATING IN OUR MULTICULTURAL POTLUCK and PARTY!



COMMUNITY INFO

Some activities ideas for children

Activities at home: <https://kidsupfront.com/kidsathome/#featured-resources>

Looking for more ideas?

Visit: <https://www.familyfuncanada.com/calgary/spring-break-events/>

<https://www.calgary.ca/csps/parks/locations/se-parks/inglewood-bird-sanctuary.html>

Build a positive relationship with your children, read the information below:

How to Use Positive Language to Improve Your Child's Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini; adapted by The GRIT Program

"Stop it." "No." "Don't do that!" As a parent, you might find yourself using these phrases when your child begins to make his own choices. What if, rather than tell your child what he can't do, you chose words to tell him what he *can* do? This shift in language might seem small, but it can powerfully change the tone of the conversation. When you use positive language with your child, you will likely find that he communicates with challenging behaviors less often.

Unlike adults, young children aren't yet able to make the connection that when they're told not to do something, what they should is the opposite. "Don't climb on the counter" can be vague to a child. However, "Please keep your feet on the floor" tells the child exactly what the expectation is and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own, which can boost his self-esteem. When your directions specifically state exactly what to do and when, it is easier for your child to comply, and he's more likely to cooperate with the request.



Suggestions for Families

Replace "don't" with "do". If you see your child cutting the leaves of a plant, rather than saying "Don't cut that!" you could say, "Scissors are for cutting paper or play dough. Which one do you want to cut?" It is more likely that your child will make an appropriate choice when you help her to understand exactly what options are available. As well, when you provide your child with a choice of things that he can do, he is more likely to select one because it makes him feel like he is in control. This strategy also works for you as a parent because you approve of either choice.

Tell your child "when." When your child asks for something, instead of saying no, acknowledge her wish and tell her when she can do it. This answer feels more like a "yes" to a child. For example, if your child asks to go to the park and you are working on the computer, you could say, "The park is a great idea! I need to finish this letter for work right now; we can go after lunch." Another way to positively tell a child when he can do something is with a "first-then" statement. For example, if he wants to watch TV but you need him to pick up his toys, you could say, "First, pick up your toys, then you may watch a TV show."

Give your child time to think. You may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands or raise your voice. Remember that your child is still learning language and how to use it. She needs time to think about what you said and how to respond. It can take several seconds, or even minutes, longer than you to process the information. When you stay calm and patiently repeat the statement again, you will see less challenging behavior and enjoy more quality time with your child.

Sometimes your child may need you to help him remember what you asked him to do in order to do it. "I remember" statements can be useful in these situations. For example, imagine you have asked your child to put on his shoes so to go outside, and he comes to you without his shoes on, trying to go out. You can say, "I remember you need to put your shoes on before you can go outside." Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel like he has failed.

Suggestions for Educators

Educators use positive language at school to help children gain confidence and independence. When educators tell children what they can do, they begin to manage themselves, routines, and interactions with peers independently. For example, a child throwing sand on the playground can be shown that, instead, she can use a shovel to put the sand in a bucket. The educator might say, "If you want to play with the sand, you can fill this bucket. Would you like the blue bucket or the red one?" In this way, the educator honors the child's interest, but directs it to a more appropriate play choice.

The Bottom Line

Positive relationships with parents, educators and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child's self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk to your child has a significant impact on his behavior. Making positive changes to your communication style can be hard work, but with a little practice, you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent and, as a result, you will enjoy better overall cooperation.



More resources can be found at:
www.challengingbehavior.org
www.caesf.vanderbilt.edu



Kind Regards,
Yours truly,
Tetyana, Nora, Jen, Len, Danniell

