

KIDS CAMPUS NEWSLETTER

September 2025

What's cookin!

- We are celebrating the month's birthdays on the last Wednesday of the month! The kitchen will be making cupcakes for last snack on this day!
- We work with a 4 week, seasonal, rotational menu! The kitchen has been incorporating a few new menu items to the summer and upcoming fall menu!
 - Spinach dip with bread
 - Hummus and naan
 - Scrambled eggs and pancakes
 - Quesadillas
 - Sweet potato mac and cheese
 - Butter chicken

Resources

- Here is some general information about food for children! Might be helpful for school lunches as well!
- "Raising mentally strong children" by Charles Fay and Daniel Amen

Important Dates

19

Pajama Day

PAJAMAS
ALL DAY

25

Fire department
visit to the
daycare!



30

Truth and
reconciliation day.
Please wear orange.
(We are OPEN)



Contact Info

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Policy Highlights

Since it is the start of a new school year, I thought I would highlight some policies that we have as a reminder!

End of care

If you end up moving and /or are not needing care anymore, please provide us with a full months notice (eg. notice on September 1st to be done on September 30th). Notice on September 15th for a October 15th last day does not work for us. Alternatively, you will be charged a full month's fee (without any grants applied) in replace of a full month's notice.

Sign in

Please remember to sign your child in on the tablet, and bring them to the appropriate room!

Non-arrival

Please remember to call us (or leave a message) or send us an email in the event that your child will not be showing up for the day! This helps us plan our day more efficiently!

Drop off time

If you are able, please attempt to drop off before 9:30am. If you drop off after 9:30am, the children will be done snack and may already be off the premises and parents will have to meet the room where they are at.

Mabels Labels

If you are looking for a way to label the rest of your child's things for school or daycare, Mabel's Labels is a cute and durable option!





Nutrition News

Brought to you by Central Zone
Public Health Dietitians

As summer winds down, September is a great time to refresh routines and explore new fall-inspired foods and activities. Discover fun ways to pack, play, and fuel your child's day!

Tips for packing lunches:

Try to pack go, grow, and glow foods!

- **Go foods:** Are grains that give energy to run and play (example: soft pasta, rice, toast fingers, muffins) 
- **Grow foods:** Are proteins that help bodies get strong (example: eggs, yogurt, beans, chicken) 
- **Glow foods:** Are veggies and fruit that keep skin, eyes, and tummies healthy (mango, apple sauce, lettuce)
- Don't forget to **pack a water bottle** to help children stay hydrated throughout the day! 

3 activities to try in September

Lunches are just the start! Spark your child's love of food with these fun seasonal activities:

- **Nature walk:** gather leaves, spot colours changing, and share a fall snack 
- **Veggie stamping:** use halved apples, zucchini, or carrots to paint!
- **Apple or pear tasting:** try different colours or varieties. Talk together about taste and texture 

Fuel your child with fall's best!

Harvest Overnight Oat Cup



- Rolled oats + milk + yogurt
- Stir in unsweetened applesauce + cinnamon
- Leave in fridge overnight

Chicken and Apple Mini Meatballs

- Ground chicken + grated apple + grated carrot
- Add small handful of breadcrumbs + 1 egg
- Roll, bake until cooked

Cheesy Veggie Egg Muffins



- Whisk eggs + grated zucchini and carrot + a handful of cheese
- Pour into muffin tin and bake until set
- Eat warm or cold!



Try our Lunchbox Generator and Lunchbox Builder!

Need other ideas on what to pack? Use our [Lunchbox Generator](#) and [Lunchbox Builder](#) to mix vegetables and fruit, whole grains, and protein foods for balanced, child-friendly lunches and snacks.



For more info email: publichealthnutrition.centralzone@ahs.ca

Everyday and Everyway Talking about... September



Fall is a great time to spend outdoors. The weather is still warm enough to enjoy being outside. Walking to the park or playing in the yard is a great chance to learn. Include your child in activities you do in the yard during the fall. Talk about what you do and why you do it. Play together and have fun.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Collecting leaves

- Talk about the leaves.
 - What colour are they?
 - What sound do they make when you step on them?
 - Do the leaves feel dry or wet?
- Collect your favourite leaves.
- Glue the leaves on paper to make a picture.

Raking leaves

Let your child help you rake leaves – even toddlers can help with a toy rake.

- Make a big pile of leaves to run and jump into.
- Let your child bury you with leaves.
- Talk about where all the leaves have stuck to you. Are they on your hair, shoe, sock, or pants?
 - Hide outdoor toys in the leaves and search for them.
- Let your child help put the leaves in the bag.

Yard clean up

Your child can have fun in the garden.

- She can pull up the dead plants.
- She can dig in the dirt with her toy shovel.
- She can learn new words like, dig, dirty, clump, worm, root, and rock.

Back to school

Do you have another child who goes to school?

- Talk about how he gets to school – by walking, taking the bus, or going in the car.
- Talk to your younger child about the change that will happen when his brother or sister goes to school.
- Explain that preschool, play groups, and community or church groups are like school.
- Let all your children tell you what they did at school that day.

Farmer's market

A farmer's market or the grocery store is a fun way to learn about different fruit and vegetables.

- Let your child feel how heavy a pumpkin and a carrot are.
- Talk about all the different colours of apples.
- Talk about which fruit and vegetables she likes to eat.
- Your older child can play a sorting game – pick something up and have her tell you if it is a fruit or a vegetable.





Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

Apple song

Author unknown

Apples, apples, good to eat,
Apples, apples, juicy and sweet.
Pick them from a tree, buy them at a store.
Apples, apples, we want more!



Books

Go to your local public library to find these and many more great books.

Growing vegetable soup by L. Ehlert

The apple pie book by Zoe Hall

Fall leaves fall by Zoe Hall

Froggy goes to school by Johnathan London

Spot goes to school by Eric Hill

The little mouse, the red ripe strawberry, and the big hungry bear
by Don and Audrey Wood

Where are you? by Francesca Simon and David Melling



Crafts

For more craft ideas go to www.wondertime.go.com

Handprint falling leaves picture

Go for a walk to see the falling leaves. After, make hand and arm tracings into a colourful autumn picture!

Materials needed

1 large sheet of paper – big enough to trace one of your child's arms and hands with fingers spread.

Crayons or markers – at least 1 brown one

Orange, yellow, and red stamping pads

Instructions

On a large sheet of paper, trace your child's hand and arm. Extend the fingers upward to look like branches of a tree.

Have your child colour in the tree trunk with a brown crayon or marker.

Have your child press one finger at a time onto the stamp pad and then press it on the paper. This will make the leaves.

Keep making finger prints until your picture looks like a fall tree. Remember to put some fingerprints along the bottom of the picture to make leaves on the ground.

Keep a cloth handy to wipe off inky fingers!

Children learn through everyday moments.

Check out next month's activity page for more ideas.

Remember to ...

- Follow your child's lead
- Add new words and ideas
- Repeat new words over and over