



*Providing a foundation for lifelong growth*

## October 2017 Parent Newsletter



How wonderful is it to enjoy such beautiful Autumn days? Children get so excited playing in the crackling leaves, bundling up for cool walks and searching for ladybugs! ☺ Enjoy your children and some fresh air time together!

Please note - We are CLOSED Monday, Oct. 9<sup>th</sup> for the Thanksgiving Long Weekend. We will re-open Tuesday, October 10<sup>th</sup> at 8:30 a.m.

Child Care fees are due October 3. Late fees apply October 4.

Please note, by request of several parents, we have started automatically sending out invoices by email during the last week of each month, for the following month, to all parents. This invoice is for regular monthly fees only, and will not include any overuse or additional monthly charges. If you are on our E.F.T. program, or automatic credit card billing, your payments will still be processed at the usual time. Please remember, if you need to change your number of days for the month, please call in to the office prior to the last week of the month for the following month to ensure your invoice reflects your use.

### **IMPORTANT!**

**The number of allowable days in October is 21. If you are using care on the holiday Monday, please be aware there will be an additional day's charge if you overuse allowable days.**

**Saturday Oct 21<sup>st</sup>. Mini-Max!** This mini-conference is an opportunity for you to share in some great keynote speakers with your Provider! Information was sent out with last month's newsletter, and it's not too late to register! If you are interested in attending, please call or email the office, or go to [www.cafdha.com](http://www.cafdha.com)

### Parent Sharing Corner:

We didn't have a parent submission this month, but we have a suggestion for you! Are you looking for a delicious smoothie option, packed with nutrition? Try this favorite from the office staff! (psst, you can't taste the kale!)

1 – 2 cups frozen mango chunks

1 – 2 cups frozen pineapple chunks

1 – 2 handfuls of kale

¼ - ½ cup of apple juice

¼ - ½ cup orange juice

Water to desired consistency

Blend all together on high until smooth. Enjoy!

Please share your ideas for some great activities with us for future newsletters!



### Did you know...?

500 Days Until the 2019 Winter Games!! Oct. 3, 2017

Join the 2019 Canada Winter Games Host Society as we mark 500 Days until the 2019 Games and unveil our mascot! 5 - 8 p.m. Free BBQ\* Fun, games and giveaways! 5:30 p.m. Mascot reveal 6 p.m. Meet the Mascot, presented by Riverside Dental \*Quantities are limited to the first 2,000 attendees The event will be held at Bower Place! For more information, please visit [www.canadagames.ca/2019](http://www.canadagames.ca/2019)