



*Providing a foundation for lifelong growth*

## **November 2020 Parent Newsletter**



Happy November! We hope everyone is having a safe and healthy Fall! Children love this weather, and are very creative in their play while outdoors! Please ensure you are packing at least one extra change of clothing, and outerwear for wet, cold play while outdoors.

**The number of allowable days in November is 20.  
Child Care fees are due by Nov. 3 to avoid late payment fees**

**Our office hours for November are:**

**Mondays – Thursdays 8:30 am to 4:00 pm  
Fridays 8:30 am to 2:00 pm**



**Wednesday, Nov. 11, 2020 – CLOSED for Remembrance Day**

Thank you for your continuing cooperation as we navigate through the pandemic. It has been challenging! As of Monday Nov. 2, we have new child care guidelines. Please check out the full guidelines at [www.alberta.ca](http://www.alberta.ca), or you can go to our website at [www.newdimensionsfamilydayhome.com](http://www.newdimensionsfamilydayhome.com) to see the checklist you will now use at drop off each morning. Please note that these new guidelines pertain to children ONLY.

- 1) Exposure to COVID-19, or travel outside of Canada – quarantine for 14 days from last date of exposure.
- 2) New onset of fever, cough, shortness of breath, loss of sense of taste or smell – child must isolate from 10 days of onset of symptoms, call 811 to discuss testing or receive information on isolation.
- 3) New onset (or worsening) chills, runny nose, sore throat, congestion, feeling unwell or fatigued, nausea, vomiting, diarrhea, unexplained loss of appetite, muscle or joint aches or headache – child must be kept at home for 24 hours and monitored. If symptom improves, the child may return

(please confirm your provider's illness policy). If symptom does not improve, gets worse or is accompanied by other symptoms, contact 811 to see if testing would be recommended. Your child may return to care once symptoms are gone (again, please check with your provider for their illness policy).

Adults with any symptom – previous guidelines of isolation and testing apply.

Please check our Facebook page for tips and updates throughout the month!

**Our WOW Award winner for November is Micah! Congratulations!**

Here are some inexpensive fun weekend activities to do on the days when it's too cold to be outside!



Create a "laser maze" with painter's tape

Paint with objects – hot wheels car wheels, vegetables, sponges, paint brushes, hands or feet!

Try a new recipe!

## **Pumpkin Cream Cheese Bread**

Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 1 hour 5 minutes

Servings: 8 1 loaf

*Pumpkin Cream Cheese Bread. Super soft, moist and perfectly spiced! The perfect breakfast or dessert for Fall!*

### **Ingredients**

- 1 cup pumpkin puree not pumpkin pie filling
- 1 large egg
- 3/4 cup light brown sugar
- 1/4 cup oil
- 1/4 cup cup sour cream
- 1 teaspoon vanilla extract
- 1/2 tablespoon pumpkin pie spice
- 1 cup all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

### **Cream Cheese Filling**

- 1 large egg
- 4 ounces cream cheese softened
- 1/4 cup granulated sugar
- 3 tablespoons all purpose flour

### **Instructions**

1. Preheat oven to 350 degrees. Grease a 9 x 5 loaf pan with cooking spray, set aside. In a large bowl combine pumpkin, egg, brown sugar, oil, sour cream and vanilla extract.
2. Fold in the pumpkin spice, flour, baking powder, baking soda, salt just until just combined.
3. Pour 2/3 of the batter into the prepared pan.
4. Meanwhile prepare the cream cheese filling by whisking all of the ingredients in a medium bowl.
5. Pour the cream cheese filling on top of the batter spreading it out gently with a spatula.
6. Pour the remaining batter on top carefully spreading it as well.
7. Bake for 45-50 minutes or until a toothpick comes out mostly clean. Cool in the pan for 15 minutes before removing to a wire rack to cool completely.



### **DID YOU KNOW?**

Most of the planning that you see at your provider's home is based on an early learning curriculum called "Flight: Alberta's Early Learning and Care Framework". This information is available online! You can go to [www.flightframework.ca](http://www.flightframework.ca) to view the Framework, and see examples of curriculum in action.