



Bloordale Newsletter

January 2021

Celebrating 50 years providing childcare in Etobicoke

From the Desk of the Supervisor

Happy New Year! Welcome all to 2021!

We hope that all families enjoyed a safe and restful holiday and are just as excited as we are to kick off a great start to a new year.

It is a pleasure to inform you that the Infant room will be opening on January 4th with three infants to start, as well as our Toddler 1 room.

Our hours of operation will move to 7:45-5:45 effective January 4th to ensure continuing safety protocols and cleaning.

We continue to follow all required guidelines set out by Toronto Public Health, Ministry of Labour, Children Services, Ministry of Education and so on. An updated copy of our COVID-19 Response Policy is posted on our website.



A reminder all, we are required to park in the designated parking lot and not in the driveway when dropping off and picking up your child. The

Board and Staff News

The Board of Directors will meet next month by ZOOM
Wednesday, February 11th at 7:00.

Please notify Michelle if you would like to attend so that she may forward the access information.



Welcome Chelsea and Sabrina to the Bloordale team!

DATES TO REMEMBER

1st - New Year's Day
(Make a resolution you can keep!) **Centre Closed**



6th - Epiphany
7th - Orthodox Christmas
14th - Orthodox New Year
18th - Martin Luther King Day

It is important that we can connect with you, especially in the event of an emergency! Please notify the centre if any of your contact information (email or phone) has changed.

The Importance of Laughter

Researchers have found that laughter boosts the immune system, increasing the number of antibody-producing T cells.

Laughter relieves pain

A good chortle has been found to reduce pain. Not only does it distract you from aches, but it releases "feel-good" endorphins into your system that are more powerful than the same amount of morphine.

Laughter improves your social life
If you can make people laugh, then you're likely to have more friends, because everyone loves a joker. You're also likely to achieve more at work: if you have a good sense of humour you'll be more productive, a better communicator and team player.

Laughter protects your heart
According to a study by heart specialists at the University of Maryland, people with heart disease were 40% less likely to laugh in a variety of situations compared to people of the same age without heart disease.

Laughter helps you lose weight
Burning off calories by laughing might not sound as if it has much use, but a hearty chuckle raises the heart rate and speeds up the metabolism.

http://laughteryoga.org/index.php?option=com_content&view=article&catid=237:news-archive&id=1087:10-reasons-why-laughing-is-good-for-you&Itemid=480