



Bloordale Newsletter

November 2021

Celebrating 50 years providing childcare in Etobicoke

From the Desk of the Supervisor

Thank you to all the families that participated in Early Childhood Educator and Child Care Worker Appreciation Day. The staff felt loved and enjoyed a fun filled day. The pictures from the children were displayed outside each classroom for all the staff to see.



Please note, effective December 1, 2021, our old e-mail address will no longer be effective. Please forward all correspondence to **terrytanbloordale@gmail.com**



For those who like to plan ahead, Terry Tan will be closed for the holidays December 24 at 2:00 and all day December 27,28 and 31.

We will reopen January 3, 2022.

Did you know?

The beginning and end of daylight saving time can cause sleep problems for parents and children alike. When the clock falls back by one hour, younger children may get up earlier and might need some time to adjust to the change.

Studies have shown that preparing your child a few days ahead of time can have a positive impact on them. Some suggestions are to move your child's bedtime. This approach will hopefully cushion the landing from "falling back" and help you get a little more sleep.

Some steps parents can take to help make this transition easier can be to Move your child's sleep period later by 30 minutes for three days before "falling back" and then back to their old schedule on the "new time", effectively moving their sleep period an hour later.

Remember, good sleep means having enough opportunity to sleep, but also restful sleep, falling asleep within 30 minutes of laying down, staying asleep all night, and feeling alert during the day.

Helping children understand that sleep is an essential part of a healthy lifestyle is important for their future, as poor sleep can increase the risk of physical health problems throughout a child's life.

Also a time to check your carbon monoxide and fire detectors.

Board and Staff News

The Board of Directors will meet on the 10th @ 7:00 p.m. via Zoom.

Please let Michelle know if you would like to attend.



Parents please save your child's screening form to your home screen (iPhone/Android phones, tablet) or save the link to your "favourites" for easier access.

Please submit prior to your arrival.

Thank you!!

DATES TO REMEMBER

Nov. 7th – Daylight Saving Time Ends (turn your clock back one hour)

Nov. 11th – Remembrance Day

Nov. 29th – Hanukkah

