



## A Thankful Heart, A Cozy Night, A Little Hand To Hold

As the year draws nearer to a close, the days get cooler, and the nights sneak up on us faster, it's important to take a moment this time of year to remember to be thankful for the wonderful people and privileges in our lives. There is no better time to fill our hearts with gratitude than this Thanksgiving season. We are thankful for the children in our lives who bring us together and remind us to slow down and appreciate the little moments. We are thankful for the lives we live, the homes we have created, and the work we are given that enable us to accomplish our goals. We are thankful to the people who bless our lives and the connections we make, for without these supporters, we wouldn't be where we are today, and we are thankful for the challenges we face as they make us stronger year by year.

This time of year, as we are sitting around our tables with family and friends, we take stock of all we have become, and all we want to be moving forward. We express our gratitude and remind ourselves of how fortunate we are in life. For some families, this season may look like a turkey dinner, or a foot ball game. It could look like a movie marathon, pumpkin patch visits, or a hike in the woods. It's the cooler nights that signal it's time to get cozy with a good book, a family board game night, or a visit with grandparents. However your gratitude looks, take time in these upcoming weeks to reflect and offer a talking point to the special young ones in your life. What does gratitude look like to them? This point of connection can spark big ideas, fill loving hearts, and make us consider things we may not have noticed before. As always, we would love to hear from you, the parents! Please feel free to connect with us and share your child's list of gratitude's to [mtjbariana@gmail.com](mailto:mtjbariana@gmail.com) for a chance to be featured in our next edition!

### In This Issue -

Welcome Message

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Scholastic Is Back

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A Bunch of Munsch

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Halloween Safety

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Program Highlights

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Healthy Breakfasts

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Upcoming Events

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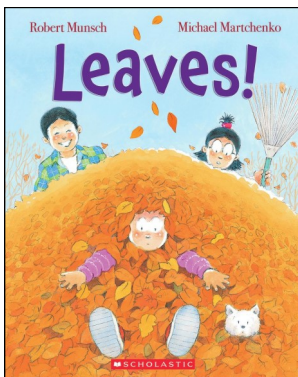


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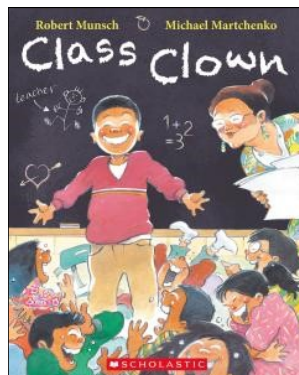
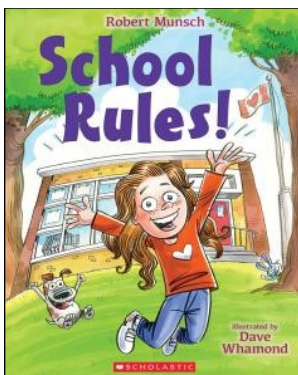
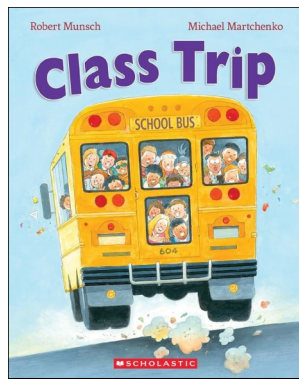
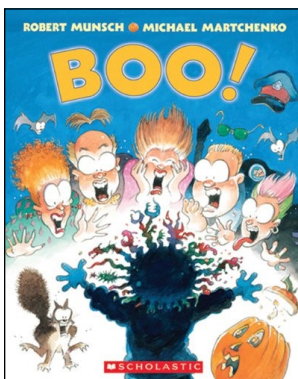
We are excited to reintroduce Scholastic Book Club **Is Back!** flyers to our childcare classrooms! These flyers will be distributed every two months and will include a due date for placing orders. Reading with your child opens the door to countless adventures around the world, all from the comfort of your home. Sharing a book together not only nurtures a love of reading but also strengthens the special bond between parent and child. Cuddling up with a good story creates meaningful moments and lasting memories. Ask your child's classroom educator for our unique class code or look for it at the top of the scholastics flyer. Each order placed will provide a return in books for your child's program! Choose the "ship to centre" option for free shipping!

## A Bunch of Munsch!

Robert Munsch is a popular children's author who has written many hilarious and well-loved books. Munsch moved from the USA to Canada in 1975, where he has gone on to teach and continue to write. He now has over 80 published works! His best-known works are "Love You Forever" and "The Paper Bag Princess". Munsch's stories give children agency through his child-centred themes and relatable characters, making him a favourite in many households. His unique storytelling style and repeated language also encourage participation and phonological awareness, and his humour will have children asking for a re-read again and again! Below are a few great options to read with your children this autumn season!



We would love to hear from you! Do you have a favourite Robert Munsch story in your family? A great memory of a connection with a child and their favourite book? Email us at [mtjbariana@gmail.com](mailto:mtjbariana@gmail.com) to share your story!



# HALLOWEEN

## SAFETY TIPS

- ### 1 Use Reflective Costumes

Wear costumes with reflective strips or bright colors so drivers can easily spot kids.


- ### 2 Check Treats

Look over all candy first; only eat treats that are sealed and show no signs of tampering.


- ### 3 Road Safety

Stick to sidewalks and avoid walking on roads to reduce the risk of accidents. Always look both ways before crossing the street.


- ### 4 Stay Together

Whether as a family or a group of friends, stay together. Do not walk around alone.


- ### 5 Look for Lights

Avoid dark houses and only approach houses that are well lit and decorated.


- ### 6 Set a Curfew

Agree on a return time to make sure kids are home safely and not out too late.



# Program Highlights - Prescott - St. Mark & Wellington - Tuff Tray Exploration

Our Prescott sites were the happy recipients of new tuff trays this fall, and our young friends have been busy exploring the themes and materials provided by our knowledgeable educators to promote fine motor development, communication, critical and creative thinking, and social skills! A tuff tray is a large, sturdy, and shallow plastic tray with raised edges that can be used to set up engaging, open-ended play experiences. From baking pies in a dramatic play setup, to exploring the sensory and scientific components of apple-scented home-made play-dough, tuff trays offer a wide range of opportunities to explore and think critically in a playful way! Our educators are thankful for this amazing addition to their rooms!



## Truth & Reconciliation Day Activities

From Infant to School-Age, our programs honoured Truth and Reconciliation Day and the Every Child Matters Campaign throughout our Centres on September 30th.



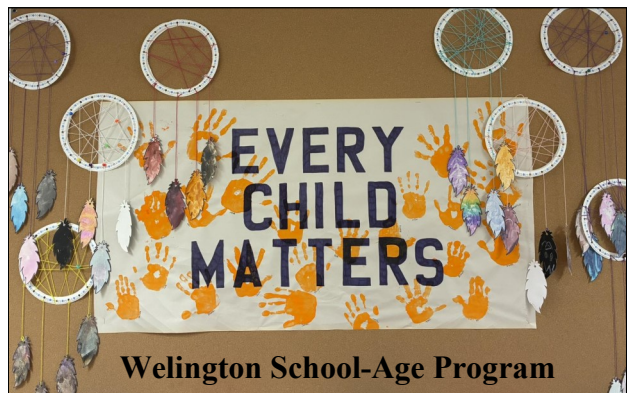
Maynard Infant Program



Maynard Preschool 1 Program



St. Mark Kinder Program



Wellington School-Age Program

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## The Importance of a Healthy Breakfast

We have all heard that breakfast is the most important meal of the day, so why is it that we often rush it or skip it altogether? Eating breakfast sets the tone for our day, fuels our bodies with energy, and can be a great moment to connect before we go off on our separate ways for the day. While mornings can feel like a whirlwind, the only thing that we should be scrambling is our eggs! Sometimes it does take a little extra planning, and maybe an earlier alarm, but a morning without the chaos is definitely worth it!

Here are a few easy and fun ideas to try to uplift your mornings with your little ones! We so often fall into the habit of overly sugary cereals or plain white toast, but there is such a variety of amazing morning enhancers that keep our bodies and minds sharp and ready for the day.

Need a quick way to feed a group of hungry learners? Sheet Pancakes are a fun and easy way to make a variety of pancake options all at once! Simply grease a baking sheet, pour in your pancake batter, and add toppings according to preference. We like to split the pan into four different sections to appease even the pickiest of eaters! Once it's cooked, it just needs to be sliced and served!

Looking for a way to pack in some more fruity nutrients while leveling up your toast game? Blend a handful of strawberries with a stick of butter and spread on toast or bagels for a fun and colourful morning snack!

And let's not forget that smoothies are a fast and easy way to fill our bellies! As a bonus, they are perfect for busy mornings and can be taken to go! You can blend frozen pumpkin puree, plain Greek yogurt, and whole milk to create a delicious Pumpkin Spice Smoothie - a classic fall treat and healthy too! If pumpkin is not your jam, not to worry - substitute the pumpkin with a fruit of your choice!

Of course, there's also the time-honoured yogurt parfait. This easy breakfast can often be overlooked, but it is filled with nutrients that feed the brain and can be easily customized to suit each individual's preferences. Just add yogurt, granola, and a choice of fruit for a filling and well-balanced breakfast.

Mornings can also be fun when we add a little magic and imagination to our meals! An English muffin, a spread of choice, and a few well-placed fruits not only provide a nutritious breakfast, but they also make up some of our best childhood memories! Breakfast doesn't have to be fast just because it's in the name! It's time we reclaim our mornings and bring back the fun, connection, nutrition, and wonder of our day-to-day morning routines! Let us know if you have any go-to breakfast recipes you would like to share with others at [mtjbariana@gmail.com](mailto:mtjbariana@gmail.com)!



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Don't miss out on these upcoming events!

- ◆ October 3rd - ALL SITES CLOSED FOR PROFESSIONAL LEARNING DAY
- ◆ October 13th - CLOSED FOR THANKSGIVING
- ◆ October 20th - PA DAY for UCDSB/CDSBEO
- ◆ October 21st - ECE Appreciation Day
- ◆ October 31st - Halloween

Upcoming  
**EVENTS**

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MAYNARD MS 613 925 4032 | PRESCOTT STM 613 415 6873 | PRESCOTT WES 613 246 7755

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