

July 2021 Newsletter

July 1, 2021

Innisfail & Area Family Day Home Society



Summer Fun for the Whole Family



Having fun this summer doesn't have to break the bank! There are many family-friendly activities that are free or inexpensive:

- * Visit the library (*call your local library – many are offering free cards*)
- * Fly a kite
- * Play hide and seek
- * Have a water balloon fight
- * Do a scavenger hunt in your yard or around town—*try geocaching*
- * Make paper airplanes
- * Go hiking or on a nature walk—*many towns have beautiful nature trails!*
- * Hula hoop
- * Play hopscotch
- * Blow bubbles
- * Make a blanket fort
- * Make paper bag puppets
- * Sidewalk chalk art
- * Play a card game
- * Sing YouTube karaoke
- * Make homemade ice cream
- * Build a cardboard box castle
- * Have a picnic & story in the park
- * Shaving cream or coloured ice art
- * Paint garden rocks
- * Have a pillow fight

Innisfail Lantern Festival

We are excited to be a Glow Level Sponsor for the 1st Annual Innisfail Lantern Festival!

The 1st Annual Lantern Festival will involve a number of FREE community events for two weeks in midsummer, culminating in a magical evening celebration to light up the night on July 24th.

On the evening of July 24th, we will light up the grounds of the Innisfail Historical Village. The IHV will also play host to the

day's activities including lantern decorating, BBQ, and food trucks.

July 10 & 17, 2021

- * Lantern Building Workshops for Kids, Teens & Adults – plus online tutorials that will be accessible anytime

July 24, 2021

- * All-Day BBQ and Food Truck Festival
- * Lantern Decorating

- * Kids' Parade of Light at our local seniors' home
- * Grand Finale Twilight Celebration at dusk to illuminate our collective creations, accompanied by a choreographed light show

innisfaillanternfestival.ca

www.instagram.com/innisfaillanternfestival/

COVID - The plan for the activities corresponds to current Government guidelines

Society News

Happy Birthday!

Carlee G	Maddyn H
Charlotte Y	Mia M
Rhea L	Daityn S
Lincoln H	Denton P
Vikkie H	Carter M
Kylan J	Liliko B
Theodore O	Navdeep J
Crystal H	Mandy J



Reminder

The office is closed
July 1st & 2nd to
celebrate Canada Day!

Wishing Everyone a
Wonderful Day!



Welcome to:

Megan Fikowski

Olds



*Welcome
Sarah!*

Summer Staff Spotlight

I am here as the Summer Children’s Program Assistant and I’m excited to spend this summer with you! My name is Sarah, I’m 24 years old, my hometown is Medicine Hat, and I moved to Red Deer this year to pursue more education.

In 2017, I made the decision to commit two years of my life to college to get my diploma in Early Learning and Child Care and it was one of the best decisions I’ve ever made.

Even though I don’t have my own children yet, I find great reward in being part of the village that it takes to raise a child. Collaborating with fellow educators & parents to provide quality child care, preparing developmentally appropriate play experiences for children to learn through play, and helping recognize the image of the child is my ultimate goal in the child care field as we work as a team to raise these children in our community. I especially

enjoy making learning fun with children as I get the opportunity to get down on their level, be silly, and extending their play to learn more knowledge, abilities, and skills.

I am excited to go on field trips and walks with you and your children to discover the world around them, bringing in play experiences based on their interests to extend their play.

I’m excited to work and collaborate with you and to provide interest-based play experiences.



Summer Fieldtrips

Guidance for day homes providing off-site activities (e.g., field trips):

- o Programs should seek alternative space during field trips to eat lunch or to be separate from multiple groups to ensure they do not use shared areas (e.g., lunch rooms).
- o In order to limit the number of individuals who may be required to quarantine in the event of

a positive case, staff at the off-site activity (i.e. staff that are not part of the child care program) should maintain physical distancing of at least 2 metres from the children and child care staff.

- o Hold activities outdoors as much as possible.
- o Organizations providing off-site activities should develop procedures to address staff that become

symptomatic during the field trip.

Family day home programs should develop procedures to address children or staff developing symptoms during the field trip; plans should include a designated area to isolate the ill individual, what extra supplies may be needed (e.g., face mask for the child, mask/face shield

for the individual attending to the child), how to notify a parent/guardian and how the ill child will be transported home from the offsite activity.

Family day home programs are expected to follow provincial masking laws if using public transit, taxis or commercial ride shares.

** Effective July 1, 2021

Summer is a Time for Rest

The National Sleep Foundation recommends children 1-2 years old need to rest for 11-14 hours each day/night, 3-5 years old need to rest for 10-13 hours each day/night, and 6-13 years old need to rest for 9 to 11 hours each night. The right amount of quality sleep is just as important to your child's development as a good diet and regular exercise.

An overtired child releases a stress hormone called cortisol. This hormone will make it more difficult for someone to fall asleep.

If your child seems to have difficulty falling asleep, start their bedtime 30 minutes earlier and see if that helps.

Start a Bedtime Routine.

Summer is a great time to begin a bedtime schedule. Your child's sleep routine will vary based on what works for your family. This is what a typical routine could look like for preschool-aged children:

- A light snack
- An evening bath
- Brushing teeth
- Reading a story

Wake up Time is Just as Important as Bedtime

Getting your child out of bed at the same time during the summer as they get up during the rest of the year will make the transition from vacation to school seamless.

So, urge your kids to play outside or read near a well-lit light when the alarm goes off. Exposure to bright sunlight early in the day helps regulate one's circadian rhythm.

www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times

Age	Hours of Sleep
New-borns 0-3 months	14 to 17 hours
Infants 4-11 months	12 to 15 hours
Toddlers 1-2 years	11 to 14 hours
Pre-schoolers 3-5 years	10 to 13 hours
School-aged Children 6-13 years	9 to 11 hours
Teens 14-17 years	8 to 10 hours

Making a difference in the lives of children and families since 1983!



INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes



July Celebrations in your Community

Innisfail—innisfail.ca/canada-day-2021/?fbclid=IwAR3o_z_LZ9uONgGkuJaT5DYxK9x19uKlOKBrJ5y5apus_oR5mtT0jNi0cac

www.eventbrite.com/e/canada-day-drive-through-hot-dog-lunch-tickets-158025794405

Olds—www.eventbrite.com/e/canada-day-drive-in-movie-raya-and-the-last-dragon-tickets-158021294947?aff=erelpanelorg

www.eventbrite.com/e/canada-day-drive-in-movie-juanji-welcome-to-the-jungle-tickets-158024685087?aff=erelpanelorg

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Curriculum Corner - Celebrating All Things Canada!

Are you looking for some ideas when planning your July Curriculum? Do

you want to celebrate Canada and investigate all things Canadian?

Here are a few links to get you started on your journey:

- * British Columbia: www.kidzone.ws/geography/bc/index.htm
- * Alberta: www.kidzone.ws/geography/alberta/index.htm
- * Saskatchewan: www.kidzone.ws/geography/saskatchewan/index.htm

- * Manitoba: www.kidzone.ws/geography/manitoba/index.htm
- * Ontario: www.kidzone.ws/geography/ontario/index.htm
- * Quebec: www.kidzone.ws/geography/quebec/index.htm
- * Newfoundland & Labrador: www.kidzone.ws/geography/newfoundland/index.htm
- * PEI: www.kidzone.ws/geography/pei/index.htm
- * New Brunswick: www.kidzone.ws/geography/newbrunswick/index.htm
- * Nova Scotia: www.kidzone.ws/geography/novascotia/index.htm
- * Yukon: www.kidzone.ws/geography/yukon/index.htm
- * NWT: www.kidzone.ws/geography/nwt/index.htm
- * Nunavut: www.kidzone.ws/geography/nunavut/index.htm
- * First Nations, Metis, and Inuit: www.ourspiritsoar.com/lesson-plans



Happy
Canada Day

July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div data-bbox="142 467 632 646" data-label="Complex-Block"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</p>  </div>				1 <i>Office Closed</i> <i>Canada Day</i>	2 <i>Office Closed</i>	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 <i>Innisfail Lantern Festival</i>
25	26	27	28	29 <i>Month End Paperwork Due</i>	30	31

August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>National Spiderman Day</i>	2 Office Closed <i>August Civic Holiday</i>	3 <i>Office Open until 6:30pm</i>	4	5	6	7
8	9	10	11	12	13 <i>International Left-handers Day</i>	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Month End Paperwork Due	31			<div data-bbox="1482 1328 1969 1510" data-label="Complex-Block"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</p>  </div>	