



Community Child Care ~ September 2017



School is back already!



School Bus Safety

There are great bus safety resources from the Ottawa Student Transportation Authority at <http://www.ottawaschoolbus.ca/helpful-resources/school-bus-safety-tips/>

The student transportation site is also where you'll find school bus routes, whether the buses are running or not and whether a bus is delayed on its way to or from school.

Welcome Rita!

Have you met Rita, our new equipment technician? We are delighted to welcome her to our team. Rita will be working with us on an occasional basis, fitting in deliveries and pick ups for us around the hours of her other employment.

First PD Day of the Year

Both French school boards have a PD day
September 22, 2017.

The English boards have their first PD day
October 6, 2017, the Friday of Thanksgiving
weekend.

Reminder: When you affiliated with the agency, in signing the Provider-Agency Agreement you agreed that you would not take an agency child privately for 18 months after the child leaves the agency. Any exception must be requested in advance and the reasons reviewed by the Board of Directors.

Paperwork, Paperwork, Paperwork

Private Children

Have you sent us all the information required for your private children? The legal deadline was September 1, 2017. You will find a registration form for parents on our website, and a complete set of forms without the agency logo. Use those forms or your own as long as all the required information is there. If a parent refuses to allow you to share the information with us, have the parent sign and date a note to that effect.

Replacement Provider

No one may replace you as provider until the agency has approved your replacement and you have all the new paperwork in your files and at the agency. **It is your responsibility to inform both the parents and the office each time you plan to have someone replace you.** If any parents are not comfortable having a replacement provider in your home, they may request alternate care from the agency.

Thank you, thank you, thank you

We know how much of a burden all this paperwork is for you. We truly appreciate your efforts to get the paperwork completed, signed and submitted on time. From the bottom of our hearts, thank you.

Make your own educational game

You need: coloured large tongue depressors/stir sticks and self-adhesive Velcro dots

Stick a “hook” dot near the end of each stick and a “fuzz” dot on the other end. Do the same thing on the other side.

Stick the ends of sticks together to make shapes: rectangles, squares, triangles, stars, and to make letters. The children can make the first letter of their names, or even spell their whole name.

Thanks Melissa!



New Rules for School Bake Sales

Here's a recipe from *Bake It Up!* available at www.eatrightontario.ca All the recipes in the booklet meet the Ministry of Education requirements.

Carrot and Apple Muffins

The carrot and apple in these muffins give them a natural mildly sweet flavour that's sure to please kids of all ages.

1 cup whole wheat flour 250 mL
1 cup all-purpose flour 250 mL
½ cup granulated sugar 125 mL
1½ tsp baking powder 7 mL
½ tsp baking soda 2 mL
½ tsp cinnamon 2 mL



1 cup finely grated carrot 250 mL
1 cup grated apple (not peeled) 250 mL
1 large egg
1 egg white
¾ cup unsweetened applesauce 175 mL
¼ cup vegetable oil 50 mL

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with paper liners.
2. In a large bowl, combine whole wheat flour, all-purpose flour, granulated sugar, baking powder, baking soda and cinnamon. Stir in carrot and apple.
3. In another bowl, whisk together egg, egg white, applesauce and vegetable oil until smooth. Pour over dry ingredients and stir until just moistened.
4. Spoon batter into prepared muffin pan. Bake for 25 minutes, or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in pan for 10 minutes. Transfer to a rack to cool completely.

If you don't have time to bake and plan to buy packaged baked goods, make sure that the product meets the Ministry of Education's requirements (www.edu.gov.on.ca/eng/healthschools/policy.html) or the school won't be able to accept your contribution. Check the Nutrition Facts table on the product label. It will show you the amount of fat, saturated fat, trans fat and fibre per serving. Each serving must contain:

- No more than 5 grams of fat
- No more than 2 grams of saturated fat
- No more than 5% of the total fat as trans fat
- At least 2 grams of fibre



Ministry Update

Our licensing visit from the Ministry of Education has still not happened. While we continue to wait, please keep checking your paperwork and make sure your working binder up to date.

We have some of the best providers in the city – and maybe the world – and we know you will do us proud if the Ministry chooses to visit you. We are looking forward to showing you off!