

Welcome To Sprouts



PHILOSOPHY OF CHILDCARE

We believe that every child has a special style and personality which makes them a unique individual. Our approach to children focuses on respecting and nurturing the uniqueness of each child and helping them to reach their potential - physically, intellectually, socially and emotionally.

To ensure that all children feel safe, loved and cared for, the staff has created a supportive, warm and nurturing environment. In addition, we strive to maintain a stimulating atmosphere to help encourage children's curiosity and desire to learn through play.

Rules and expectations are regularly reinforced to allow each child to gain a clear understanding of the program limitations. A carefully planned program will assist the child in gaining independence, confidence, responsibility and respect for themselves and others.

We offer a consistent daily routine, involving balance of vigorous and quiet activities which aid in fostering each child's intellectual, emotional, physical and social development.

This package is given to parents to give you a better idea of what a typical day in the Sprouts program is like. Whether it is your child's first time in a child care setting or they are moving up from the Dandelions Program we understand that the transition can be exciting and challenging at times. We are here to create a positive experience for your child and family. If you have any questions please feel free to ask any teacher in the Sprouts classroom.



MEET THE SPROUTS TEACHERS

Meaghan O'Dell (Head Teacher) Early Childhood Educator, Infant/Toddler - Monday - Thursday (Friday off)

I moved to Whistler in March 2008 and began teaching at the Whistler Children's Centre in October '08. I taught in the Periwinkle classroom for many years before joining the Sprouts program as Head Teacher. Before moving to Whistler I taught English in South Korea for 1 ½ years. I am originally from London, Ontario and graduated with a Bachelor's Degree in Sociology in 2006. I have since completed my Highscope training, obtained my ECE Certificate from Northern Lights College, and completed my Infant/Toddler certification. I am extremely privileged to be given the time to get to know and work with you and your children as they are truly amazing.

Jessica Zangari - Early Childhood Educator, Infant/Toddler and Special Needs - Monday, Tuesday, Thursday, Friday (Monday off)

My name is Jessica Zangari and I have lived in Whistler for three years. I am originally from Toronto, Ontario which is where I completed my Early Childhood Education diploma at George Brown College. I also received my Infant Toddler Education and specialization in Special Needs. I love working with children and it truly is my passion. I am excited to be in the Sprouts classroom and look forward to getting to know all the children and families better while providing a safe and fun environment each and every day!

Soledad Pena - Early Childhood Educator - Monday, Tuesday, Wednesday, Friday (Thursday off)

My name is Soledad Pena and I moved to Whistler from Peru over 12 years ago. I worked as a nanny for 7 years for two families. From 2009-2011 I studied and graduated with my diploma in Early Childhood Education from Capilano University. I started to teach at the Whistler Children's Centre in 2009 in the Dandelion's Program where I had the opportunity to see the development of the infants in different situations. I enjoy learning with the children as they are very curious. In my free time I like to ride my bike, ski (when we have good snow) and volunteer in the community. I look forward to meeting all of you!

Louisa Calamini - Early Childhood Educator - Monday, Thursday, Friday (Wednesday off)

I moved to Whistler in May 2004 from Ottawa when I joined the Whistler Children's Centre in the Periwinkle Program. I enjoy working with children and their families. I am ECE certified; taking courses in Ottawa at Algonquin College, George Brown College in Toronto and finally online at Northern Lights College in Fort St. John. I have completed my Highscope training and enjoy taking professional development courses! I love spending my days off XC biking, hiking, snowshoeing, yoga, snowboarding, XC skiing or lounging at the beach! I look forward to getting to know the Sprouts and their families.

SPROUTS ROUTINE

- 8:00 am - 9:15 am - Free play/Small group time
- 9:15 am - 9:30 am - Washroom routine
- 9:30 am - 10:00 am - Large group time
- 10:00 am - 10:30 am - AM Snack time
- 10:30 am - 10:45 am - Washroom routine
- 10:45 am - 11:45 am - Outside time
- 11:45 am - 12:00 pm - Come inside and get undressed
- 12:00 pm -12:30 pm - Lunch time
- 12:30 pm - 12:45 pm - Washroom routine/Getting ready for nap time
- 12:45 pm - 3:00 pm - Nap time
- 3:00 pm - 3:15 pm - Washroom routine
- 3:15 pm - 4:00 pm - Free play/Small group time
- 4:00 pm - 4:30 pm - Snack time
- 4:30 pm - 4:45 pm - Washroom routine/Getting ready for outside time
- 4:45 pm - 5:30 pm - Outside Time



DROP OFF

The Sprouts room opens at 8 am; you are welcome to drop your child off any time after that. Please place all personal belongings in your child's cubby. Spare clothing and diapers can be put in your child's bathroom basket.

Lunch boxes can be put in the Sprouts fridge in the kitchen.

Remember to sign in your child and please fill in all areas on the sign in sheet which will allow teachers to know how your child's day has begun. Please pass on any information necessary for that day to a teacher. (Early pick up, someone else picking up, runny nose, etc...)

Separation anxiety is normal for a child to feel when entering a new program and drop offs can be difficult for some children. The Sprouts teachers are here to support you and your child during this transition. The best way to help your child cope is to make sure you say goodbye, let them know when you will be back and don't sneak off without your child seeing you. When you say goodbye it is important to leave shortly after so that you don't confuse your child and prolong the inevitable moment of leaving. Soon a routine will be established and drop offs will get easier. If you have any questions about separation anxieties please speak to one of the teachers.

PICK UP

The centre closes at 5:30pm. Please have your child packed up and signed out by this time. If possible we encourage parents to come in 10 - 15 minutes before the centre closes to allow time to talk to a teacher about your child's day. If anyone besides mom or dad is picking up, you must let a teacher know in the morning. We cannot let your child leave with anyone else unless you have given verbal permission in the morning or over the phone. If the Sprouts teachers have not met the person that is coming to pick up, they will be required to show a piece of photo identification. Please note that there are also **late fees** that will be charged to parents if they arrive after 5:30pm. The first time that a parent is late a warning will be given. The second time that a parent is late they will be charged \$10.00 for the first 15 minutes and \$1.00/minute after that.

ILLNESS AT SCHOOL

In Sprouts we do all we can to prevent the spread of illnesses. We have a diligent cleaning schedule we tend to weekly as well as assess the children on a daily basis to ensure they are feeling well. We ask that you please help us in preventing the spread of illnesses by keeping your child home if they have any of the following:

- Fever
- Undiagnosed rash
- Lack of appetite and/or energy
- Vomiting and/or diarrhea

Your child must be symptom free for 24 hours before returning to Sprouts.

We also ask for your help by keeping us up-to-date with any changes with your child. If your child was sick prior to or after attending Sprouts we ask that you notify a teacher as this tends to be when the illness is most contagious. When we are aware of illnesses going around in the classroom it helps us keep an eye on other children and do extra cleaning in the classroom to prevent the spread. Notifying us can be as simple as phoning the program (604-932-1119 ext: 5) after hours and leaving a voicemail. This will keep us in the loop with illnesses being passed around and help us stop them.

ARTS & CRAFTS

In the Sprouts classroom we have art supplies available for the children to use as they wish. We do an art activity each day, however in the summer time we do take advantage of the good weather and go for walks so art may not be as frequent. Please bring clothing you don't mind your child getting messy in.



POTTY TRAINING

Children in Sprouts do not have to come into the program potty trained. We do encourage children to sit on the potty while they are being changed, however it is dependent on the child's developmental level if they want to or not. The Sprouts teachers understand that each child develops at their own pace and potty training is not forced. Continuous open communication with parents about their child's progress can help a parent decide when to begin potty training. In the end it is the parents' decision. When you do decide to potty train, the Sprouts teachers are here to support that decision 100%. We simply ask that parents bring in multiple spare clothes (underwear, pants, socks, shirts, and shoes). The teachers are very knowledgeable about this developmental stage so please doesn't hesitate to ask for tips on the process.

WHAT TO BRING TO SPROUTS

We ask that parents bring outdoor clothing that is appropriate to the weather outside. We understand that this can be hard to do in Whistler but we do go outside twice a day, rain or shine. Extra shirts, pants, socks, and shorts are also a good idea as we like to get messy sometimes. Please remember to label all of your child's items so they do not get misplaced.

COMFORT ITEMS

It is important that your child feels comfortable and safe while at Sprouts. If your child has a comfort item like a stuffed animal or blanket please feel free to bring them in. We ask that you label the item so that if it is misplaced during the day, we can ensure it gets back to your little one. Comfort items can really help a child throughout the day if needed. We also ask that you bring in a family photo for our wall so your child has something to go to throughout the day to remind them of home.

ALL DAY FOOD

If you follow the Sprouts calendar you will notice that once a week we will offer all day food. All day food means that everything for the day will be provided for your child, all you need to bring is a water bottle and/or milk. We charge \$6.00 for all day food. Please note that any profit made goes towards the Sprouts program, being able to organize crafts, fieldtrips, and many more fun things. It is completely up to you whether or not you want to participate in all day food. Just pack a regular day's food if you are not interested in joining in.



PEANUT FREE ZONE

Please be aware that the Whistler Children's Centre is a Peanut Free Zone! We have teachers as well as children that are allergic.

NEWSLETTER & CALENDAR

Every month you will receive a newsletter and calendar via your e-mail. Please make sure that you read each so that you are prepared for what we may have planned on the days that your child attends Sprouts.

OPEN DOOR POLICY

The Sprouts teachers would like to let families know that the teachers in Sprouts are here to answer any questions you may have. You can also set up meetings with teachers if you wish; just let us know when the best time is for you. Welcome to our program!

