

Matthew John Daycare – 135 First Avenue, Toronto, ON M4M 1W9

Junior & Senior Preschool Room Newsletter

February 2020



Happy Birthday!

- February 8 - Jack
- February 9 – Ethan S.
- February 16 - Lewis
- February 18 - Mia

Important Dates:

- February 3 – Yoga at 9:30 a.m. sharp
- February 3 – 7 – PJ Week
- February 14 – Valentine’s Day – please wear something with hearts!
- February 14 – Rob Joy
- February 17 – Family Day – Daycare closed
- February 18 – Nature workshop
- February 28 – Rob Joy
- Please bring an updated family photo or make a family photo collage

Reminders:

- ◆ Kindly make sure to check your child’s cubby daily and replenish clothing as necessary– it is very important to have extra socks at this time of year.
- ◆ Please be mindful of your child’s runny nose at drop-off which is a busy time of day. Each room has Kleenex and sanitizer available for use.
- ◆ If your child is not well or has a bad cold/cough, please consider keeping him/her at home to rest and get better.
- ◆ Donations of Valentines’ stickers/decorations, snow moulds, colourful fabric, and sand toys are very much welcome.

Support our Fundraising Efforts Through Mabel's Labels!



mabel's labels

Mabel's Labels are great for any of your child's items at school/daycare (clothes, shoes, lunchbox, hats, etc.) and a portion goes back to support Matthew John Daycare. To order your child's labels, please [click here](#) and type in Matthew John Daycare (Toronto) and start shopping!

Red Pepper Hummus

Recipe: [Real Food For Real Kids](#)

Yield: 8 servings



Ingredients:

- 2 cans chickpeas, drained (540 ml cans)
- 1 large red pepper
- 4 Tbsp olive oil
- 6-8 cloves garlic, chopped
- 4 Tbsp lemon juice
- sea salt to taste

Preparation:

1. Roast the red pepper in the oven on the broil setting until skin is charred.
2. Wrap the roasted red pepper in plastic wrap and set aside in a bowl to cool.
Once cooled, gently peel off all the skin.
3. In a small pan, sauté the garlic in oil until soft and translucent.
4. Put all ingredients (including the garlic oil) into a blender or food processor. Give it a good whirl until you reach the desired smoothness.

Real Food Tips:

- Serve with your favourite crunchy veggies or toasted pita.
- To speed up the process, use jarred roasted red peppers.
- For added deliciousness, protein, calcium & iron add 2-3 Tbsp of tahini.