

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

SEPTEMBER 2026 NEWSLETTER

[PLEASE CLICK HERE TO LEAVE US A REVIEW!](#)



SPECIAL DAYS

September 7 - CLOSED - Labour Day

September 11 - Yoga w/Ms. Lisa

September 16 - National Play Dough Day

September 18 - Music Day w/Mr. Matt

September 22 - 1st day of Autumn

September 25 - PJ/Movie Day

September 30 - CLOSED - National Day for Truth & Reconciliation

HAPPY BIRTHDAY

Kinsey - September 1 - 4 years old

Charlotte - September 3 - 7 years old

Heallynd - September 6 - 2 years old

August - September 6 - 2 years old

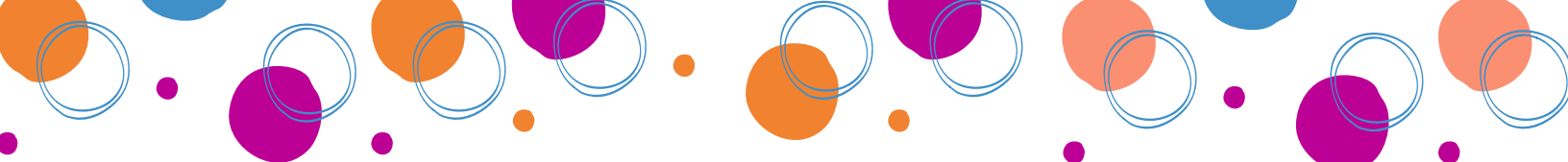
Raymond - September 18 - 3 years old

Ms. Roselyne - September 27

FROM THE OFFICE

Congratulations to both Ms. Charnpreet and Ms. Birinder, who both completed their level 2 early childhood education.





SEPTEMBER 2026 NEWSLETTER

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

PARENT CORNER

September is National Childhood Obesity Awareness Month: Healthy Eating for Children

What is healthy eating?

Healthy eating means eating a variety of foods so that a child gets the nutrients he or she needs for normal growth. These nutrients include protein, carbohydrate, fat, vitamins, and minerals. A child who regularly eats a wide variety of foods from all food groups will be well-nourished.

How much food is good for your child?

Many parents worry that their child is eating too much or too little. Keep in mind that every child has different calorie needs. Children tend to eat the same number of calories every day or two. It's usually best to provide healthy foods and let your child decide how much to eat.

Why pay attention to what your child eats?

Children with poor eating habits don't get the nutrients needed for healthy development. This can lead to being underweight or overweight. They tend to have weaker immune systems, which increases their chances of illness. They may be at higher risk for heart disease, high blood pressure, type 2 diabetes, and high cholesterol later in life.



COUNTY PLACE

EARLY LEARNING & CARE CENTRE

PARENT CORNER

How can you help your child learn about healthy foods?

Help your children understand healthy eating by teaching them about food—where it comes from and what nutrients it contains. You may be able to grow some food in your yard or in a pot. Older children can help you cook or help with shopping.

How can you help your child get started with healthy eating?

Here are some ideas for getting your child started with healthy eating. If you have other ideas that work for your family, add them to the list.

- Set up a regular snack and meal schedule.
 - Most children do well with three meals and two or three snacks a day. When your child's body is used to a schedule, hunger and appetite are more regular.
 - Find at least one food from each food group that your child likes.
 - Make sure this food is available most of the time. Don't worry if your child likes only one vegetable or one or two kinds of meats or fruits. Kids tend to accept new foods gradually, and their preferences expand over time.
 - Provide a healthy breakfast.
 - A quick, healthy breakfast could be high-fibre cereal with milk and fruit, non-fat or low-fat yogurt, or whole grain toast.
 - Eat as a family as often as possible.
 - Keep family meals pleasant and positive.
 - Get healthy snacks that your child likes, and keep them within easy reach.
- 