



Active Start 
CHILDCARE CENTRE

Where Active Minds & Bodies Grow!

Providing Quality Educational Childcare Services to North West Calgary with our Country Hills and Sage Hill Daycare Centres



WELCOME PACKAGE



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Welcome!

Active Start is a family-owned and operated Child Care Centre with roots in the Calgary area for over 25 years. Founded in 1991 by Jane Anderson, our 'sister centre', Magic Mountain Daycare, has been voted Airdrie's best daycare for five consecutive years and proudly serves its community with four centres. Now, we're excited to provide Calgary families with that same quality of care with our accredited early education centres and balanced programming.

At Active Start Child Care, we strive to cultivate both Active Minds *and* Bodies. Our Active Start Program® provides a balanced approach towards learning, by targeting the key areas of social, emotional, physical, creative, cognitive and character development. We do this by integrating Monthly Themes into all of our program areas.

One month, the children may be 'On Safari', while the next they're discovering 'The Science Lab'! As they rotate through exciting new themes, they also rotate around our centre's impressive Mini- Gym, Play Climber, and Naturescapes Playground on a daily basis. By ensuring their bodies stay active, we're helping their young minds to grow!

Enclosed in this Welcome Package, you will find some examples of what our Daily Routines, Weekly Menus, and Monthly Themes look like. We hope you'll enjoy taking a Virtual and/or Live Tour of our Centres to learn more about what we have to offer here at Active Start!

Cheers,

Your Active Start Team



WHAT'S INSIDE?



HOME ROOMS

with Age-Appropriate Preschool Program

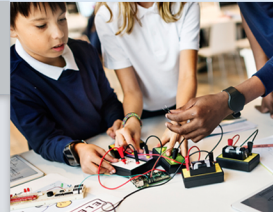
- ✓ Small Groups
- ✓ Free Play Time
- ✓ Music
- ✓ Consistent Caregivers
- ✓ Meals & Snacks
- ✓ Creative Arts

CLIMBER GYM

Run, Climb & Slide your way to fun with your friends!

SCIENCE & DISCOVERY ZONE

Create, Explore & Discover the world of Science & Technology!



SPORTS & ACTIVITY GYMS

Get Moving & Playing in our Baby Gym, Mini Gym or Big Gym!

ACTIVE GAMES ROOM

Enjoy playing the latest Creative & Active Games!

COUNTRY VILLAGE

Join in Dramatic Play and Dress Up in our Country Village!



NATURESCAPES OUTDOOR PLAYGROUNDS

Come and play outside in 1 of our 3 Fenced-In Playgrounds designed especially for Infants, Toddlers/3 year olds and 4 years & older!

12 to 18 Months

5 Days: \$970/Month
3 Days: \$670/Month
2 Days: \$390/Month

19 to 36 Months

5 Days: \$895/Month
3 Days: \$610/Month
2 Days: \$360/Month

3 to 5 Years Old

5 Days: \$765/Month
3 Days: \$530/Month
2 Days: \$310/Month

Out of School Care

KINDERGARTEN 5 Days: \$1145/Month
OOSC 5 Days: \$660/Month (Sept-June)
OOSC 5 Days: \$975/Month (July & Aug)

OUR RATES ALSO INCLUDE THE FOLLOWING:

- ✓ Educational Theme-Based Preschool
- ✓ Nutritious & Delicious Meals & Snacks
- ✓ Bussing Services both to & from School

Registrations: www.activestartchildcare.ca/register
Country Hills Email: admin_ch@activestartchildcare.ca
Sage Hill Email: admin_sh@activestartchildcare.ca

BUS TRANSPORTATION

PROVIDED TO THE FOLLOWING SCHOOLS:

COUNTRY HILLS

Ascension of our Lord
Buffalo Rubbing School
Coventry Hills School
Northern Lights School
Panorama Hills
Simons Valley School
St. Bede
St. Clare
St. Jerome

SAGE HILL

Blessed Marie Rose
Dalhousie
Mother Mary Greene
Msgr. Anderson
Our Lady Grace
Hawkwood
Ranchlands
Hidden Valley
St. Josephine Bakhita



DAILY ROUTINE

TIMES	4 YEAR OLD SAMPLE DAILY ROUTINE
6:30 - 9:00	ARRIVAL / BREAKFAST / FREE PLAY
9:00 - 9:30	CIRCLE TIME
9:30 - 11:00	LEARNING CENTRES
11:00 - 11:30	FREE PLAY
11:30 - 1:00	LUNCH / FREE PLAY
1:00 - 1:30	MUSIC TIME
1:30 - 2:00	SPORTS GYM
2:00 - 2:30	CLIMBER GYM
2:30 - 3:00	STORY TIME
3:00 - 5:00	OPEN ART & SENSORY / EXPLORATION / FREE PLAY
5:00 - 6:00	FREE PLAY / HOME TIME
* OUR OUTDOOR 'NATURESCAPES' PLAYGROUND IS ALSO AVAILABLE SUBJECT TO WEATHER CONDITIONS	



WINTER MENU: WEEK 1

Together we can give our kids a Healthy, Active Start!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	- Variety of Whole Grain Cereal & Milk - Apple Smiles - Milk	- Whole Wheat Pancakes with Syrup - Sweet Berries - Milk	- Whole Grain Toast with Butter & Jam - Perfect Pears - Milk	- Hot Cereal - Sweet Berries - Milk	- Cinnamon Raisin Bagel Bites - Breakfast Pudding (Yogurt, Bananas & Apple Sauce) - Milk
LUNCH	- Corkscrew Casserole	- Baked Salmon & Rice	- Chicken & Veggie Stew	- Korean Beef with Rice	- Sweet Hawaiian Ham Pizza Buns
	- Veggie Ground Corkscrew Casserole	- Baked Tofu with Rice	- Veggie Stew	- Veggie Beef with Rice	- Sweet Hawaiian & Veggie Pizza Buns
	- Salad with Cucumbers & Dressing - Milk	- Fresh Carrots & Cucumber - Milk	- Whole Grain Roll - Milk	- Shredded Carrots - Pea Pods - Milk	- Sweet Pineapple - Whole Grain Bun - Milk
SNACK	- Mighty-Mini Blueberry Muffins - Fresh Fruit in Season - Water	- Fresh Fruit Stacks (Graham Wafers, Cream Cheese Spread, Fresh Fruit Chunks) - Water	- Naturally Nut Free Trail Mix - Fresh Fruit in Season - Water	- Veggie Safari (Crackers with Veggies & Hummus) - Water	- Ice Cream Treat Fridays - Fresh Fruit in Season - Water



MENU DETAILS

 = with Fish

 = Regular

 = Vegetarian

✓ Nut Free Facility

✓ 2% or Whole Milk Served

✓ Nutritionist Approved Menu

✓ Passes the "Child's Choice Taste Test!"



WINTER MENU: WEEK 2

Together we can give our kids a Healthy, Active Start!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	- Grandma's Best Banana Bread - Apple Smiles - Milk	- Whole Wheat Pancakes with Syrup - Sweet Berries - Milk	- Whole Grain Toast with Butter & Jam - Perfect Pears - Milk	- Yogurt - Crunch Granola Topping & Peachy Peaches - Milk	- Breakfast Scramble: Potatoes, Eggs & Cheese - Fresh Fruit in Season - Milk
LUNCH	- Beef Chili with Rice	- Mac & Cheese with Ham	- Sweet & Sour Meatballs with Rice	- Chunky Chicken & Veggie Noodle Soup	- Turkey & Cheese Wrap
	- Veggie Burger Chili with Rice	- Mac & Cheese	- Sweet & Sour Veggie Meatballs with Rice	- Tofu & Veggie Noodle Soup	- Refried Beans & Cheese Wrap
	- Cooked Veggies with Corn - Milk	- Salad with Cucumbers & Dressing - Milk	- Cooked Mixed Veggies - Milk	- Whole Grain Roll - Milk	- Fresh Veggies - Milk
SNACK	- Oatmeal Granola Square - Fresh Fruit in Season - Water	- Whole Grain Crackers - Cheese Slices - Fresh Fruit in Season - Water	- Naturally Nut Free Trail Mix - Fresh Fruit in Season - Water	- Whole Grain Pita with Spinach Dip - Fresh Fruit in Season - Water	- Ice Cream Treat Fridays - Fresh Fruit in Season - Water



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WINTER MENU: WEEK 3

Together we can give our kids a Healthy, Active Start!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	- Variety of Whole Grain Cereal & Milk - Apple Smiles - Milk	- Whole Wheat Pancakes with Syrup - Sweet Berries - Milk	- Whole Grain Toast with Butter & Jam - Perfect Pears - Milk	- Hot Cereal - Sweet Berries - Milk	- Cinnamon Raisin Bagel Bites - Breakfast Pudding (Yogurt, Bananas & Apple Sauce) - Milk
LUNCH	- Texas Beef Taco Salad	- Tuna Casserole with Peas	- Chicken Fried Rice Stirfry	- Shepherd's Pie	- Chicken Salad Wrap
	- Texas Black Bean Taco Salad	- Veggie Casserole with Peas	- Tofu Fried Rice Stirfry	- Veggie Burger Pie	- Refried Bean Wrap
	- Whole Grain Taco Chips, Lettuce, Green Peppers, Chopped Tomato, Cheese, Sour Cream - Milk	- Salad with Cucumbers & Dressing - Milk	- Shredded Carrots - Pea Pods - Milk	- Mixed Veggies - Milk	- Fresh Carrots & Cucumber - Milk
SNACK	- Mighty-Mini Blueberry Muffins - Fresh Fruit in Season - Water	- Fresh Fruit Stacks (Graham Wafers, Cream Cheese Spread, Fresh Fruit Chunks) - Water	- Naturally Nut Free Trail Mix - Fresh Fruit in Season - Water	- Veggie Safari (Crackers with Veggies & Hummus) - Water	- Ice Cream Treat Fridays - Fresh Fruit in Season - Water



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WINTER MENU: WEEK 4

Together we can give our kids a Healthy, Active Start!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	- Grandma's Best Banana Bread - Apple Smiles - Milk	- Whole Wheat Pancakes with Syrup - Sweet Berries - Milk	- Whole Grain Toast with Butter & Jam - Perfect Pears - Milk	- Yogurt - Crunchy Granola Topping & Peachy Peaches - Milk	- Breakfast Scramble: Potatoes, Eggs & Cheddar Cheese - Fresh Fruit in Season - Milk
LUNCH	- Hearty Hamburger Soup	- Roast Chicken Bake	- Spaghetti & Meat Sauce	- Chicken a la King with Rice	- Sloppy Joes
	- Hearty Veggie-burger Soup	- Tofu & Potato Bake	- Spaghetti & Lentil Pasta Sauce	- Tofu a la King with Rice	- Bean & Veggie Sloppy Joes
	- Mixed Veggies - Milk	- Mixed Veggies & Potatoes - Milk	- Fresh Carrots & Cucumber - Milk	- Beautiful Broccoli - Milk	- Whole Grain Bun - Salad with Cucumbers & Dressing - Milk
SNACK	- Oatmeal Granola Square - Fresh Fruit in Season - Water	- Crackers - Cheese Slices - Fresh Fruit in Season - Water	- Naturally Nut Free Trail Mix - Fresh Fruit in Season - Water	- Whole Grain Pita with Spinach Dip - Fresh Fruit in Season - Water	- Ice cream Treat Fridays - Fresh Fruit in Season - Water



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ACTIVE START PROGRAM®

IN HOUSE PRESCHOOL PROGRAMS

In addition to learning through free play, our childcare centres offer 'In House' Pre-School Programs to all the children in our care at no additional cost. With age appropriate themes, these programs balance individualized Montessori inspired Math and Literacy programming with Reggio Inspired Art, Music and Creativity. We provide child friendly 'Progress Monitoring Assessments' three times per year, so that parents and children can celebrate as developmental and academic milestones are mastered. Monthly newsletters keep parents informed as to upcoming events, curriculum and themes. Our qualified and experienced teachers offer these programs five days per week.



Active Start Nursery (12 - 18 Months)

For the youngest inquisitive minds in our program, we have our very own Nursery program. Every morning the children explore their monthly themes through interactive songs, physical activities and other sensory experiences. This program fosters social, emotional, physical, creative and intellectual development, including early language and motor skills.



Active Start Primary (Toddler & Young 3's)

For our toddlers and young three-year olds every morning of the week, the children explore different age appropriate themes during their scheduled learning time. This program reinforces foundational skills in early literacy, math, physical and social development, which will lay the foundation to their future learning in our "Active Start Preschool Program".



Active Start Preschool & Pre-Kinder Program

In our Preschool and Pre-Kinder Program, we foster the development of our children through a Montessori Inspired Math and Literacy curriculum, coupled with Reggio Inspired Art, Music and Creativity. Each morning of the week, Circle and Learning Time is scheduled in the classroom. As a group, children explore monthly themes and later build on theme knowledge as well as academic and artistic skills during Centre Learning Time. Week by week, children explore different topics that fuel learning through cooperation, hands-on and interactive activities. Children explore concepts such as:

- Literacy and Language – Phonological awareness, phonics, and vocabulary;
- Mathematics – Foundational math skills and reasoning skills;
- Practical Life Skills- developing practical skills used daily;
- Science – Exploring the natural world;
- Social and Emotional Development – Cooperative learning and communication.

Our learning in this program is tailored to the individual child, to ensure that with encouragement and guidance, each child can progress at their own pace.

In the afternoon, children have a scheduled music time during which they learn a variety of songs, finger plays and other Musical skills such as Rhythm, Tempo, Dynamics and Pitch.



Active Start Kinders Program

For the children in our program that attend Kindergarten, we offer our "Active Start Kinders Program" as a supplement to their learning at school. Each day the children participate in an interactive program that builds on the skills they are learning at school such as phonemic awareness, phonics, vocabulary, fluency, comprehension, and writing.

In addition to the supplementary academic program, the children receive afternoon Music Instruction. During this time they learn a variety of songs and they continue building on their Rhythm, Tempo, Dynamics, Pitch and other musical skills.



ACTIVE START'S MONTHLY THEMES

	 NURSERY	 PRIMARY	 PRESCHOOL	 KINDERS
SEPT.	All About Me!	Ocean Commotion	Community Helpers	Off to School
OCT.	Things That Go!	Dinosaur Dig	My Amazing Body	Your Home & Neighborhood
NOV.	Up Above the World So High	Me & My Family	Blast Off to Space	Your Body
DEC.	Once There Was a Snowman	It's a Small World	Winter in the Woods	The Great Outdoors
JAN.	Yummy, Yummy in my Tummy	Winter Wonderland	Fables & Folk Tales	Animals Everywhere
FEB.	I Can Do It!	Nursery Rhymes	Rain Forest	Watch Us Work
MAR.	Spring Has Sprung	Super Heroes	Alphabet House	Growing
APR.	Animal Antics	Weather All Around Us	Baby Animals	Fairy Tales
MAY	Farm Fun	Down on the Farm	Growing Gardens	Oh Canada!
JUN.	In the Leafy Treetops	Camping Fun	Summer Safety	Jungle Fever
JUL.	Summer Fun!	Bugs & Crawly Things	Let's Go Camping!	Stampede Fun
AUG.	Beaches & Oceans	Nature Detectives	Explore the Pond	Australian Outback