



JULY NEWSLETTER 2023

DEAR FAMILIES,

With summer in full swing, we have planned an exciting and enriching **Summer Program** for our Kepler children. We will focus on engaging outdoor and indoor activities, creative projects and educational experiences to keep our little ones active, happy and entertained. Our older children will also enjoy exciting fields trips in July and August.

Last month we celebrated our Pioneer year-end as many of children are starting Kindergarten in September. We have loved being a part of each and every child's growth & development and we are excited about their new explorations and adventures to come. **Congratulations, Pioneers!**

We are committed to providing a safe and enjoyable summer experience for all our children. We look forward to a wonderful month filled with growth, learning, and fun!

Mary Jane Manalastas
Kepler Academy College Plaza
587-708-0068
MJ.Manalastas@kepleracademy.ca
collegeplaza@kepleracademy.ca

KEPLER STAR OF THE MONTH



Meet Chef Dominique Louise Mercier, our July Kepler Star of the Month! Chef Louise does great work in the kitchen daily. Her expertise in the preparation of our nutritious foods and providing alternatives for children with food and allergy needs are exceptional. Thank you, Chef Louise, we appreciate you!

Recognize your Educator!

If you would like to thank your child's educator, write a Google and/or Facebook review, and mention their name in it. We will ensure they are recognized.



IMPORTANT DATES TO REMEMBER

Monday, July 3 [closed]
day off in lieu of Canada Day

Friday, July 7
Calgary Stampede begins

Saturday, July 15
World Youth Skills Day

Friday, July 21
K-days begins (Edmonton)

SUMMER
Program Begins!



PIONEER YEAR-END CELEBRATIONS JUNE 23, 2023



Hello Kepler Families,

Let's grow together! It's no secret that our community is stronger when we support one another. We know it takes a village to raise our children, and we also know supporting our local businesses is the key to helping grow a strong and prosperous community.

And so, in June we launched the Kepler Business Directory to help connect over 1,500 Kepler families to each other's businesses and professional services.

The Kepler Business Directory is available on our website kepleracademy.ca homepage.

I can't wait to share with you more Kepler Business Community initiatives that we have planned in the upcoming months.

-Anna B. Marketing Manager



**Are you a professional
or business owner?**

It's never too late to join our
Kepler Business Directory!

Email: anna.b@kepleracademy.ca to join!

kepleracademy.ca/businessdirectory/



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BUSINESS DIRECTORY

Many of our Kepler parents are professionals and many also own their own business. We love to support local as it strengthens our community. Our Kepler Business Directory consists of professional services offered by our Kepler parents. Services offered are across many industries, categorized below. We encourage you to reach out directly to the Kepler contact for the service you are interested in.

Arts & Music

Automotive

Beauty & Personal Care

Business & Professional Services

Construction & Contracting

Health & Wellness

Home & Garden

Real Estate, Rental & Leasing

Playgroups

Sports Recreation

Click to explore our
Kepler Business Directory



A NOTE FROM OUR RECREATIONAL COORDINATOR

-MISHLINE KHOURY



Hello Kepler Families, Fitness Coordinator Mishline here.

Did you know- parachute play is not only so much fun but also helps develop perceptual, cognitive, motor, social, and academic skills?

Young children enjoy rhythmical and musical activities. The purpose of the Parachute Play lesson is for students to demonstrate mastery of fundamental skills for a lifetime of sport and recreational activities. Children learn cognitive concepts and enjoy playing the game.

Through participating in the lesson, children will increase their physical activity levels.

At Kepler we believe that when children participate in Parachute Play, it helps them to develop.



 Wellness Wednesdays
New posts every week!

Our July **recreational** focus activities are:

- 1-Bubbles Galore
- 2-Outdoors Yoga
- 3-Vision Board (OSC)

Our July **developmental** objectives are:

- . Have children engage in positive and enjoyable physical movement.
- . Improve children's emotional regulation.
- . Children will be able to stretch and practice yoga sequence outdoors.
- . Children will develop strength, flexibility, balance, coordination.
- . Children will engage in bubble play, bubbles galore.
- . Children will learn how to take instructions and be part of a team and learn how to set and achieve goals.



A NOTE FROM OUR HEAD OF NUTRITION

SARAH REMMER, RD



Top 3 Tips for KEEPING YOUR KIDS hydrated this Spring & Summer

SWIPE >>

Hi Kepler Families!
[Dietician Sarah here.](#)

As a pediatric dietitian, I know just how important proper hydration is, especially during the summer months. In June our caregivers explored with our little ones about hydrating foods -- specifically about some super hydrating fruits and vegetables. Each week your child learned about a different fruit or vegetable, why it's good for their bodies and minds, and had so much fun tasting and exploring it!

Kids don't often recognize thirst, especially when they're busy having fun, which makes them particularly vulnerable to dehydration, especially during times that can drive up their body fluid losses, like on a hot summer day. Proper fluid intake is essential for kids, not only to stay hydrated, but also to:

- Help with digestion
- Move nutrients and waste through their bodies
- Maintain healthy blood volume
- Help lubricate joints and body tissues (like the mouth, eyes and nose)
- Protect and cushion their joints and organs
- Control their body temperature.

HOW MUCH DO THEY NEED?

Toddlers and kids should be getting anywhere from 3.5-7 cups of fluid per day depending on age, gender and activity level, and even more if it's hot outside!

Base fluid guidelines for kids are:

- 1-3 year-olds: 3.5 cups per day
- 4-8 year-olds: 5 cups per day
- 9-13 year-old girls: 6.5 cups per day
- 9-13 year-old boys: 7 cups per day

One of the best ways to keep kiddos hydrated is through hydrating foods such as fruits and veggies, yogurt, milk, smoothies, soups and popsicles. Post your questions for me below on anything hydration and kids!

1. BUY FUN, REUSABLE WATER BOTTLES

Have labelled water bottles for your kids, that are always full and accessible. To make it more fun, add fresh or frozen fruit to water for flavour, or a little bit of unsweetened fruit juice.



2. KEEP NUTRITIOUS, HYDRATING FLUIDS ON HAND

Although good old water is the gold standard for hydration, there are a few other nutritious options, too.

- milk or plant-based alternatives
- homemade smoothies
- homemade popsicles



3. SERVE LOTS OF FRUITS AND VEGETABLES THROUGHOUT THE DAY

Fruits and veggies are not only naturally nutrient-packed, but also very hydrating. In fact, most fruits and veggies contain between 80 and 90% water! Offer at least two types of fruits and/or veggies with every meal and at least one with every snack.

