Bloordale *Newsletter*
November 2026

Celebrating 55 years providing childcare in Etobicoke

From the Desk of Admin

Dear Families,
We are pleased to share that our new intercom security system is now fully operational. We truly thank you for your patience and cooperation as we implemented this security feature.



On November 20th it is National Child Day, a day dedicated to recognizing and celebrating the rights of children worldwide. The day serves as a reminder of the importance of safeguarding children's rights and ensuring their healthy development, promoting their well-being and resilience.



Board and Staff News

Our next Board Meeting will be on November 11th at 7:00pm via zoom.

Please let Hazel know if you would like to attend.

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Children are the world's most valuable resource and its best hope for the future.

John F. Kennedy



Special Dates

Nov 1st – Daylight savings time (turn your clocks back one hour)

November 6th – Picture Day

November 11th – Remembrance Day

November 20th – National Child Day



Did you know…

Adjusting to a time change can take children and adults a couple of weeks, whether they lose or gain an hour of sleep.
Experts agree that easing into the shift gradually makes a significant difference.
Here are some ways you can try to ease into the transition:

Adjust dinner time: Serve dinner a bit earlier to avoid heavy digestion right before bed.

Gradual bedtime shifts
Move sleep times by 15 minutes a day starting a few days early (for example, shifting an 8:00 PM bedtime to 7:45 PM, then 7:30 PM).

Cut off blue light
Turn off screens 1 to 1.5 hours before bed.

Support sleep hygiene
Keep the bedroom cool, dark, and consistent.

Use blackout curtains: Block out early morning or late evening light that stalls sleep.

Ignore the time change for younger children

If your child doesn't have to be up before sunrise, you might want to consider ignoring the time change.

