

# Fall 2016 Newsletter



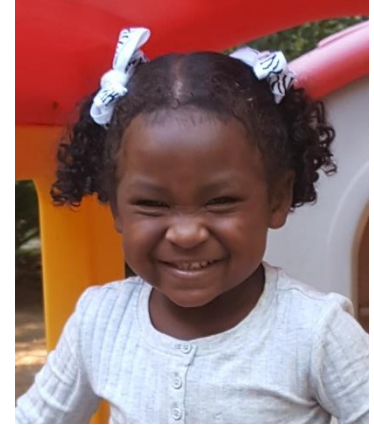
It is so wonderful to welcome all our new and returning students back to FGNS! We are all excited to continue teaching and learning all about these amazing little kids! We start off the year with introductory lessons encouraging the children to get to know their new friends, their new classroom activities, school rules, how to use different materials, and how to display respectful and considerate behaviors. Please reinforce a general philosophy of respect and consideration for others at home and in your community by talking with your child about problems they encounter and different tactics for problem resolution, caring and kindness. Promote independent thinking by challenging them to tell you how they could approach a situation differently once you are sure they grasp the concepts well.





## Picture Day

Picture Day is:  
**Friday, September 30<sup>th</sup>, 2016.**  
You may bring your child in  
between the hours of  
**9:30-10:30 AM**  
if they are not scheduled in  
attendance on this day.



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## Sick Policy

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We greatly appreciate all efforts to keep germs out of the school as much as possible so we can keep all these kids healthy as much as possible. **Children should be kept home when they are sick and should be picked up promptly in the event that you are called to come get them. If they show any of the following symptoms, they should remain home until they are no longer ill (at least 24 hours from the last observed exclusionary symptom):**

- Vomiting
- Diarrhea
- Fever
- Serious cough or trouble breathing
- Open blisters on their hands, feet or mouth
- Undiagnosed rash
- Red goopy eyes
- Lice or Eggs (Nits)
- Undiagnosed runny nose with thick green or yellow discharged
- Undiagnosed sore throat or Strep

**You must bring a note from the doctor if you would like for your child to attend school while any of these exclusionary symptoms persist.** Please ask Megan or Katherine if you need a doctor's note form or if you have any questions.

Kids are learning so much about self-care in these early years. They do not understand many of the germ reduction procedures until they are taught and concepts are reinforced throughout their early years of development. The following are measures you can take at home to help prevent the spread of illnesses in our school:

- If your child is a toddler, allow for limited use of sippy cups, pacifiers and bottles during the day.
- Try and encourage your child to keep their hands and objects they see out of their mouth. Encourage them to keep their hands off the floor and teach them when they should wash their hands after touching something germ.
- Reinforce proper handwashing procedures at home. They should scrub with soap for 30 seconds to "make lots of bubbles" before they wash the soap off.
- Wash your child's hands before you leave the school or when you get home.
- Encourage use of tissues, or if they are not immediately available, sneezing or coughing into their elbow when possible. Modeling this behavior for them works very well.
- Prepare nutrient rich meals with fresh fruits and vegetables. Vitamins and minerals will help boost your child's immune defense system.
- Dress your child properly for the winter weather. This will enable us to stay outside for longer periods throughout the colder months. Maximum exposure to Vitamin D from the sun and more outside time in the fresh air will contribute to the efficacy of your child's immune defense system. You may leave hats, mittens and snow gear at the school if you prefer.

**Thank you for your cooperation, from all of us at Friendship Garden Nursery School!**