

# Dr. D.W. Penner Newsletter



*Keeping you connected to your Centre...always caring to enhance your child's world*

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## Happy New Year!

It is wonderful to be back into a routine after the holidays. We hope that everyone had a wonderful and happy holiday season.

With the beginning of a new year we are looking forward to new and exciting adventures and learning opportunities.

Kyla, Elizabeth and I would like to say a great big THANK YOU to each and every one of you for the generous Christmas gifts. Your thoughtfulness was very much appreciated. We are lucky to have such wonderful and generous families to work with.

Although the temperatures have been very favorable, we will no doubt see the cold weather return. As per our policies, snow pants are not optional for children under the age of 10. Please make sure that your children have all of their outdoor clothing each and every day.

Our crafty bunch of children are always looking for recyclable items to use in our craft area. Paper towel tubes, Kleenex boxes, magazines, buttons, and scraps of fabric are always needed. We appreciate any donations!

**NEW FOR THE NEW YEAR:** As part of our newsletter, I will now be highlighting a policy from our parent manual as a refresher for all of us. I hope that we all find this a useful addition to the newsletter.

Ms Loretta

## Upcoming Events

January 9 – School Resumes  
January 24 – Early Dismissal  
February 3 – In-Service – CENTER OPEN  
February 20 – Louis Riel Day – CENTER CLOSED  
February – 28 – Early dismissal

## Birthdays

January 20 – Kaleb  
February 2 – Ms Loretta

## Junior News

It is hard to believe that another year is over and a new year is beginning. The juniors were very busy over the holiday break playing miniature hockey, silent ball and making forts in the gym. Since the weather has been so nice we spent most of our time outside playing dodge ball and ball tag (a game that the juniors made up themselves). Currently the juniors have been very interested in drawing Mooshi monsters and creating their own monsters.

The juniors want to say a big THANK YOU to all their parents who came to our annual Christmas party it was a big success and the children were very excited for you to join us.

Until next time,  
Ms Kyla

## Senior News

December was a busy month for the children in the Senior room. Many of the children were busy with school projects, sport and dancing classes and holiday preparations.

The warm weather led us to spend a lot of time outdoors enjoying sliding on the hill, playing dodge ball (a favorite) and soccer. Indoors we spent a lot of time building with Lego and reading...yes reading!

Thanks to the addition of some new equipment we will be focusing on science activities for the next little while. I am excited to show the children how to build a basic circuit with our new electricity set.

We will also be re-introducing the woodworking materials this month and will focus our attention on building some stools and other pieces of furniture to use in our room.

Ms Loretta and Ms Elizabeth

## January / February Policy Review

### *Health and Safety (pg 12 - 13 in parent manual)*

Unexpected illness is a great hardship for parents of small children in group care. Plan ahead and have back-up care for emergencies.

Public Health has furnished child care facilities with illness and contagious guidelines which we are required to follow. A child will not be allowed to attend the Centre if s/he has:

- Pink eye with yellow or white discharge
- Impetigo
- Ringworm/scabies
- Contagious disease (measles, mumps, etc)

## Recipe of the Month – Pita Bread Salad Sandwich



### **Ingredients:**

- 1/4 c. vegetable oil
- 2 tbsp. cider vinegar
- 4 1/2 tsp. soy sauce
- 3/4 tsp. grated ginger
- 1/8 tsp. sugar
- 2 c. cubed chicken breast
- 1 (6 oz.) frozen or fresh pea pods
- 1/4 c. chopped green onions
- 1 c. bean sprouts
- 1/4 c. chopped celery
- 1/4 c. sliced water chestnuts

### **Directions:**

Make a dressing out of first 5 ingredients. Toss chicken, pea pods, onion, bean sprouts with dressing. Chill overnight. Immediately before serving, add celery and water chestnuts. Toss; serves 4 in pita bread.

- Rash (unless previously diagnosed as non-contagious)
- Strep throat
- Repeated diarrhea and/or vomiting (more than twice in 24 hours)

Please do not bring sick children to the centre. Do not request that your child be allowed to stay indoors. If your child is too sick to participate in all of the centre's activities, then they are too ill to be at the centre. We do not have the facilities or staff to care for sick children.

If the illness appears to be of a COMMUNICABLE type, the child will be isolated as much as possible and the parent will be notified to pick up their child. All centre parents will be advised that their children have been exposed and of the symptoms to watch for. Should your child contract a communicable disease such as measles, mumps, strep throat, scarlet fever or impetigo you must follow the Public Health expectations regarding isolation periods. A doctor's certificate may be required before the child will be readmitted to the Centre.

If your child becomes ill during the day, you will be advised and you must make arrangements to pick up your child as quickly as possible. If you cannot be reached, one of your emergency contacts will be notified. A temporary sick area will be set up to make your child as comfortable as possible until your arrival. In cases of repeated episodes of vomiting or diarrhea, you will be contacted to pick up your child, IMMEDIATELY. The child will not be allowed to return until he is episode free for 24 hours.

NOTE: In the case of a suspected illness, the centre reserves the right to request a doctor's certificate stating that the child is healthy enough to be re-admitted.