

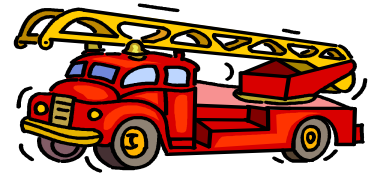


2017

Dear Parents,

It is so nice to see the reds, yellows, and oranges, as I look up at the mountains. The air is beginning to get that fall crispness in it and with that brings a reminder to pack a jacket or heavy sweater for your child. We do go outdoors both in the mornings and the afternoons for some fresh air and gross motor activities.

This month is fire prevention and our senior toddlers, pre-k and preschool classes will be visiting the fire house and the fire truck will be stopping by NDS to show the children the hoses, ladders and fire gear that the fire fighters wear.



We will also have a visit from Smokey the Bear. Look for more details as the time gets closer. There will also be trips to the Equinox Valley Pumpkin Patch to gather some pumpkins for the classrooms and an awesome wagon ride. Merck Forest will be another haunt of ours collecting leaves and enjoying the foliage. The pre-k class will be visiting the Equinox Village on Halloween

To sing songs for the residents. The pre-k, preschool, toddlers and senior toddlers will be walking over to the Vermont Country Store on Halloween to show off their costumes and to sing some festive songs. The MEMS parade is also that afternoon at 2:00pm and weather permitting the pre-k class will be walking over to see it.

Cold and Flu Season



It is that time of the year to prepare a back up plan for when your child/children are sick and cannot be here. We realize that it is hard to miss work when your child/children are sick but it is inevitable. We do the best job we can to keep the germs at bay but we are not equipped to take care of sick children. We ask for your help by washing your hands and those of your child

when entering the classroom.

Enrichment Activities

Dare, from the Second Chance Animal Shelter, will once again be coming here every month in the back of the building. She talks to the children about animals, their care, animal safety/pet safety, etc. The children love to see her and especially when she brings an animal along with her.

We will continue to head to the library for both preschool story hour and rhyme time for the little ones.

This month is Breast Cancer Awareness Month

Breast cancer prevention starts with your own health habits such as staying physically active, limiting alcohol and eating right. When it comes to breast cancer prevention, the risks you can't control such as your age and genetic makeup may loom large. But there are some breast cancer prevention steps you can always take on your own.



- **Limit alcohol.** A link exists between alcohol consumption and breast cancer. To protect you from breast cancer, consider limiting alcohol to less than one drink a day or avoid alcohol completely.
- **Maintain a healthy weight.** There's a clear link between obesity and breast cancer. This is especially true if you gain the weight later in life, particularly after menopause. Experts speculate that estrogen production in fatty tissue may be linked between obesity and breast cancer risk.
- **Stay physically active.** Regular exercise can help you maintain a healthy weight and, as a consequence, may aid in breast cancer prevention. Aim for at least 30 minutes of exercise on most days of the week. Try to include weight-bearing exercises such as walking, jogging, or aerobics. These have added benefits of keeping your bones strong.
- **Consider limiting fat in your diet.** Results from the most definitive study of dietary fat and breast cancer risk to date suggest a slight decrease in risk of invasive breast cancer for women who eat a low-fat diet.



REMINDERS:

- WE NEED TO REMIND PARENTS TO PLEASE SLOW DOWN WHEN PULLING INTO THE PARKING LOT. THERE HAVE BEEN MANY TIMES WE SEE PARENTS DRIVING WAY TO FAST IN THE PARKING LOT WHEN DROPPING OFF OR PICKING UP. THE SPEED LIMIT IS 5 MILES PER HOUR.
- PLEASE DO NOT LEAVE YOUR CAR RUNNING WHEN DROPPING OFF OR PICKING UP YOUR CHILD.
- PLEASE REMEMBER TO MAKE SURE THAT YOUR CHILD HAS AT LEAST TWO SETS OF CLOTHING IN THEIR CUBBIES. WE HAVE EXTRA CLOTHING HERE BUT NOT ENOUGH FOR AN ENTIRE CLASS. ALSO, IF YOUR CHILD COMES HOME IN SCHOOL CLOTHING PLEASE WASH AND RETURN TO YOUR CHILD'S TEACHERS.
- PLEASE REMEMBER THAT WE OPEN AT 7:30AM. PLEASE DO NOT DROP YOUR CHILD OFF IN THEIR ROOM BEFORE THAT TIME. THIS IS THE TIME FOR THE TEACHERS TO GET THEIR ROOMS READY FOR THE DAY. ON THE FLIP SIDE, PLEASE MAKE SURE THAT YOU PICK UP YOUR CHILD BY 5:30PM. WE ALL HAVE FAMILIES TO GO HOME TO AS WELL.

Car Seats

We would also like to remind parents the importance of having their child in the proper car seat. A child, birth to 2 years, should be in a rear-facing seat for as long as possible. For a child, 2 -4 years, they can be in a forward-facing car seat with a harness in the back seat. They should stay in this type of car seat until the age of 4 and 40lbs. Once children outgrow their forward-facing seat, they should ride in a high back booster seat in the back seat until the vehicle seat belts fit properly.



Holiday Schedules

Thanksgiving we are CLOSED Thursday 23rd and also Friday the 24th.

We will be CLOSED Monday, December 26th and CLOSED Monday, January 1st for the holiday season.

Happy Halloween