

CENTENNIAL DAY CARE

NEWSLETTER



SEPTEMBER 2009

Welcome To Centennial!

As usual, fall brings with it many new faces. We'd like to welcome all our new families to Centennial Day Care. We all look forward to getting to know everyone over the coming months.

Up-Coming Fundraising Events

We will be sending out order forms for Poinsettia's in November. These flowers come from Marigold Nurseries and are always beautiful so don't forget to order some. We will also be having our annual Christmas Raffle in December.

On-Going Fundraising

Please remember that the daycare collects Canadian Tire Money on an on-going basis.

Spaces Available

If you know of any families looking for daycare space, our center has a few spaces still available for children 2.5-5yr.

A Word About Parking

We want to remind all our families that the parking lot in front of our play-yard is reserved for church staff only at all times. Families dropping or picking-up children need to use the street parking available. Thank you for your co-operation.

Program Reminders

- Please let center staff know by 9:30am if your child will not be coming in or will be dropped off after 9:30. This allows staff to plan the day and lets our cook know how much lunch and snack to prepare.
- Please keep the information on your child's registration form up-to-date (i.e. people who can pick-up your child/allergies/phone #'s).
- Daycare fees are due between the 1st and 5th of each month. We are a non-profit center and depend on our fees to run our programs, so your co-operation is appreciated.
- With wet weather returning soon, please ensure that your child has splash-pants and boots at the daycare that fit them.
- Daycare is a messy business; please provide a complete change of clothes.

Daycare Policy Reminder

Re: Juice and/or milk in water bottles

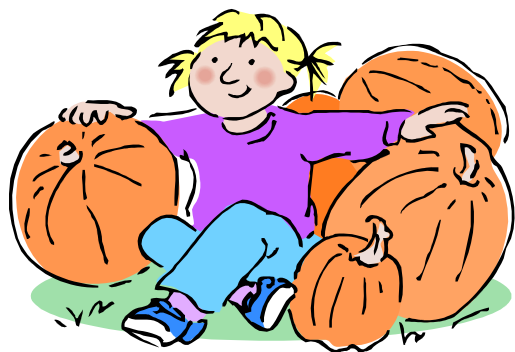
Since fruit juices and milk are both considered to be a 'Potentially Hazardous Food' we are required to refrigerate them.

This means that if your child comes to daycare with fruit juice or milk in their water bottle the staff will pour it out! It also means that your child won't have access to a water bottle during the day, since staff can't refill the bottle with water until after it has been properly washed and sanitized.

If you wish to send juice or milk to daycare with your child please send it in a **separate container**, ensuring that your child has another bottle available for water, and inform the staff that it is there. Children will be allowed to drink their juice or milk at morning snack (8:30-9:45) after which the staff will pour out anything remaining in the

container.

Thank you for your cooperation.



Announcing a New Arrival

It's finally here, our very own website site!

Now families can access information about our centre's policies, daily schedule, lunch menu, staff, board of directors, and much more anytime and from anywhere.

Check us out at: www.centennialdaycare.ca

Note to Parent's

To help our staff ensure the safety of all our children we ask families to take a moment to review our centre's policy on drop-off and pick-up.

Centennial Day Care Society Parent Handbook
(excerpt)

ARRIVING OR DEPARTING FROM THE DAY CARE CENTRE

When you arrive in the morning please help your child get settled into the program. Before you leave, make sure that a staff member is aware that your child has arrived, and that you have completed the sign in form.

When picking up your child please make sure that a staff member is aware when you are leaving, and that the sign out form is completed. Children may be picked up only by those persons whose names appear on the registration form, unless staff have been notified otherwise that day by the parent or guardian.



Personal Care Routines

To help our staff maintain a high quality, well supervised program during the hectic times of drop-off and pick-up we are asking families to please keep in mind that parents are responsible for overseeing their own child's personal care (toileting, washing, etc.) during these times. The staff is always happy to assist parents in locating any needed supplies, i.e. wipes or plastic bags. Your cooperation in this matter is appreciated by all our staff.

Congratulations

We want to give our congrats to the winner of our logo contest, Ana Tsui. Thank you to everyone who offered us their ideas and concepts.



Lice Checks

As we head into a new school year, we also start a new season of lice outbreaks. Our staff make regular monthly lice checks of all our children, but we want to ask our families to assist our staff by regularly checking their own child's hair at home as well and letting the staff know if you have found lice or suspect your child may have lice.

*REMEMBER: Lice prefer CLEAN heads. So even when you wash your child's hair regularly, they can still get lice!

We understand how frustrating and embarrassing being told your child has lice can be. Please know that our staff are here to support families through this common childhood experience.

For more information regarding lice and how to detect lice and treat them, check out these websites or ask any of our staff.

<http://www.healthlinkbc.ca/healthfiles/hfile06.stm>

<http://www.caringforkids.cps.ca/whensick/headlice.htm>

mean it; coming back will only make things worse.

Saying Goodbye & Separation Anxiety

Many children experience some separation anxiety from time to time. This is normal for children and with love and support this phase will pass quickly for most. Of course knowing that doesn't make it any easier for a parent to leave their child at daycare while they are crying or screaming.

The following is an excerpt from an article on Separation Anxiety found on the "KidsHealth" website (a link to the full article is found at the end of the excerpt):

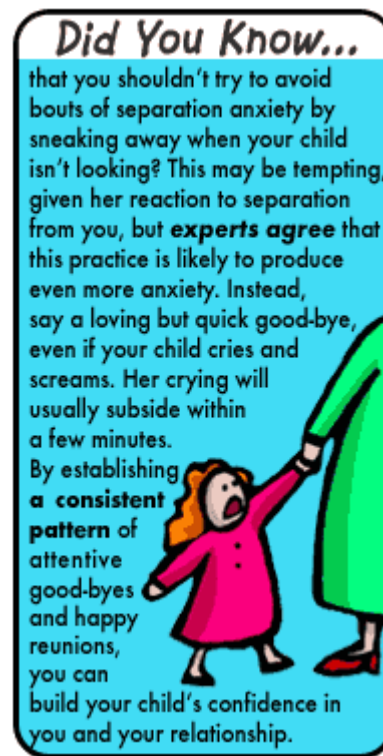
Making Goodbyes Easier

These strategies can help ease kids and parents through this difficult period:

- **Practice.** Practice being apart from each other, and introduce new people and places gradually. If you're planning to leave your child with a relative or a new babysitter, then invite that person over in advance so they can spend time together while you're in the room. If your child is starting at a new day care center or preschool, make a few visits there together before a full-time schedule begins. Practice leaving your child with a caregiver for short periods of time so that he or she can get used to being away from you.
- **Be calm and consistent.** Create a exit ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back — and explain how long it will be until you return using concepts kids will understand (such as after lunch) because your child can't yet understand time. Give him or her your full attention when you say goodbye, and when you say you're leaving,

- **Follow through on promises.** It's important to make sure that you return when you have promised to. This is critical — this is how your child will develop the confidence that he or she can make it through the time apart.

As hard as it may be to leave a child who's screaming and crying for you, it's important to have confidence that the caregiver can handle it. It may help both of you to set up a time that you will call to check in, maybe 15 to 20 minutes after you leave. By that time, most kids have calmed down are playing with other things. Don't let yourself give in early and call sooner!



The full article can be found at:

http://kidshealth.org/parent/emotions/feeling/s/separation_anxiety.html

