

November

2016

# Unity School

## PROGRAM DIRECTORS

Hello Unity Families!

Thank you for joining us for the Harvest Carnival! It was such a blast, and I think the adults enjoyed themselves as much (if not more than) the kids! We had a great turnout, lots of fabulous games, fun raffle baskets, and a ton of excitement!

Coming up soon is our Winter Celebration on Thursday, December 15<sup>th</sup> from 6:30-8:00 pm. This event will take place at Sheldon Community Center. Each class will perform a song or skit and each classroom will have activities for all to play! It's another perfect opportunity to meet others and have fun! We'll keep you posted, as we get closer to the date.

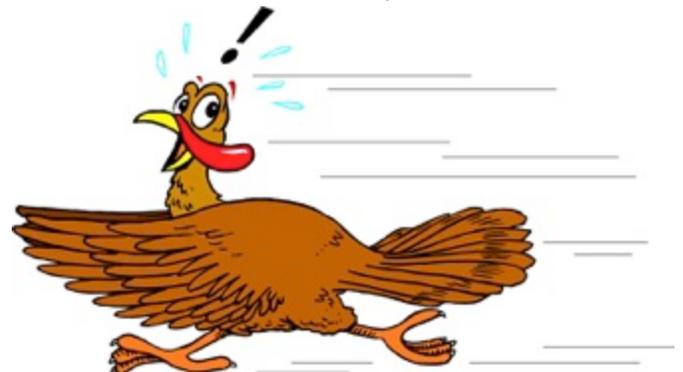
We love the fall, beautiful colors and sunny days here and there. The weather can change quickly, so please take a moment to check your child's cubby. Do they have rain gear, gloves & hat? What about an extra sweater or jacket? The temperature can vary this time of year and we want to make sure your child is as comfortable as possible during our outside play times.

Along with weather changes, this time of year is when we start to see runny noses, coughs, and fevers. Please keep a close eye on your child for any of these symptoms and be sure to keep them home to rest so we can minimize any spread of sickness. Children do need to be symptom-free for 24 hours before returning to school. Thanks for keeping our school healthy!

Please mark your calendar in advance that Unity School will be closed for the Holidays November 24<sup>th</sup> & 25<sup>th</sup>. We will also be closed December 23<sup>rd</sup>, 26<sup>th</sup> and January 2<sup>nd</sup>. Check the lobby calendar each month for up to date information. If your child will not be in school due to planned vacations

please let the office know as soon as possible so we can staff accordingly.

Happy November,  
Susanne & Jessica



## **PANDA CLASS**

Hello Panda Families,

Fall is defiantly here! Please be sure to dress your children appropriately for all types of weather. Remember we go out even when its wet so a rainproof coat and boots are much appreciated, thank you!



This last month we talked about farms and fall. We also made "The Big Red Barn" scene on our art wall. We painted it red, green and brown. We made sheep, pigs, corn and bats.

We had a great time on our trip to the real farm were we got to see Turkeys, pigs, cows, chickens and goats. The wagon ride was lots of fun as well as picking pumpkins, corn and gourds. The weather was awesome and we got to play on the "Hay Flower" and the tractor too! Thanks for all the parents who came along, that's always a big help.

Thanks to all of the parents who signed up for conferences, its always great to have uninterrupted time to talk to you about your child.

The Harvest Carnival was a lot of fun, thank you for coming.

Cherri, Celia & Briana

## **CATERPILLAR CLASS**

Wow! Two months into the school year already. Time sure fly's when you're having fun! Some of the fun things the Caterpillars have been up to are making our own sensory bottles with glitter, beads and confetti. We've also been exploring pumpkins by cutting them open and investigating the texture, smell and different colors. The Caterpillars have also been learning about farms, what kind of food is growing at farms and the animals that live at the farm.

This month the Caterpillars have been webbing fall. We've been exploring the different types of weather and really enjoying watching the seasons change.

The Caterpillars want to say a big thank you to all the volunteers that came with us on our field trip. It is such a big help to have extra eyes and ears when we go on our adventures! It was also very nice to see how much fun everybody had at the Harvest Carnival and Pajama Day.

### **Gentle Reminder**

With the rainy season here and winter right around the corner we need all children to have the following items.

- Rain boots
- Rain coat/heavy jacket
- Mittens
- Hats

We also ask parents to label all of your child's clothing, as it is difficult to keep track of each child's belongings.

#### Up coming Date to remember

- Nov. 7<sup>th</sup> - 11<sup>th</sup> are parent/teacher conferences
- Unity will be closed on Nov. 24<sup>th</sup> & 25<sup>th</sup>.

Enjoy,

Teachers Jessica G, Melissa, Mandolin & Jessica V



## **LADYBUGS CLASS**

Welcome to Fall everyone!

It's time for the leaves to start falling and crisp air. Please remember to bring rain boots and warm jackets so everyone can stay healthy and enjoy the changing season!

The Ladybugs have been very busy with sensory exploration. Our children have helped to make play dough and cloud dough, calmed down with lavender rice, soothed themselves with warm soapy water, and squished their fingers in floam and flubber. Very exciting!

In October we plan on labeling feelings and reviewing safety limits within our homes and community. Our first field trip will be to the pumpkin patch (where we will need lots of grown up chaperones), so keep your eyes on your mailbox and the class door for details.



It's Autumn but its also cold season, please keep your child home if they are contagious (fever of 100+, rash, vomit, diarrhea) and we will work on hand washing, covering coughs and tissue using. Any questions please see Teacher Dorothy.

Thank you,  
Dorothy, Jessica V,

## **BUTTERFLY CLASS**

Hi everyone!

We hope this note finds you all well, and that you are all enjoying fall!

We want to thank you all for being so flexible and understanding about us having to reschedule our pumpkin patch field trip. This Oregon weather is a fickle pickle.

#### Important Dates:

- Nov. 24 & 25 — Unity School is closed for Thanksgiving
  - Nov. 28 - Dec. 2 — Butterfly Parent/Teacher conferences
- \* Please watch for a sign-up sheet outside the Butterfly classroom.

We are so excited at how fast your children are learning everything they are being taught! It's so fun and heart warming!

#### A Quick Reminder:

Please be sure to have a full change of "weather appropriate" clothes in your child's cubby at all times. A rain Coat and boots would be really helpful as well, since we have very unpredictable weather.

Please remember to take your child's rest items home every week to be washed and returned the following week. Thank you.

With cold and Flu season beginning please help us keep the children and staff healthy by keeping your child home if they:

- Have a fever of 100° or higher
- Are vomiting, have diarrhea, have a severe cough or have a colored runny nose

Let's all do our part please.

Thank you for sharing your children with us each day! We enjoy them so much! Have a great month and a wonderful holiday!



Hugs & Smiles,  
Pammie, Michelle, Kelly

## OTTER CLASS

Hello from the Otters,

The Rain is here and the Otters love to play in water, so please make sure the children have weather appropriate clothing to wear. We will continue to go outside rain or shine. Along with playing in the puddles and collecting rainwater, the Otters have been enjoying the game known as "Green Fishy 5".

The Otter have also been busy and creative the last couple of months, as you can tell from our art wall. We have a lot of artistic talent in the group.

Some of our younger students have been working on math problems for fun during choice time. They are hard working and excited to learn.



Our group is excited about the up coming Harvest Carnival this month with all of the activities and snacks that will be available. The kids have been coming up with decorations ideas for the classroom.

There has been a good amount of teamwork among the

Otters as well. They have been coming up with group ideas and giving everyone involved the chance to contribute their individual talents and creativity. They have also been getting the garden ready for the winter, cleaning it up and putting it to sleep.

We are all getting ready for the arrival of our salmon and trout eggs and looking forward to watching them hatch and grow during the months ahead, as well as, all of the activities that will be happening.

Teachers,  
Josh & Sarah

## SEA TURTLE CLASS

Jeepers! Fall is flying by! I can't believe November is already here. The Sea Turtles have been exploring fall lately; collecting leaves, dying coffee filters to look like fall leaves, reading stories about fall, making a fall tree, and so much more.

Our Pumpkin Patch field trip was a soggy one, but still a success. The Sea Turtles climbed through the hay, and threw pumpkins at the scarecrows. They even got their own pumpkin to take home. A special thank you to Lucas's mom for enduring the rain with us.

Please remember that with fall weather comes cold and wet days. Please send you child with a coat, rain boots, hat and gloves for outside time.

The Sea Turtles will be exploring the "super Powers" of animals for the next couple of weeks.



### Reminders

- Please make sure your child has weather appropriate clothes for outside time.
- Please make sure your child has extra clothes at school.
- There is no weapon play or fighting play at Unity. Please take time to remind you child of this.

Thanks.

Teacher Tara





# Making Celebrations Healthier

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## **Celebration Is Important**

Special occasions are an important part of a child's social development. Rituals to celebrate birthdays, new classmates, graduations and holidays are opportunities to share and learn about other communities and cultures. Here are some tips to ensure that celebrations are as healthy for young bodies as they are for young minds.

## **Healthy Celebration Activities**

1. Arrange a field trip to a local park, library, or museum to celebrate special occasions, taking along lunch or healthy snacks.
2. Share the child's favorite book as a special story time event, or organize a scavenger hunt.
3. Honor a child by planting organic herbs or veggies that will provide yummy tastings later.
4. Create a ritual: What makes a special occasion "special" is that it doesn't happen often. A celebration ritual — ringing a gong, doing a special dance, or wearing a special hat can make an occasion memorable.
5. Offer a non-food "treat". Create celebrations that are about sharing: soap bubbles for blowing, whistles for tweeting, ribbons for twirling or homemade play dough for sculpting.
6. If food is part of a celebration, use it as an opportunity to support healthy eating habits by serving fresh fruits and vegetables and healthy snacks.

## **Develop a "Celebrations Policy"**

A "celebrations policy," perhaps as part of a food wellness policy, can help families, staff and teachers agree on guidelines to make celebrations about fun rather than extra and unhealthy food. In addition to healthy snack suggestions and activity ideas, a policy may include these procedures:

- Plan ahead to consolidate birthdays and other celebrations into weekly, bi weekly or monthly events.
- Schedule celebrations around routine meal & snack times, so that healthy and nutritious treats are not added calories.
- Share monthly special event schedules with parents, setting clear expectations for them to provide craft or activity ideas.
- Publish your policy and tips for how to implement it in a newsletter, emails and/or parent handbooks.
- Ensure children with food allergies and sensitivities have alternative celebratory food choices available.

\*Healthy tip: ask families to refrain from packing candy and sugary sweets in their children's lunches.

## Healthy Options for Snacks & Treats

1. Fresh fruit kebabs: Local, organic or pesticide-free fresh fruits are a nutritious alternative to sugary treats. Serve chunks of fruit on skewers with plain, nonfat yogurt for dipping.
2. Local, organic or pesticide-free vegetables: Make them special by taking time to arrange them or cut them into fun shapes.
3. Choose local frozen produce in the off Season. Cooked sweet potatoes are usually a hit with kids, as are local berries.
4. Cool drinks: On hot summer days, offer cold water flavored with fresh lemon, lime, or cucumber slices. This is refreshing with out added sugar.
5. Warm drinks: On frosty autumn and winter days, celebrate with apple cider. Have children add apple or pear slices, cinnamon, nutmeg, cloves or vanilla to warm cider and steep for five minutes

### Healthy Celebration Ideas

- **Let's Move Child Care**  
*[healthykidshealthyfuture.org/nutrition.html](http://healthykidshealthyfuture.org/nutrition.html)*
- **Making Celebrations Healthy and Active**  
*[www.choosemyplate.gov/downloads/celebrate/MakingCelebrationsHealthyAndActive.pdf](http://www.choosemyplate.gov/downloads/celebrate/MakingCelebrationsHealthyAndActive.pdf)*
- **Children's story books with holiday themes, for special celebrations**  
*[childrensbooks.about.com/od/holidays/Holidays.htm](http://childrensbooks.about.com/od/holidays/Holidays.htm)*
- **My Plate**  
*[www.choosemyplate.gov/](http://www.choosemyplate.gov/)*
- **Seasonal ideas for healthy celebrations**  
*[cspinet.org/nutritionpolicy/policy\\_options\\_healthycelebrations.html](http://cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html)*
- **Sample grade school "healthy celebration policy"**  
*[www.vasaelementary.com/?page\\_id=203](http://www.vasaelementary.com/?page_id=203)*

#### FOR MORE INFORMATION

Call: 202-543-4033, ext. 12

Email: [infor@exohealthychildcare.org](mailto:infor@exohealthychildcare.org)

Visit: [www.cehn.org/ehcc](http://www.cehn.org/ehcc)

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Eco-Healthy Child Care®

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# Playground Safety Tips for PARENTS

As a parent, you play an important role in keeping your child safe on the playground. This sheet will help you learn how to spot a concussion and protect your child from concussion or other serious brain injury each time you take your child on an outdoor play adventure.

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## HOW CAN I HELP KEEP MY CHILD SAFE?

Playgrounds are important places for children to have fun, explore, and grow. Children learn through play and need opportunities to take risks, test their limits, and learn new skills through free play. Playgrounds can also put children at risk for concussion.

To help keep children safe:

- \* Use playground equipment that is right for your child's age
- \* Check that playgrounds have soft material under them, such as wood chips, sand, or mulch.
- \* Make sure there are guardrails to help prevent falls.
- \* Look out for things in the play area that can trip your child, like tree stumps or rocks.

## HOW CAN I SPOT A POSSIBLE CONCUSSION?

After a fall or a bump, blow, or jolt to the head or body, look for one or more of these signs and symptoms of a concussion:

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

**On the playground,** children are more likely to get a concussion or other serious brain injury when using:

1. Monkey Bars
2. Climbing Equipment
3. Swings

Cheng T et al. Nonfatal playground-related traumatic brain injuries among children, 2001-2013. *Pediatrics*, 2015.

## Symptoms Reported by Children

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not

If you see any of these signs or symptoms and think your child has a concussion, or other serious brain injury, seek medical attention right away. Remember, signs and symptoms may show up right after the injury, or may not appear or be noticed until hours or days after the injury. While most children with a concussion feel better within a couple of weeks, some will have symptoms for months or longer.

## WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure that the child is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions, or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.
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You can download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

The information provided in this fact sheet or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to your physician or other health care provider.

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

How can you help your child lower their chance of getting a concussion?

**Plan ahead.**

# NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 TUITION DUE
7	8	9	10	11
14	15	16 OVERUSE FEES DUE	17	18
21	22	23	24 UNITY CLOSED FOR HOLIDAY	25 UNITY CLOSED FOR HOLIDAY
28 SCHEDULE CHANGES DUE	29	30		