

November  
2017



# Unity School Newsletter

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## 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 and a ton of excitement!

Save the date for our upcoming Winter Celebration on Friday, December 15<sup>th</sup>! 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! This year we will also have a couple of vendors there to help you out with your holiday shopping.

On November 7<sup>th</sup> we will be holding a fundraiser event at Papa's Pizza. This will help us raise money towards the Panda room upgrades we will be making next summer (along with some other building updates.)

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!

We had a comment/suggestion from one of our parents that we wanted to address. The suggestion was that all staff park on the street to make more parent parking available. First off, thanks for your suggestion, as a general rule staff should not be parking in our lot due to this reason. We do have some exceptions, our openers/closers (for safety when its dark and few people are around), staff with children, and administrative staff (emergency purposes). We realize our parking lot is

small and we do appreciate everyone working together to make it safe, efficient, and functional. If you have any other questions, comments, or suggestions, please fill out a comments form and place in the tuition/suggestion box. We appreciate your feedback!

Please mark your calendar in advance that Unity School will be closed for the Holidays November 23rd & 24th. We will also be closed December 25<sup>th</sup>, 26<sup>th</sup> and January 1<sup>st</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 and Jessica

## PANDA CLASS

Hello Panda families,

Wow, fall is here! The weather has definitely gotten colder and wetter! Please bring your child in layers so they can be comfortable. A warm coat, boots, hat and gloves would be great. It is especially cold in the mornings when we are outside from 8:30-9:00am this is when the hats and gloves/mittens are useful. Also, we do go out if it is just wet or lightly raining so boots and water proof/resistant coats are needed. Don't forget to keep an extra set of clothes just in case they are needed (puddles are irresistible for some kids!). Please label your child's items too.



We had a great time at the pumpkin patch. The weather cooperated pretty well, our hayride was dry and we got to eat snack undercover. We only got sprinkled on while looking for our pumpkins. Thank you to all the parents who were able to join us. Thank you to everyone who signed up and did pet care also.

We've been really focusing on self-help skills the last month - especially washing hands thoroughly, and cleaning up our toys.

Here's to another great month!  
Cherri, Celia & Briana

## CATERPILLAR CLASS

Happy November Caterpillar families,

We had such a fun filled month of October. Thank you to all the families that joined us for the pumpkin patch field trip! The children loved sharing school experiences with you.



During October we explored the topic of "fall". We spent time in the garden planting and harvesting vegetables, we discussed farms, and investigated the changing weather. The children enjoyed the baking projects and decorating for the Harvest Carnival! What a blast!

The second week of November we will be holding parent/teacher conferences. If you would like to sign up for a conference, check the parent information board for available times.

In the month of November we will begin talking about community helpers if you would like to come share your job with the class please talk with Melissa or Jessica.

Gentle Reminders:

- Unity School is closed November 23<sup>rd</sup> & 24<sup>th</sup> for the thanksgiving Holiday
- Parent /Teacher conferences are November 6<sup>th</sup> - the 9<sup>th</sup>

Teachers

Jessica, Melissa & Mandolin

## LADYBUG CLASS

Hello everyone, we would like to tell you all about the Ladybugs and what they've been up to! The kids have been very busy exploring science and math through cooking, nature walks, interacting with materials and tools such as pipettes and gelatin molds, magnifiers and getting their hands messy! Thank you to all of our families for providing extra clothes so that messy projects are an option.

In October, we had a blast on our nature walk collecting leaves and nuts. We also went to the pumpkin patch where we learned about farm animals and produce. Thank you Abby and Alyssa for joining us, it was a huge help! Our picture day also went well, we can't wait to see those cute faces. Another thank you to everyone who helped and attended this years Harvest Party, it was great to see everyone and all of the unique costumes. Last but not least, our party on the 31st (the well earned party due to great listening and helpful hands) was super with the pajamas being the best part!



November brings new adventure while we discover what teamwork and community means. The Ladybug Class will host a food drive to help families in need, keep your eyes on the class parent board and your mailboxes for more information. Also, we will host a family Stone Soup Feast in our room on Tuesday, November 21 at lunchtime (12:15 pm). The children will help prepare homemade bread, beautiful soup and a dessert to share with each other and their parents. This month is a beautiful time to show each other the things you are thankful for and we are very thankful to have such beautiful families to work with!

Remember your child's extra clothes for messes and wet weather and to take home bedding and art on Fridays. We hope everyone has a wonderful month.

Love your Ladybug team- Dorothy, Jessica V. and Brittney

## BUTTERFLY CLASS

Hi everyone!

We hope that you are all doing well, and staying happy and healthy.

We would like to thank all of the families who volunteered for our pumpkin patch trip to Detering Orchards. It was so fun having you all there with us, and what a beautiful day it was.



Upcoming Dates:

Tuesday, Nov. 7<sup>th</sup> = Papa's Pizza Fundraiser

Friday, Nov, 17<sup>th</sup> = Field trip to NAAG (look for details in your Parent Mailboxes)

Mon., Tues. & Wed.

Nov. 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> = Teacher/Parent Conferences (Schedule your time)

Thur. & Fri. Nov. 23<sup>rd</sup> & 24<sup>th</sup> = Unity Closed

Gentle reminders:

- Please be sure to have a FULL set of "weather appropriate" clothes in your child's cubby at all times
- We have a lot of blankets being left over the weekend. Please remember to take blankets home at the end of your child's scheduled week, and wash them, then return them the following week. This makes rest time much more comfy for your children and helps to cut down on germs! Thank you!
- It's officially the rainy season, so we would love it if each child had a rain jacket and rain boots here, as we do go outside even when it's raining. Thanks!

We would love it if your children brought books to read here in our class! We do ask that they be child friendly "story/picture" books. We do not prefer themes with super heroes or any type of violence etc. Please make sure that your child's name is in each book also.

Have a wonderful and safe month!!

Hugs & smiles,

Pammie, Michelle, Sarah & Kelly

## SEA TURTLE CLASS

Hi Sea Turtle families,

In October we've been learning about being a friend, our feelings and pumpkins/Halloween. The dynamics in our class have shifted some with the addition of some new friends. I am so proud of our Sea Turtles, and how they've adjusted and worked hard to include everyone. Our first field trip to the pumpkin patch went great! A lot of our friends were very excited about riding the purple bus.

In November we are going to continue working on using our words, and listening to our friends and teacher. We will also be learning about fall and all that it brings with it.

It is really encouraging to see the amount of growth the kids have under gone in the short time we've been together. I look forward to seeing what the next month brings,

Kristin



## OTTER CLASS

Hello from the Otters,

We just had our trip to the pumpkin patch and had a great time. The weather turned out perfect. We got to enjoy kind of a wild hayride and the kids loved it. They had fun picking their pumpkins and using the pumpkin slingshot!

The kids have also been busy decorating for the Harvest Carnival, its great to see their imaginations at work.

As a group we've been talking about ways to earn a class party with a fun treat we can make together.

Recently we brought in a couple white boards so the kids can write down things their interested in learning about. A favorite in our group is science and making messy things. We also started a white board to get our group more involved in our weekly web. They seem to enjoy doing it this way. They write things down on their own and ask for help from us or another student if they need it.

Please supply your child with a coat or jacket everyday because the cold wet weather is setting in. if they have rain boots for wet days that would be great too. We go outside all year so they can run, play and burn off some energy.



We have a fun, creative and energetic group of kids and we're glad to share part of our day with them.

Here's a joke one of our kids shared:

Q: Why did the rubber chicken cross the road?

A: Because he needed to stretch his legs.

Otter Teachers,  
Kristin & Sarah

The first 5 years are when children's brains grow fastest.

[joinvroom.org](http://joinvroom.org) offers simple activity ideas that you can do at home to nurture brain development in you child.

Try this one:

On The Go - Imagination Station

When you're waiting at a stoplight, make up a story about someone across the street.

Where is the woman in the hat going? What will she do when she gets there?

Try to elaborate on your child's ideas.

# The Importance of Including Children in Emergency Preparedness Planning

May 4, 2017 | by [Jessica Franks](#) | [Child Care](#), [Families / Programs](#), [Health and Safety](#), [Preparedness](#), [Safety](#), [Training](#)

As a child care provider, you have chosen a profession of caring for children, and you try your best to protect them every day. There are many things you do to keep them safe, but it may be impossible to prepare for all possibilities. However, by including children's needs and children themselves in preparedness planning, you can help yourself and the children in your care be as ready as possible for an unexpected public health emergency.

Children have unique needs, which make them especially vulnerable in times of disaster. Parents, educators, and child care providers who can recognize the physical, developmental, and emotional characteristics of children that make them more vulnerable will be able to help children stay safe in emergencies.

## Recognizing the Unique Needs of Children in Emergencies

Each year, millions of children worldwide are affected by various types of public health emergencies, which often affect children more than adults or may even specifically target children, according to [UNICEF](#). These public health emergencies, or disasters, come in various forms, such as natural events like severe weather, earthquakes, fires, floods, and tsunamis, as well as disease outbreaks and man-made events like acts of terrorism, according to the [UCSF CA Childcare Health Program](#). These events magnify the unique needs of children and underscore the importance of emergency preparedness efforts that include their needs.

In the United States, 69 million children are separated from their parents or caregivers every work day to attend school or child care. However, basic emergency plans for schools and child care providers are not mandated in 18 states and the District of Columbia, according to [Save the Children](#). It is not a question of *whether* the next natural or man-made disaster will happen, but a question of *when* and *how* will it affect children?

In 2013, the Centers for Disease Control and Prevention (CDC) created a special team that focuses entirely on the unique needs of children in disasters. The Children's Preparedness Unit (CPU) works to highlight the needs of children in emergency preparedness and response by including children in public health planning at the federal, state, and local levels. CPU's team of pediatric and preparedness experts has overseen matters related to children's health during CDC emergency responses, such as H1N1 (swine flu) (2009-2010), Ebola (2014-2015), Zika virus (2016), and Hurricane Matthew (2016). CPU recognizes the need to improve planning to protect children's health in emergency situations. Children under 18 years of age make up a quarter of the U.S. population, and [the CPU remains committed](#) to addressing their needs during disasters and exploring new ways to include children in emergency preparedness efforts.

## How to Include Children in Disaster Planning

Preparedness planning that accommodates the needs of children is an ongoing challenge. Despite increasing efforts, children continue to be inadequately represented in preparedness planning exercises and material development. There are limited preparedness planning materials specifically *about* children, and even less developed especially *for* children.

To teach children the basics of staying safe in emergencies, child care providers and educators can include children in the activity of making a disaster kit, as well as planning a school evacuation route. Parents can also get involved by doing these activities at home. Tailoring the activity and conversation to a child's age and developmental stage can be a fun and empowering activity for children, which makes them feel included and safe.

## CDC's Child-Focused Efforts

It is not always easy to know how to best equip children for a disaster. To help meet that need, CDC developed a useful tool that is targeted specifically to children ages 2-8 years. The [Ready Wrigley activity book series](#) provides age-appropriate preparedness messages to help children understand what might happen in disasters and what they can do to stay safe. The messages are intended to reach parents as well and to help build appropriate preparedness practices in the home. The books include fun activities to help children learn about preparedness and how to respond in emergencies, including winter weather, earthquakes, hurricanes, extreme heat, tornadoes, lead-contaminated water, and mosquito-

borne diseases. Two new books about flood recovery and influenza (the flu) are currently under development and will be released in 2017.

## Next Steps for Child Care Centers

In addition to supporting individual preparedness for children and families in the home, it is also important for schools and child care centers to build key preparedness components into their disaster plans and practice them regularly. These include ensuring safety, connecting with state and local emergency responders (see sidebar for local emergency management links), notifying parents and caretakers, and reuniting families after a disaster, according to the [Center for Pediatric Emergency Medicine at the New York University School of Medicine](#). Practice drills are important for both staff and children, as they help staff feel more natural in their response roles and the idea of a disaster becomes less frightening to children. These preparedness components and practice drills help to ensure the safety and wellbeing of children whether at home or away.

It is important for child care providers to remember that a child's reaction to danger or a threat is influenced by his or her stage of development. Recognizing how children understand disasters, as well as using age-appropriate language to discuss any fears or doubts they may have, will help them to adjust to the situation and also improve their sense of safety, according to the [Center for Pediatric Emergency Medicine at the New York University School of Medicine](#). Children's verbal communication abilities are still developing, and may limit them from effectively sharing their fears, doubts, pains, or symptoms. For this reason, it is important to pay attention to other forms of expression, such as irritability, sleeplessness, and changes in behavior or appetite, [according to the CDC](#).

Children's abilities to cope with stressful or frightening situations improve when they know more about what is happening and feel that they are able to help protect those closest to them. It is important for child care providers to let children speak about their fears and find out what they know in order to help correct any false information. Limit children's exposure to news sources about any disaster, as the continuous messaging can make the situation seem worse than it actually may be, [according to the CDC](#).

No matter how much we plan, conduct practice drills, or watch the news and weather forecasts, it is nearly impossible to be 100% prepared for any disaster. There is always something more we can do to include children in preparedness planning. Allowing children to take charge of their own preparedness through child-focused educational materials and age-appropriate discussions provides a greater opportunity for them to be ready when the next disaster strikes.\*

## State Emergency Management and Public Safety Resources

- [Kansas](#)
- [Minnesota](#)
- [Oklahoma](#)

Below are a few available resources to help child care and early educators include child preparedness and the unique needs of children into all stages of emergency preparedness and disaster planning. These can also be found on [childprepare.org](#):

- [How to Plan for Emergencies and Disasters: A Step-by-Step Guide for California Child Care Providers](#): Includes information aimed at helping child care providers develop an emergency plan by identifying local hazards, defining emergency roles and responsibilities, connecting with emergency services in the local area, gathering emergency supplies, and practicing reunification, relocation, and drills.
- [Emergency Plan Library](#): Includes a variety of forms, templates, worksheets, and checklists to assist child care providers with emergency preparedness planning.
- [Free FEMA Course: Multi-hazard Planning for Child Care](#): Covers the steps to help child care providers prepare for incidents to ensure the safety of the children at their site.
- [Head Start Emergency Preparedness Manual, 2015 Edition](#): Provides tools and resources to assist with emergency preparedness, response, and recovery.

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# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Don't forget to turn clocks back 1 hour this weekend
6  TUITION DUE	7  PAPA PIZZA FUNDRAIZER	8	9	10
13	14	15	16 OVERUSE FEES DUE	17  Pumpkin Pie Orders Due
20	21	22	23  Unity School "CLOSED"	24  Unity School "CLOSED"
27  SCHEDULE CHANGES DUE	28	29	30	