

CHILDREN'S CENTER UPDATES

Save the Date

11/6– Daylights saving

11/24 & 11/25– UICCC Closed for Thanksgiving Holiday

12/19/16-1/2/17- UICCC Closed for Winter Break



Support Writing at Home

Source: Adapted from the Message in a Backpack for J. Strasser & L.M. Koepfel, 2008, "Supporting Writing in Preschool," *Teaching Young Children* 1 (3): 10–12.

Young children like to scribble, make marks that look like letters, and play with writing. Chances are, your child will experiment with writing long before

he or she learns to read. Here are some ways to help your child learn about and practice writing.

- **Display children's writing in a special place.** Hang your child's work on the refrigerator, a bedroom door, or a cork board; tape it to a bathroom mirror or tile. Or, scan the writing and send it to the grandparents. You will be telling your child that her writing is important and worthy of being shared. She will want to write more and more.

- **Write in front of your child and talk about it.** Whether writing a shopping list, thank you note, or e-mail; completing an application; or ordering from a catalog, explain what you are doing. Ask him what to add to the list or what to say in the thank you note or e-mail. **Invite your child to dictate stories.** While playing together, encourage your child to tell you a story about where the cars and trucks are going or who lives in the Lego house. Write down exactly what she says. Read it aloud afterward. Suggest that she draw some pictures to illustrate her story.

Read more: <http://families.naeyc.org/learning-and-development/reading-writing/support-writing-home>

Check out hallway display for how literacy is approached at school.

DON'T FORGET



To turn your clocks back one hour on Saturday night!

Time change begins on Sunday, November 6th

SELECTING AN ELEMENTARY SCHOOL AND PROGRAMS

If your child will be 5 years of age before September 1, 2017 you may have already begun thinking about kindergarten. For those families that live in the city of Chicago, CPS maybe an option your are considering. Within Chicago you have several options for education: Private, Magnet, Open Enrollment / neighborhood school, Selective enrollment, and Charter schools.

Think about...

Location

After school care

Is it a good match for YOUR child.

EXPLORE schools and programs, attend open houses

CHOOSE schools

APPLY online or on paper

Don't put all of your eggs in one basket. Apply to as many schools as you can.

Dates to Know for CPS:

Application Deadline: December 9, 2016

PIN Request Deadline: November 28, 2016

For more information, please contact:

Office of Access and Enrollment

(tel) 773.553.2060

(fax) 773.553.2061

(email) oea@cps.edu

www.cpsoea.org



In honor of the Thanksgiving holiday the Children's Center will be closed Thursday Nov 24th and Friday Nov 25th.

Parent Handbook Highlight

*Due to staffing limitations, the Center is unable to care for a child who is ill or has a fever and is, therefore, unable to participate in the daily program. Because young children who are ill need parental comfort and care, when a child becomes ill while at the Center, the parent(s) or person designated by the parent will be contacted and requested to pick up the child. **Parents should not bring an ill child to the Center as staff will be unable to accept him/her that day.***

Many childhood diseases are contagious and easily spread in group care. When someone at the Center has a contagious disease (other than a cold), a notice will be posted/emailed to advise parents of the occurrence of the disease and its usual symptoms. Parents should bring written authorization from a health care provider upon the child's return to the Center following a contagious disease or extended illness.



Common Concerns in

Children

By Yesenia Valdez and Amy Arialis

Will going to school or daycare make my child sick?

-Starting school or daycare will expose your child to more germs. As a result, your child may become sick more often. This is a normal occurrence as young children have developing immune systems and tend to become sick once they begin to socialize or attend school.

-It is important to take certain measures to promote good hygiene in order to avoid transmission of viruses

-Good hand washing practices are necessary and should be done after using the washroom, after sneezing or coughing and before and after eating.

-Recommended time for hand washing is 20 seconds which is the time of a Happy Birthday song, twice.

-Also your child should be up to date with recommended immunizations. Please see your healthcare provider for recommendations on how to keep your child healthy.

Will going outside in the winter make my child sick?

-Often parents will be worried that their child might catch a cold if exposed to cold weather or if their child is not properly dressed for the cold weather.

-The truth is only a cold virus causes a cold

-The fact that people are often more sick during the cold months is likely due to the fact people tend to be close to each other and often coughing or sneezing in close proximity which causes exposure to these viruses.

Influenza vs Common Cold:

- The flu and common colds are infections of the respiration tract and effect the throat, nose and lungs

- Both infections can look similar and both are transmitted person to person from sneezing, coughing, talking, touching and the viruses can stay alive on surfaces, toys or other objects

- The common cold is more mild and the symptoms develop more slowly.

Colds:

- Sneezing
- Stuffy or runny nose
- Cough
- Sore throat
- Fatigue
- Watery eyes
- Fever <102
- Headaches

Flu:

- Stuffy or runny nose
- Cough
- Fatigue
- Headaches
- Body aches or muscle aches
- Chills or sweats
- Stomach aches
- Nausea
- Vomiting
- Decreased appetite
- Fever > 102

Preventing Illness:

- Cover your cough, use your elbows not your hands
- Handwashing
- Getting enough sleep
- Get a flu shot every year
- Eating healthy foods

