

Fremont Christian
Preschool

January
Newsletter
2023



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hello
January

WISHING YOU A HAPPY NEW YEAR WITH THE HOPE THAT YOU
WILL HAVE MANY BLESSINGS IN THE YEAR TO COME.

Welcome Back: Returning to School Successfully

We hope everyone enjoyed their Christmas Break with family and friends. Vacation times are usually filled with celebrations, visiting guests, or travel, and are typically a vast contrast to your child's typical school day routine. While a break is important for both families and staff, it is often a challenge for parents and children to acclimate back to school.

Last month we provided some guidance on how to maintain routines during the Christmas Break in anticipation of coming back to school. This month's Teaching Pyramid focus is on **How to Help Your Child Have a Successful Morning**. A companion handout is included with this Newsletter and available on ParentsWeb for your review. We hope these tips and supports help to guide you in having a smooth transition back.

Teachers will be providing a refresher to students regarding our school rules **Be Kind, Be Safe, Be Respectful**. Classrooms will also emphasize building positive relationships with teachers and peers, with special attention to friendship skills that include cooperation, inclusiveness, and emotional literacy. Make sure to review your *This Week at School* for your child's classroom specific areas of learning and visit <https://cainclusion.org/teachingpyramid/materials-family.html> for family connection resources.



Fremont Christian Preschool
Staff Thank you!

We have been so blessed with cards, gifts, sweets, and prayers of appreciation and love over the Christmas Season.

We pray that the New Year brings blessings for you all!

dates
to
Remember

Jan. 2 - Back to School/Winter
Session Begins

Jan. 16 No School-Martin Luther King
Day

Jan. 27 - Chinese New Year Classroom
Parties

Partners for a Healthy School Environment

FCS Preschool is highly committed to maintaining safe, clean, and healthy environments. All classrooms are cleaned by a professional custodial service daily, and our teachers maintain all surfaces, and general cleanliness throughout the day using products from our partnership with Purell. Teachers also follow a toy cleaning schedule, and wash any items that have been observed in someone's mouth right away. Carpets and floors are steamed and sanitized twice annually, and will be completed over Christmas Break. **Please review the items below for how you can partner with efforts for a healthy school environment.**

Handwashing Practices

Community Care Licensing provides us guidelines for handwashing requirements that include a mandate to wash:

- **entering the classroom from outdoors**, including arrival to school. Please partner with us to ensure that children wash their hands before participating at school.
- before mealtimes.
- after bathroom use.
- any time a teacher observes a child touching their nose, eyes, or mouth.
- before and after messy activities.



Partner with us by maintaining these practices at home.

Why is this so important?

Not feeling well combined with the added stressor that children can't completely articulate how they are feeling is a driving force behind "acting out" in the school and home environment. Children are less likely to follow directions, play cooperatively, participate in activity, and even eat when they are not feeling well.

While the state regulations call for *excluding* children formally when they have vomited, have fever and/or diarrhea, FCS wants to partner with families to observe the onset of illness, provide the child with the rest they need in order prevent any major illnesses, as well as prevent the spread of illnesses to their peers.

As a working parent, I appreciate the hardship of taking time off work for illness. Let's work together as a pre-school community to prevent the spread of contagious illnesses by keeping children **home** until they are well enough to participate to the fullest. With all of our mutual efforts, I pray that our children maintain good health.

Keep Me Home If...

- I'm Vomiting
- I have a rash, lice or nits
- I have diarrhea
- I have an eye infection
- I have a sore throat
- I'm just not feeling very good.
- I have a fever

Two or more times in 24 hours.

Body rash, especially with a fever or itching. Lice or nits.

3 or more watery stools in 24 hours.

Thick mucus or pus draining from the eye.

With fever or swollen glands.

Unusually tired, pale, lack of appetite, confused or cranky.

Temperature of 100°(F) or more, (taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache or just not feeling good.

When Your Child is Sick:

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.