

**AKIVA ACADEMY DAYCARE OCTOBER NEWSLETTER**

**Classroom News:**

**Mrs.Vendekkan & Ms. Viola,**

**What a wonderful first month it has been at Daycare! All the children seem to have settled in to their new routines very well. It is amazing to see how quickly they develop their social-emotional skills through the power of play. They are happy to explore all the play areas in the classroom. It is delightful to see so many smiling faces each day☺**

***These are some of the new routines and skills your children have been learning:***

***. recognizing and remembering all of the children’s names and the teachers’ names (Still working on that),***

***. taking turns and sharing with other friends,***

***. recognizing their names and the special places where to put their jacket and shoes,***

***. remembering to use “Walking feet’’ inside and saving the” running feet” for the outside.***

**In October we will be discussing the fall season and colours like Orange, Red, Yellow and Brown. We are also planning a scavenger hunt with to collect objects that come from nature to create art, like leaves, sticks and pine cones.**

**Sound Basket:**

We will be introducing the phonetic sound of the letters this month. Please help your child to find a small item or object to bring to school that will represent the beginning sound of the week. Please place the item in a small Ziploc bag with their name on it. ***Please do not send in any electronic toys!***

The sounds for this month will be:

**Oct 08th -12th – “a “as in apple**

**Oct 15th -19th –“b” as in bike**

**Oct 22nd -26th –“c” as in cat**

**Oct 29th -Nov 02nd –“d” as in dog**

**Happy Birthday!**

Happy 3rd Birthday to Ayelet R.☺

***Some Friendly Reminders:***

**Illness Policy:**

Please be sure to send your child to school dressed appropriately for the weath-

er. Please label all outdoor clothing: hats, mitts, boots, and jackets with their

name. The children are practicing daily putting on their own jackets and many

are getting the hang of it! Please practice this with your child at home as they

are thrilled at this independencePlease be sure to send your child to school dressed appropriately for the weather. Please label all outdoor clothing hats, boots and jackets with their name.• **Illness Policy:**

It is in the highest interest of your child and the other children to keep your child at home when he /she is ill.

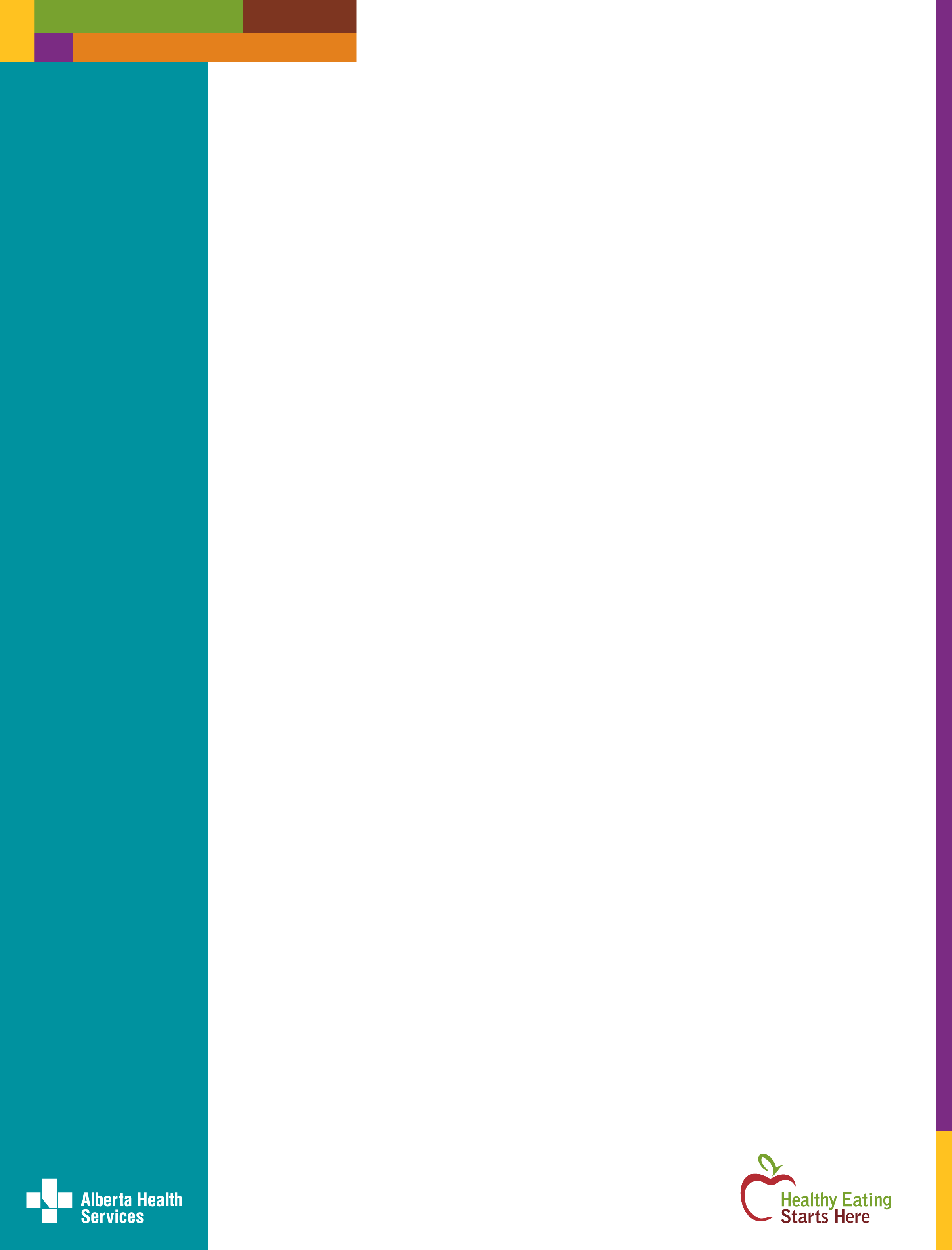
* After a fever, your child’s temperature must be normal (37o C) for 24 hours before returning to school.
* Any child with discharging eyes may not return until eyes have been free of discharge for 24 hours.
* Any child with diarrhea may not return to school until he/she has a normal stool within a 24 hours.
* Any child that has vomited may not attend school until she he/she has not vomited for a 24 hour period.
* If your child becomes ill at school and you are notified, you are requested to please pick-up your child promptly. You will not be called unless your child needs to be picked up.

**Clothing**

Please be sure to send your child to school dressed appropriately for the weather. Please label all outdoor clothing: hats, mitts, boots, snow pants and jackets with their name. The children are practicing daily putting on their own jackets and many are getting the hang of it. Please practice this with your child at home as they are thrilled at this independence.

**Wanted for Craft - “Family Tree’’**

We are planning to create a “Family Tree” project with children. So please send a recent photo of your family at the earliest. Thank You!

**** Nutrition Bites

**Healthy After School Snacking**

**Nutrition Bites**

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

* Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
* Aim to choose foods from 2 of the 4 food groups from [Canada’s Food Guide](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) at snack time.
* Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
* Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:



* Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
* Peanut butter spread on a whole wheat tortilla and rolled around a banana.
* Low-fat yogurt with fresh, frozen, or canned fruit.
* Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit:

<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

**Wellness Articles**

Alberta Health Services provides weekly health and wellness articles as a way to help all Albertans live a healthy life.

Please clink the link below for information about upcoming events and workshops.

<http://www.albertahealthservices.ca/news/Page9966.aspx>

**Classroom News:**





