

## Newsletter

### November 2018

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It's almost time for Family Learning Celebrations at BELA! This is one of our most popular events and we look forward to sharing it with all of our BELA families. FLC takes place in the late afternoon / evening and is a special time for you and your child. Our students love to show you around their classroom, teach you the routines of the day and work on some special projects with you. There will be a sign up sheet for your child's class at the sign in station, where you will be able to choose a time that works best for your

family. The dates for each class are below. Please watch for the sign up sheet in the coming weeks!

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### Important Dates:

- **November 2nd:**  
**NO SCHOOL**
- **November 26th, 27th & 28th:**  
**Family Learning Celebrations**

### Themes:

Mrs. Parnas' class will continue learning about Zoo Animals, reading fiction and non-fiction books, informal measurement, and the changes we see as we transition from Fall into Winter. Mrs. Blake's class will learn about Fairy Tales, Fables & Nursery Rhymes, they will be learning about rhyming, changes as we go from Fall into Winter and reading fiction books.



## **Reminders:**

Hand-foot-and-mouth disease is common in children but can also occur in adults. It can occur at any time of year but is most common in the summer and fall.

### What are the symptoms?

At first your child may feel tired, get a sore throat, or have a fever of around 38.3°C (101°F) to 39.5°C (103°F). Then in a day or two, sores or blisters may appear in or on the mouth and on the hands, feet, and sometimes the buttocks.

### What causes hand-foot-and-mouth disease?

Hand-foot-and-mouth disease is caused by a virus called an enterovirus. The virus spreads easily through coughing and sneezing.

### To help prevent the disease from spreading:

- talk to the staff at school or daycare about when your child can return.
- Wash your hands frequently. It is especially important to wash your hands after you touch a blister or change the diaper of an infected child.
- Teach all family members to wash their hands often.
- Don't let your child share toys or give kisses while he or she is infected.

For more info visit :[MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)

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## **Healthy Habits:**

by [Ashley Williams, RN, BN BELA Health & Wellness Consultant](#)



### **Sleep!!**

Do you know that 3-4 year olds need 11.5-12 hours of sleep/ day?? For parents with small children, Daylight Savings can mean major disruption to sleep! Here's a couple tips to ease transition:

Achieve the Perfect Bedtime: Making a gradual adjustment to bedtime will keep your child from becoming overtired through this transition. If bedtime typically falls at 7:00 PM, put your child to

bed at 6:30 PM for the first three days following the time change. Keep in mind that 6:30 feels like 7:30 to your child. On the fourth day return to a 7:00 PM bedtime.

Accomplish an Appropriate Wake Time: You can expect your child to be up with the birds while she makes the transition. Encourage children who are early risers to go back to sleep by waiting 10 minutes to get them up the first morning & add 10 mins each day as the week carries on.



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