

Newsletter

November 2019

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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 11th: NO SCHOOL
- November 25th, 26th & 27th:
Family Learning Celebrations

Themes:

Both classrooms are learning about Young Explorers and Builders! Mrs. Parnas' students are also excited about all things Transportation while Mrs. Blake's and Mrs. Hassett's classes are enjoying a Construction theme!



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.

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

Please remember to take all of your child's belongings with you at the end of the day, including shoes/boots & coats. Any items left behind will be put into the lost and found.

Healthy Habits:

by Ashley Williams, RN, BN BELA Health & Wellness Consultant



Influenza season is upon us. There are many common myths and misconceptions about influenza. The flu (influenza) is a contagious **respiratory** disease caused by flu viruses. It is not the same as stomach "flu" or the common cold. It is spread from person to person by coughing or sneezing. It can also be spread by touching contaminated surfaces. Know the symptoms and get your family protected with seasonal influenza vaccine!

Is it a cold or flu?		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare



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