

Newsletter

October 2018

.....



What a great start to the year! Our BELA kids are settling in, learning & loving it! For those little ones who have separation anxiety at times, they too are doing well and that's due to the good work of their Moms & Dads! We know it isn't always easy to leave them but they are doing great & so are you! If you need some additional guidance be sure to check out our blog on Separation Anxiety:

[First Day of School~Easing the Transition](#)

.....

Important Dates:

- **October 8th:**
NO SCHOOL~ Happy Thanksgiving!
- **October 9th & 10th:**
Fire Hall Field Trip & School Pictures



Reminders:

Please be reminded of our child illness policy as outlined on page 12 of our BELA Parent Handbook:

Children Who Are Ill

If your child is sick (severe cough, diarrhea, vomiting, temperature of 101 F or 38.3 C, or a prolonged cough, or greenish nasal discharge), please keep him/her at home. Your child **may not return to school for 24 hours after starting medication or being symptom free** in the case of a virus that does not require medication.

Please send a change of clothes with your child in case of accidents.

Themes:

The children will be finishing their Amazing Me theme. October 22 Mrs. Parnas' class will begin 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.

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!

Local Influenza Clinics:

October 16: 1-6pm JBS Canada Centre

October 17: 1-6pm JBS Canada Centre

October 24: 1-6pm JBS Canada Centre

November 28 1-6pm JBS Canada Centre

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



Stay connected and get your BELA info where you want it. Follow us on Facebook or Twitter. For more detailed stories, educational information, strategies & tips from our staff be sure to follow our Blog. You can find all the links on our website: