

## Newsletter

### October 2021

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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](#)

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#### **Important Dates:**

- October 7 @ 7pm Parent Advisory Council Meeting via zoom
- October 11th:  
NO SCHOOL~ Happy Thanksgiving!
- October 6th & 7th:  
School Pictures



#### **Reminders:**

Please be reminded to follow the Addendum to the Parent Handbook regarding illness. Please consult both of these resources as well as the [COVID-19 Information for Albertans](#) website before calling the school with questions.

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## **Themes:**

The children will be finishing their Amazing Me theme, where they have been learning all about what makes them unique! Later in the month, all classes will begin learning about Young Explorers & Builders. All classes will also continue working on our math and science concepts and early literacy.

## **Healthy Habits:**

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



Even with continued concern regarding COVID-19, Influenza season is also 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!

Visit [AHS-Influenza](#) website to find more information and upcoming clinics.



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