



# PCHC Spotlight

October 2008

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## 2008-2009 Annual Fall Registration

All families that were enrolled BEFORE June 2008 are due for the annual registration fee of \$75.00 per child. Registration fees are due by **October 3<sup>rd</sup>**. If you have any questions please see Ms. Mia.

PCHC accepts credit card payments for tuition. You may pay by Visa, MasterCard, or Discover. Credit card payments are processed on Mondays each week.

## October Is Fire Prevention Month

This month is Fire Prevention Month and we are in the process of scheduling a demonstration with the Fire Department for the students and staff. This is also a time when we should all be aware of ways to help learn fire safety and prevention. There are many things people can do to improve their safety at home, school, or work from fire! Install smoke detectors, change batteries at least once a year – October is a great month to do so, have a fire escape plan with at least two ways to get out. Most of all, remember that if there is a fire, you must get out of the building!

Our [Guest Reader Program](#) still needs volunteers. Please sign up to be a guest reader in your child's classroom and enjoy the eagerness in the children's faces as you read a favorite story to them.

Thanks to many of you for submitting your [email addresses](#). This is our first electronic newsletter but some families will not receive it electronically since they have not submitted their email address. A few copies will be printed as we transition this month. However, the November issue will be entirely electronic. If you have not done so, please submit your email address and drop it off in the office.

Thanks to those who have participated in the [Claire's gourmet](#) fundraiser. Families who sold at least 10 items will be entered into a drawing and the winner will receive up to \$100 tuition credit! Orders and payment are due October 3<sup>rd</sup> and order pick up is on October 22<sup>nd</sup>.

## Holiday Pictures

Last year, the holiday pictures were very popular! Life Touch will be back to do holiday pictures to help relieve the stress that the holiday brings. The pictures will be taken on November 17 and will be back before the Christmas holidays to enable you to distribute them to family and friends.

As always, we look forward to serving you and your children!

Ms. Florence  
[ffreeman@homeworkcenters.com](mailto:ffreeman@homeworkcenters.com)

## October Birthdays!

Congratulations to:

Mathew Miller – Oct 4

Kimberly Madero-Craven – Oct 5

Ethan Mercier – Oct 5

Gabriel Albright – Oct 15

Emily Klein – Oct 15

Patrick Berth – Oct 21

Courtney Freeman – Oct 22




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*Fall Pictures are here!  
Please complete the  
receipt before you take  
the packet home. You  
may only keep packet for  
7 days while you decide  
which package you  
prefer. Please select your  
package and return with  
payment in envelope  
Provided.*

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## Classroom Updates

### News from our Incredible Infants

We welcome Ms. Betty to our infant environment. Ms. Betty is senior staff qualified. Ms. Betty is excited to be a member of our team! On a typical day, you will find Ms. Betty cuddling, feeding, changing, and playing with the infants! Please make Ms. Betty feel welcome!

**This month, the infants will be working on the following concepts:** Vocalizing new sounds and hand-eye coordination.

Keep an eye out in our room for your infant's Halloween artwork. Please remember to label all your baby's belongings. We would appreciate receiving a recent picture of each infant for our room board.

*Ms. Betty, Infant Child care Teacher and Ms. Brittany, Infant Teacher's Assistant.*

### News from our Terrific Toddlers

As we move into fall and cooler weather, we plan to do a lot harvest time activities. We plan to go on a nature walk and learn more about this wonderful season. We have a lot of art projects planned, which we believe the children will enjoy very much. Watch for our new art wall as we redecorate it over the next few weeks.

*Ms. Paula, Toddler Child Care Teacher and Ms. Jackie, Toddler Child Care Teacher*

### News from our Terrific Twos

This month we will focus on harvest time. The children will learn about farm animals and fire prevention. In the fall season, the children will focus on the following activities: visual discrimination of size differences, potty training, and putting bedding away after naptime. We will have two classroom events: ABC Day and a Halloween party. Stay tuned for additional information about our classroom events. Please don't forget to bring in weather appropriate change of clothes. We are also still looking for guest readers for our class.

*Ms. Robin, Twos Child Care Teacher and Ms. Tia, Twos Child Care Teacher's Assistant.*

### **News from our Cosmic Threes**

Thank you for welcoming me into the three's classroom! Everything is moving right along. Hip Hip Hurray! Our room has received a facelift!! We hope you love our cosmic blue paint and red trim. The children picked the colors and are excited with the new changes. This month, we will be starting with letter A and the color red. Our themes will consist of my body, being safe, staying healthy, and helping others. Please remember to bring in warm change of clothes and a light jacket for our morning outside break.

*Ms. Kim, Threes Child Care Teacher and Ms. Cathy, Threes Child Care Teacher*

### **News from our Fabulous Fours**

We welcome Ms. Randi into our Fours environment. Ms. Randi comes to us with lots of experiences working with children from toddlers through elementary school. Ms. Randi has an associate's degree and is Senior Staff qualified. Her qualification and experience makes her a valuable member of our team as she prepares your children for kindergarten. Please make Ms. Randi feel welcome.

This month, we will continue to focus on the season of fall and using our senses to recognize the changes that fall has to offer. We will be learning our colors both in English and Spanish. Since music and art are very important aspects of learning, we will be playing musical instruments and learning how to play a rhythm beat. We will also be learning about respect... respect for our health, respect for safety, and respect for others. We are continuously learning to spell our names and recognizing our letters, both uppercase and lowercase. Please have your child practice this at home and observe their progress.

I am excited to be sharing these experiences with each and every one of you. Until next month,  
*Ms. Randy, Child Care Teacher, and Ms. Brianna, Child Care Teacher's Assistant.*

### **News from our Sensational School Agers**

During the month of October, the Homework Center will focus on better study habits and proper use of the numerous learning tools available in our room. Ms. Christy and I have developed a better documentation of who worked with which child to get their homework completed. If your child needs help in any area of his or her work, please let us know so we can help.

Anne Arundel County Schools are closed the following days in October: Thursday October 9 and Friday October 17. If your child will be here all day, please remember to let us know. The additional charge for those in before and after care is \$12 and the additional charge for those in before care or after care is \$22.

We are still looking for parents or grandparents to sign up as guest readers!! Thank you!

*Ms. Mac, School age Child Care Teacher and Ms. Chrissy, School age Child Care Teacher's Assistant*

## **PARENT EDUCATION TIDBITS**

The fall season is fast approaching and so is the flu season. Last year's flu season seemed to be the worst we had experienced to date. Many children and teachers caught the flu. To help us better manage this year's flu season, please review the information below.

## THE flu... A Guide for Parents

### What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus. The flu can spread from person to person. Most people with flu are sick for about a week, but then feel better. However, some people (especially young children, pregnant women, older people, and people with chronic health problems) can get very sick and some can die.

### What are the symptoms of the flu?

Most people with the flu feel tired and have fever (usually high), headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Cough can last two or more weeks.

### How does the flu spread?

People that have the flu usually cough, sneeze, and have a runny nose. This makes droplets with virus in them. Other people can get the flu by breathing in these droplets, getting them in their nose or mouth, or touching contaminated surfaces.

### How long can a sick person spread the flu to others?

Healthy adults may be able to spread the flu from 1 day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weakened immune systems).

### How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. CDC recommends that all children from the ages 6 months up to their 19<sup>th</sup> birthday get a flu vaccine every fall or winter (children getting a vaccine for the first time need two doses).

- Flu shots can be given to children 6 months and older.
- A nasal-spray vaccine can be given to healthy children 2 years and older (children under 5 years old who have had wheezing in the past year or any child with chronic health problems should get the flu shot).
- You can protect your child by getting a flu vaccine for yourself too. Also encourage your child's close contacts to get a flu vaccine. This is very important if your child is younger than 5 or has a chronic health problem like asthma (breathing disease) or diabetes (high blood sugar levels).

### Is there medicine to treat the flu?

There are antiviral drugs for children 1 year and older that can make your child feel better and get better sooner. But these drugs need to be approved by a doctor. They should be started during the first 2 days that your child is sick for them to work best. Your doctor can discuss with you if these drugs are right for your child.

### How else can I protect my child against flu?

1. Take time to get a flu vaccine and get your child vaccinated too.
2. Take everyday steps to prevent the spread of germs. This includes:
  - Clean *your* hands often and cover your coughs and sneezes
  - Tell your child to:
    - Stay away from people who are sick
    - Clean hands often
    - Keep hands away from face
    - Cover coughs and sneezes to protect others (it's best to use a tissue and throw it away).

**What should I use for hand cleaning?**

Washing hands with soap and water (for as long as it takes to sing the Happy Birthday song twice) will help protect your child from many different germs. When soap and water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).

**What can I do if my child gets sick?**

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. If your child is older than 2 years, you can buy medicine (over-the-counter) without a prescription that might make your child feel better. Be careful with these medicines and follow the instructions on the package. **But never give aspirin or medicine that has aspirin in it** to children or teenagers who may have the flu.

**Can my child go to school if he or she is sick?**

No. Your child should stay home to rest and to avoid giving the flu to other children.

**Should my child go to school if other children are sick?**

It is not unusual for some children in school to get sick during the winter months. If many children get sick, it is up to you to decide whether to send your child to school. You might want to check with your doctor, especially if your child has other health problems.

**When can my child go back to school after having the flu?**

Keep your child home from school until his or her temperature has been normal for 24 hours. Remind your child to cover their mouth when coughing or sneezing, to protect others (you may want to send some tissue and wipes or gels with alcohol in them to school with your child).

*Disclaimer: Always check with your child's pediatrician before embarking on any medical treatment.*

*Reference: Centers for Disease Control (CDC)*

## Upcoming Events

Here are some important deadlines and dates to remember:

<b>Annual Registration Fees due</b>	Oct 3
<b>Claire's Gourmet orders due</b>	Oct 3
<b>Claire's Gourmet pick up orders</b>	Oct 22
<b>Tuition due weekly</b>	Mondays
<b>Late fee applied weekly</b>	Wednesday Morning
<b>Sign up for Guest Reader Program</b>	Now
<b>Public Schools Closed</b>	
<b>Yum Kippur</b>	Oct 9
<b>Public Schools Closed</b>	Oct 17
<b>Public School</b>	
<b>2 hour early dismissal</b>	Oct 31
<b>Halloween Party and Parade</b>	Oct 31

### Administration

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