



**NOVEMBER/DECEMBER'S HOT TOPIC -- Winter Break and Holidays**

When experiencing holidays and busy times of the year, maintaining routines and schedules is critical for families. Check this article out for tips on how to best manage this busy time of the year:

**[How to Plan Activities to Reduce Challenging Behavior](http://challengingbehavior.cbcs.usf.edu/)** - Check this web address <http://challengingbehavior.cbcs.usf.edu/> Click on Family articles, then making life easier.



**What's Happening**

**At Home**

*Talk to your child about changes in schedule & environment  
Involve child in decorating, cooking ...  
Pace your activities  
Maintain a schedule (e.g. meals, rest times)  
Create a picture story of things you'll be doing*

**In the Classroom**

*Teachers will talk about schedule changes  
Classroom routines will be maintained  
Special activities will be minimal*

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**The Nurse says: Flu Season is Here!**

1. Children and parents should get a flu shot. If parents get sick, you are more likely to spread the germs to your children.
2. Help stop the spread of germs by teaching your child to cover their mouth and nose when coughing and sneezing. They can cough/sneeze into a tissue, their elbow or their shirt.
3. Wash hands with soap and warm water for about 20 seconds. Count to 20 or sing a short song while washing hands.
4. When sick, children should stay home for 24 hours after they are fever free without fever reducing medications
5. If vomiting, children need to stay home for 24 hours after they last vomit.
6. Notify the school if your child will be out sick and let us know their symptoms. This helps us inform others and keep our community healthy.
7. Call our nurse, Carol Neary, with questions at 864-8463 x71422

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**Capital Plan Update:**

A big piece of the BSD Capital Plan is creating viable solutions for the needs of our Preschool / Early Education Program. An Early Ed Task force has been formed to work on this project.



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**Upcoming School Events:**

**Monday, Dec 3rd, 8:10 a.m. at SA --- Winter Warm Up - Free Cocoa & gently used clothing**  
**Friday, December 21st at IAA ----- Family gathering at Integrated Arts Academy Preschool**  
**December 24th thru January 2 ----- School Break**