

November Newsletter

Burlington Early Education



NOVEMBER'S HOT TOPIC: Routines

It is important to have routines for different parts of your day. With repetition, children are able to learn the routine, what to expect and what is expected of them. Having routines for repetitive parts of the day provides structure and comfort for your child.

Morning routines and bedtime routines are 2 important times of the day. Having a routine for those times of the day will help it go more smoothly.

Check out these helpful resources!

[Morning Routines](#)

[Bedtime and Naptime Routines](#)

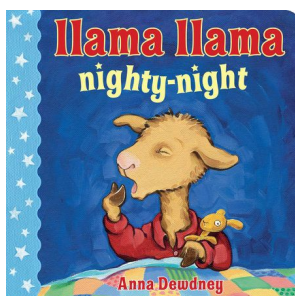
[Bedtime Routines](#)

Things teachers do that you can do at home:

- Maintain the same routines each day, as best as possible. This way children know what to expect and what is expected of them.
- When something does come up, we call it a "zig-zag." That way the children know there is going to be a change to the regular schedule.
- Provide a visual with pictures of the steps of the routine.
- Example of Bedtime Routine:
 - Take a bath, put on pajamas, brush teeth, bathroom turn, read a story, go to sleep.

Storytime Book Recommendations:

Llama Llama Nighty-Night by Anna Dewdney



Things to Remember:

We go outside every day!

Please send your child with a warm coat, snow pants, boots, gloves/mittens and a hat! Label all items with your child's name.



The Nurse Says: Flu Season is Here!

- ❖ Children and parents should get the flu shot. If parents get sick, you are more likely to pass the germs to your children.
- ❖ People who have the flu will usually cough, sneeze, and have a runny nose and fever.
- ❖ To help stop the spread of germs, teach your child to cover their mouth and nose when they cough or sneeze. Teach them to cough into a tissue, into their elbow or shirt.
- ❖ Always wash hands! Children should wash their hands with soap and warm water for about 20 seconds. You could sing a short song to show them how long 20 seconds is or count slowly to 20.
- ❖ **If your child has a fever**, they should stay home until they are fever free for 24 hours with no fever.
- ❖ **If your child is vomiting**, they need to stay home for 24 hours after they last vomited.
- ❖ We are trying to track flu like symptoms in our school, so that we can notify parents if we are seeing an increase in illnesses. Please call the school if your child is out and let us know their symptoms as this will help us keep our school community healthy.



Cold & Cough:

- ❖ Children on average will get 7-10 "colds" a year. Unfortunately there is no cure for the common cold. Treatment is not always necessary. If your child's symptoms are not interfering with play or sleep you can help them by making sure they get extra fluids (water) and extra rest.
- ❖ If your child has any of these symptoms: fever, prolonged or worsening cough, wheezing, or the cold symptoms last longer than 2 weeks, call the doctor.

Please call our school nurse Carol Neary at 864-8463 ext. 71422 with any questions or concerns.

Upcoming School Events

- November 25 - No School
- November 26 - No School (*Parent Conferences*)
- November 27-29 - No School (*Thanksgiving Break*)