



### DECEMBER'S HOT TOPIC: Transitions

Children experience a lot of transitions between places and activities during their day. Many of the transitions are part of your child's daily routine. Sometimes there are new places your child needs to go that are not part of the regular routine.

It is important to prepare your child for any transition. This will help them understand what is happening next, where they are going and what will happen there.

Check out these helpful resources!

[Transitions Between Places and Activities](#)

[Running Errands](#)

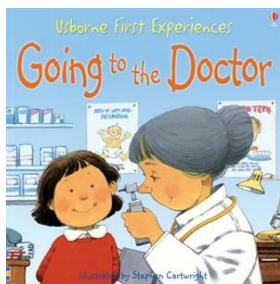
[Going to the Doctor](#)

### Things teachers do that you can do at home:

- Give your child a warning before the transition
  - *"In 5 minutes it will be time to go to the doctors."*
- Talk about what you are going to do next and what will happen. *"We're going to the store to buy food to eat."*
- Role play about where you are going (e.g. take turns being the doctor and patient)
- Read books about where you are going.

### Book Recommendation:

*Going to the Doctor* by Anne Civardi



### 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.



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### The Nurse Says: It's still Flu Season!

- ❖ People who have the flu will usually cough, sneeze, and have a runny nose and fever.
- ❖ We are trying to track flu like symptoms in our school, so that we can notify parents if we see 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

- ❖ If your child is showing symptoms that are not interfering with their play or sleep, then drinking extra water and getting extra rest can help them feel better.
- ❖ If your child's symptoms include any of these: fever, prolonged or worsened cough, wheezing, or the cold symptoms last longer than 2 weeks, you should call the doctor.

**If your child has a fever**, they should stay home until they are fever free for 24 hours with no fever reducing medication.

**If your child is vomiting**, they need to stay home for 24 hours after they last vomited.

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

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### Upcoming School Events

- December 10 - No Preschool (*District Early Release*)
- December 23-January 2 - No School (*Early Winter Break*)
- January 3 - No School (*Inservice*)
- January 20 - No Preschool (*MLK Day/District Early Release*)