

# Children's University of Chapel Hill's Monthly Newsletter

Monthly Feature: Falling Into Fun

October 2008

By Lisa McEntyre

**F**all is fully upon us. It's that time of year to get out sweaters and dress in layers. Please check your child's cubby to see if their change of clothing is weather appropriate. Also, write their name or initials on tags; so many families are wise shoppers and have similar taste that we have sweaters and jackets that are identical or very closely matching your child's, we don't want your child's items to accidentally go home with the wrong person. Our daily schedules will change soon to our Fall/Winter times, to allow for more outside time earlier in the day as our daylight hours get shorter. And of course to take advantage of cooler, bug-free weather!



**O**n October 31<sup>st</sup> we will hold our annual Fall Festival. Costumes are optional; if you do send your child to school in a costume please also bring a change of clothes in case they change their mind or don't want to get their costume dirty. Each classroom will have a party and activities for the kids to enjoy. Parties will be held after nap; at approximately 3:15 PM. If you have

the time, we would love for you to join us! Please check with your teacher for food/activity signup sheets.

**W**e have new faces with our Fall Enrollment. Welcome to our new families and thanks to our existing families for helping newcomers feel at ease. Please take a moment if you haven't filled out an application recently to make sure your contacts and emergency information are up to date.

**R**eminder: Payments are due by the 5<sup>th</sup> of the month. If payment is not received on or before the 5<sup>th</sup>, a late of \$50 per child will be added to your bill. If payment is not received by the 10<sup>th</sup> day, your child cannot return until full payment is made. We try hard to work with families in temporary difficult circumstances; come speak to me before the 5<sup>th</sup> if you need a payment arrangement. Tuition is our only source of income; for the sake of this high quality program and fantastic teachers please make every effort to make your payment on time each month.

**T**he ADT Security System is finally in place! Each family member should have received a card. If you need additional cards, let us know. As stated in the letter placed in the

envelope with your card, a \$20 fee will be charged to your account. And we ask you, please, do not allow anyone to use your card or give your card to anyone. If someone is scheduled to pick up your child, simply ask your pick up person to ring the bell and someone will open the door for them. This security will only work if parents have their cards and keep their cards. Please help us keep your child's environment the safest it can be.

**C**old and flu season is here. Our Sanitation Standards meet and exceed Orange County Environmental Health's requirements. We do all we can to provide a clean environment, but that won't guarantee your child stays healthy. Here are some tips for you to use at home courtesy of [www.mayoclinic.com](http://www.mayoclinic.com):

**Wash your hands.** Thorough and frequent hand washing is the best way to prevent many common infections. Scrub your hands vigorously for at least 15 seconds, rinse well and turn off the faucet with a paper towel. Or use an alcohol-based hand gel containing at least 60 percent alcohol.

**Eat right, sleep tight.** A poor diet and poor sleep both lower your immunity and make you more vulnerable to infections. A balanced diet that emphasizes fresh fruits and vegetables, whole grains, and small amounts of lean protein works best for most people. On the other hand, the amount of sleep needed for a healthy immune system varies from person to person. In general, adults seem to do best on seven to eight hours of sleep a

night. Older children and teens need more rest — between nine and 10 hours every night.

**Exercise regularly.** Regular cardiovascular exercise — walking, biking, aerobics — boosts your immune system. Exercise won't prevent infection, but if you do come down with the flu, you may have less severe symptoms and recover more quickly than do people who aren't as fit.

**Avoid crowds during flu season.** Flu spreads easily wherever people congregate — in child care centers, schools, office buildings, auditoriums and public transportation. By avoiding crowds whenever possible during peak flu season, you reduce your chances of infection.

## ~Teacher Spotlight~

**R**enee Ghent joined Children's University in September 2007. She has gone to school working towards her Early Education Degree and is also a licensed hairdresser. So, when you can't find her here, you can find her in the salon! She is currently single, but we don't think that will last long. She is leaving us at the end of the month to follow her heart to Atlanta. Although we will miss her very much, we understand she must pursue her goals, and wish her all the best. She just celebrated a birthday on October 5<sup>th</sup> so when you see her, wish her well. We love you Na!