



# Early Learning Center

UNITED DISCIPLES CHRISTIAN CHURCH

## January 2018

### From the Director

Happy New Year and welcome back! I hope you all had a wonderful holiday. Our family enjoyed just being together without the hustle and bustle of school schedules. Christmas is always a blessed time of reflecting on the true meaning of Christmas. It makes us look forward to the Easter season coming in April.

We all marvel each year at how quickly it seems that January arrives. The children have already grown so much, both physically and in maturity. Watching them grow is by far the best part of being in Early Childhood Education. It is a gift to be involved in the early development of brilliant minds.

We usually have a lot of absenteeism during this time of year. The ELC staff work hard to prevent the spread of germs through good handwashing, coughing and sneezing into elbows and sanitizing. We thank you for being cautious about sending your children when they are sick. Our article this month will hopefully help you identify whether it is a cold or allergies. As always, your child's ability to play comfortably at school is the best barometer of whether they should come.

As we settle into these cold months, it is time to start planning for classes in the Fall, so keep your eye out for information in the coming weeks.

You will not receive an individual class newsletter this month due to the holiday. Look for your teacher's newsletter in February.

Happy New Year!

Annabelle Miles



### Calendar Notes

Thursday, January 11  
ELC Shirt Day

Friday, January 12  
ELC Shirt Day

Monday, January 15  
No School—MLK Holiday

Tuesday, January 16  
No School—RISD Holiday

Thursday, January 18  
Pajama Day

Friday, January 19  
Pajama Day

Thursday, January 25  
ELC Shirt Day

Friday, January 26  
ELC Shirt Day

**Daily classroom lesson plans are posted in each classroom**

# Upcoming Events

## Pajama Days

On **Thursday, January 18** and **Friday, January 19** we will have Pajama Days! The children may come to school in their pajamas and bring their favorite blanket, stuffed animal, and/or pillow! We will talk about night time, read bedtime stories, and watch a Blue's Clues Pajama Party video together in the center hallway. This is the only time during the school year that we watch TV. Please label any extra items your child brings (masking tape and a marker work great), and please send shoes for the playground.



## Thank you

Thank you to the ELC committee for wonderful gift bag with the children's book about the coming of Jesus . I hope it will be a way to remember the true Christmas story for years to come.

Thank you also to the many parents who helped with our Birthday Parties for Jesus.

You make the parties fun and special!



## Registration for the 2018-2019 School Year

It is hard to believe, but it is almost time to register for the 2018-2019 school year. All 2s and 3s will receive registration information later this month. Registration will begin **Wednesday, February 7th at 9:00 A.M.** If your child is currently enrolled in a prekindergarten class and you are interested in attending the ELC next year (same child or sibling), please let the office know as soon as possible. Please remember that children enrolling in a prekindergarten class for next year need to be independent in the bathroom when school begins in September.

Let your friends know we have opened pre-registration for non-ELC families. Enrollment forms are numbered according to the order we receive them. After ELC families and church members register in February, openings are filled accordingly. Interested families should stop by this month to tour the school and to receive information.

For more information, give us a call in the ELC office at 972-235-8233, email at [office@my-elc.com](mailto:office@my-elc.com), or look us up on the web at [www.my-elc.com](http://www.my-elc.com).

## Inclement Weather Closings

Now that colder weather is here, please be aware that we follow the Richardson Independent School District closings. If RISD *cancels school due to ice or snow, then the ELC will be closed.* If the RISD *delays opening, the ELC will be closed.* There may be occasions when the RISD chooses to remain open and the ELC makes a decision to close school due to hazardous road conditions. If this happens, you will receive a text message from office. Be sure to sign up for brighwheel to receive the messages.



## Illness Policy

**Keeping children home when they are not quite well really makes a difference in halting the spread of germs through our school.**

The following are state licensing and ELC regulations regarding ill children. Children must NOT be admitted to school if one or more of the following exists:

1. The illness prevents the child from participating comfortably in activities (including outdoor activity).
2. The child has any of the following:
  - a. Oral temperature of 100.4 degrees or greater, rectal temp. of 101.4 or greater, or armpit temp. of 99.4 or greater.
  - b. Symptoms and signs of possible illness such as lethargy, abnormal breathing, uncontrolled diarrhea, 2 or more vomiting episodes in 24 hours, rash with fever, mouth sores with drooling, behavior changes, or other signs that the child may be severely ill.

For a child who has been ill, they should be free of the above symptoms for 24 hours or longer before they return to school. If a child arrives at school ill, or becomes ill at school, he or she will be removed from the classroom. The child will be moved to the office and a parent will be called to pick up the child.

## Healthy snacks for kids: 10 child-friendly tips

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/childrens-health/art-20044350>

*Healthy snacks for kids don't have to be dull. Consider 10 tips for quick and healthy snacks.*

Snacking is a major pastime for many kids — and that's not necessarily bad. Nutritious snacking can help your child curb hunger throughout the day, as well as provide energy and important nutrients. Find out how to make healthy snacks for kids.

1. **Keep junk food out of the house.** Your child won't clamor for cookies, candy bars or chips if you don't keep them on hand. Set a good example by choosing healthy snacks yourself.
2. **Go for the grain.** Whole-grain foods — such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals — provide energy with some staying power.
3. **Mix and match.** Serve baby carrots or other raw veggies with fat-free ranch dressing or hummus. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Spread peanut butter on celery, apples or bananas.
4. **Broaden the menu.** Offer out-of-the-usual fare, such as avocado, pineapple, cranberries, red or yellow peppers, or mangoes. Have kids choose a few foods and mix them together for a colorful snack.
5. **Revisit breakfast.** Serve breakfast foods as healthy snacks for kids in the afternoon. Consider dried cereal mixed with dried fruit and nuts or microwaveable oatmeal made with low-fat milk and mixed with unsweetened applesauce and cinnamon.
6. **Sweeten it up.** Healthy snacks for kids don't have to be bland. To satisfy your child's sweet tooth, offer lower fat puddings and frozen yogurt or frozen fruit bars. Make smoothies with milk, plain yogurt, and fresh or frozen fruit.
7. **Have fun.** Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Make fruit kebabs or show your child how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.
8. **Promote independence.** Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal, and fruit canned or packaged in its own juice in an easily accessible cabinet.
9. **Don't be fooled by labeling gimmicks.** Foods marketed as low-fat or fat-free can still be high in calories and sodium. Likewise, foods touted as cholesterol-free can still be high in fat, saturated fat and sugar. Check nutrition labels to find out the whole story.
10. **Designate a snacking zone.** Restrict snacking to certain areas, such as the kitchen, and avoid connecting eating with screen time. You'll save your child countless calories from mindless munching. If your child needs to snack on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other drip-free items.

Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!

## Is It a Common Cold or Allergies?

<http://www.webmd.com/cold-and-flu/cold-guide/common-cold-or-allergy-symptoms#1>

It's a question that puzzles lots of folks when those familiar symptoms hit: Is all that coughing and sneezing from a [cold](#) or [hay fever](#)? It's sometimes a tough call, but how long your problems last is one of the big clues.

### What Are Colds and Allergies?

They have different causes. You get a [cold](#) when a tiny living thing called a virus gets into your body. There are hundreds of different types that can get you sick. Once a cold virus gets inside you, your immune system, the body's defense against germs, launches a counter-attack. It's this response that brings on the classic symptoms like a [cough](#) or stuffed up nose.

The viruses that cause colds are contagious. You can pick them up when someone who's infected sneezes, [coughs](#), or shakes hands with you. After a couple of weeks, at the most, your immune system fights off the illness and you should stop having symptoms. It's a different story with [allergies](#). They're caused by an overactive immune system. For some reason, your body mistakes harmless things, such as dust or [pollen](#), for germs and attacks them.

When that happens, your body releases chemicals such as histamine, just as it does when fighting a cold. This can cause a swelling in the passageways of your nose, and you'll start [sneezing](#) and coughing. Unlike colds, allergies aren't contagious, though some people may inherit a tendency to get them.

### Differences Between Colds and Allergies

Take stock of your symptoms and how long they last to help you decide what's causing your trouble.

[See the chart to the right]

The most important difference is that [colds](#) usually don't last longer than 14 days. So see your doctor if you still have symptoms after 2 weeks. These may be [allergy symptoms](#) or signs of another problem.

#### SOURCES:

U.S. Department of Health and Human Services:  
"Is it a cold or an allergy?"  
Asthma and Allergy Foundation of America:  
"Flu/Cold or Allergies?"  
American Academy of Asthma, Allergy, and Immunology: "Tips to Remember: What are Allergy Shots?"  
News release, FDA.

Characteristic	Cold	Allergy
How Long It Lasts	3-14 days	Days to months -- as long as you're in contact with the allergy trigger
When It Happens	Most often in the winter, but possible at any time	Any time of the year -- although the appearance of some allergy triggers are seasonal
When It Starts	Symptoms take a few days to appear after infection with the virus	Symptoms can begin immediately after contact with allergy triggers
Symptom	Cold	Allergy
Cough	Often	Sometimes
Aches	Sometimes	Never
<a href="#">Fatigue</a>	Sometimes	Sometimes
Fever	Rarely	Never
Itchy, watery <a href="#">eyes</a>	Rarely	Often
<a href="#">Sore throat</a>	Often	Sometimes
Runny or stuffy nose	Often	Often