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Illness Policy

Northalta promotes a healthy childcare setting where children can learn and develop. Despite our best efforts though, children get sick. It is still expected the health and sanitation standards, as well as the programming needs of the day home be met. This may require a sick child being sent home until they are able to return to care. We recommend families and Educators discuss the day home illness policy.

Symptoms that children should not attend care can include but are not limited to:

- Yellow or green discharge from their nose or eyes
- Fever of 38 C (100.5 F) or higher
- Vomiting
- Diarrhea
- Unknown rashes
- Severe cough or cold

Parents will be notified to pick up their child as soon as possible (within 2 hours).



Policy for returning to the day home after an illness:

- If a child has been prescribed antibiotics, they must be on the medication at least 24 hours.
- The child must be fever free for 24 hours; they may not return even with a low grade fever. Normal temperature is 37°C/98.6°F.
- If the child had diarrhea, they must wait 24 hours from the last loose stool before returning.
- Runny noses: Children with CLEAR drainage only may return

If your child is sent home, they may not be able to return the next day. They may have to wait until the second day. Parents may be asked to provide a doctor's note stating their child has been seen, the physician's diagnosis, and (if possible) the recommended date that the child can return to child care.

For more information:

- Refer to Healthy Child Care, Healthy Child; A Guide to Promoting Health and Preventing Illness in Early Learning and Child Care Settings <https://open.alberta.ca/dataset/b42cb295-97f2-4409-bf31-6105901ae8e2/resource/6ca1a9c6-2eb9-4b92-859b-36ae761f2d50/download/zz-2011-healthy-child-care-healthy-child-09-2011.pdf>
- Visit myhealthalberta.ca <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1025>
- Call 811, Albert Health Services/Health Link Alberta for health and illness information.

Educator Training Opportunities

As part of your goals, training or for your personal information, please check out the training opportunities listed below.

- ✓ Primrose Place Family Resource Center
<http://www.primroseplace.org/family-resource-centre/>
- ✓ Early Childhood Investigations
<https://www.earlychildhoodwebinars.com/>



SCHOLASTIC



A warm and wonderful celebration of the many different configurations of families, and all the ways they love each other! **\$5.00 Item 13R6**



Educator's Birthdays
Seq. S

February 2020



**Educator
Anniversaries**
Amber F. 3 yrs.

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Educator Workshop Time: 7:00 p.m. – 8:30 p.m. Location: Ascension Lutheran Church 8405-83 Street – use rear entrance Educator Attendance is required.						1
2 Groundhog Day	3	4	5 Parents: Late fee applies to unpaid childcare fees	6	7	8
9	10	11 Educator payment email sent	12	13	14 Valentine's Day Educator payment email due BY 9:00a.m.	15
16	17 Family Day Northalta office closed and approved Educator holiday	18	19	20 Educator Workshop See below for details	21	22
23	24	25	26 Ash Wednesday	27	28	29

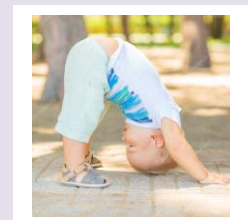
Upcoming Community Events & Celebrations

February 2nd—Groundhog Day - It is said the groundhog comes out of his burrow after hibernation to look for his shadow. If he can't see it, winter will soon come to an end. If he sees his shadow, winter will continue for another 6 weeks. Let's hope he can't see it!

February 14th —Valentine's Day - A traditional day people take an extra moment to express their love for those special people in their lives.

February 17th —Family Day - was originally created to give people time to spend with their families. There are many FREE events to celebrate Family Day throughout Edmonton. Visit https://www.edmonton.ca/attractions_events/schedule_festivals_events/family-day-events.aspx for more information.

Feb. 20, 2019 – Educator Workshop – Teaching Yoga to Children presented by Victoria Vilaivan. You may remember Victoria's workshop at the *Caring that Counts*, Educator Conference. "You do not need to be a practicing yoga professional to teach children about unity, love, and the importance of having fun. Yoga has a unique ability in bringing the children together in a calm, belly giggling and imaginative way while providing the educator support with transitions. Learn the basics to introducing and leading yoga poses with a take home study and "Bust the tantrums" sequence". Victoria. If you are comfortable, bring a mat and dress ready to participate!





Accreditation – ‘It Naturally Happens’ Transitioning Children

A child’s day is very busy, full of many activities. They go outside to play and then come inside, do an art activity, put the paints away, get ready for lunch, now its nap time, and then home time and so on. Educators manage many transitions daily, so it is important they are as smooth as possible for everyone.

Many of us have experienced how difficult and challenging it can be moving a child to another activity. We try to encourage a crying, upset child to get ready for a nap, go home etc. Educators and families implement different strategies like ‘5-minute notice’ or sing the ‘clean up’ song to help children move on to the next experience.



How can we make transitions smooth and fun with additional benefits to children?

2.4 Child care programs use observation, recording, and documentation to plan the program based on the needs, abilities, and interests of children and their experiences with families and communities.

c. Plan transitions to minimize stress on children



Yoga is being recognized for more than its physical benefits to children!

The Aussie childcare network notes the social, emotional and cognitive benefits of yoga including helping children get better at dealing with anxiety and stress because they learn to incorporate relaxation and breathing techniques into daily life

“Yoga is beneficial to kids in many ways. Because children encounter emotional, social, and physical challenges or conflicts, a dedicated and intentional yoga practice that includes breathing techniques, behavioral guidelines, and physical postures can be incredibly valuable for them”, according to Parents.com.



De Collibus says. “Since the modern world moves very, very fast for children, it's not long before they feel all kinds of pressure (personal, parental, social) to keep up with everyone around them. Yoga functions as a release valve that alleviates pressure and as a foundation to nurture and develop a resilient and resourceful body, mind, and spirit,” she says.



Yoga is beneficial to children of all ages, but it has been found to be particularly so for kids with **special needs**. Studies have shown that yoga benefits children with autism and ADHD. Autism Key, an autism support website, says that yoga helps address kids' heightened anxiety, poor motor coordination, and weak self-regulation, something that otherwise is very difficult to do.

Yoga could be beneficial to the Educator and become a valuable part of the day home activities. Let’s consider the learning opportunities and strategies we offer that can help children enjoy all the different experiences of their day!

Sources:

Tillak V. (ND) Yoga for Kids, Parents.com Retrieved from <https://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

Lorina (June 20, 2016) Benefits of Yoga for Children, Aussie Childcare Network. Retrieved from <https://aussiechildcarenetwork.com.au/articles/teaching-children/benefits-of-yoga-for-children>