

Volume 1 / Issue 1

Welcome

We are excited to present our first Organizational Newsletter for our entire Kids & Us family. We want to provide you, occasionally, with a brief one page newsletter that will be helpful and keep you informed of any organization updates and policy changes.

Grey Bruce Public Health – When to go to School/Childcare?

This information can be found on Grey Bruce Public Health Website, and might be helpful as we head into fall/winter seasons! Thank you for adhering to these guidelines to keep our childcares healthy and safe for children and staff!

Feel empowered to send your kids to school when they're generally healthy and well, even if they:

- *Have a mild or lingering runny nose and/or cough, as long as it's not new/worsening or accompanied by a fever.
- Have eye drainage without fever, eye pain, or eyelid redness.
- Have a mild stomach-ache, without vomiting or diarrhea.
- Have a mild rash with no other symptoms.

*Provincial guidance still suggests wearing a mask after new symptoms arise and staying home for 24 hours after symptoms improve.

Parent Handbook

We would like to remind all families of our Parent Handbook that you would have received upon registration with updated versions available on our website. From time to time we have to revise and update policies that may impact families. We ask that for the most current version of our Parent Handbook you go to our website kidsandus.com and search the Parent Resource Page for the current version with all relevant policies and procedures, this document is full of important information that helps navigate our processes. You will be receiving the annual reminder/sign off of the Handbook this month.



Outdoor Play

The Winter season is upon us, we kindly ask that you send your child(ren) prepared for outdoor play daily. Please ensure that your child(ren) has weather appropriate clothing for both morning and afternoon outdoor play. Spare mittens are a great idea! Dressing for the weather makes the experience much more enjoyable! Additionally, please ensure that the clothing is labelled. Thanks so much for your attention to this matter.

Winter Bucket List

Winter can seem long – why not pass the time with a Family Winter Bucket List! Create a list of things to do together as a family! To get you started we've listed some activities you might want to include on your list! (Thank you messylittlemonster.com for the graphic and ideas!)

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| • Winter Nature Walk | • Go sledding | • Snowball toss |
| • Play in the snow (Snow Volcano?) | • Ice skating on outdoor rink | • Paint the snow |
| • Family Game Night | • Read a winter book | • Family walk/drive to see holiday lights |
| • Hot Chocolate Station | • Popcorn Garland | • PJ Day |
| • Indoor Pillow Fort | • Winter Movie Marathon | |