

# Glenbrook Community Preschool Newsletter

November 2009

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## **Cold and Flu Season**

Earlier this week all preschool families should have received a handout from the school regarding flu at our preschool. Please take the time to read that handout carefully. We would also like to remind parents to keep their child/children home if they are not well in order to keep everyone in the preschool environment as healthy as possible. These concerns include, but are not limited to, fever, chills, runny nose, a persistent cough, sore throat, body aches, headache, diarrhea or your child just feeling 'a bit off'. If you are in doubt as to whether or not your child should come to school, please keep them home until he/she is symptom free and is able to fully participate in all activities. Furthermore, if you suspect that your child has or has had the H1N1 flu virus please wait at least a full 7 days after the onset of symptoms before returning them to school. We appreciate your cooperation during this cold and flu season.



## **Holidays and Important Dates**

Wednesday, Nov. 11---No School (Remembrance Day Holiday)  
Tuesday, Nov. 24 ----- Parent's Advisory Committee Meeting (7 pm)  
Wednesday, Dec. 16 --Last day of classes before Winter Break  
Tuesday, Jan. 5 -----Classes Resume after Winter Break  
Friday, Jan. 29 -----No School (Professional Day)

\* Just a reminder that we will be voting on changes to the policies and procedure manual (posted on the cloakroom bulletin board) at the November PAC meeting (this was postponed from October). Any comments regarding the amendments made must be submitted in writing to Jean Lucas, chairperson, before the November meeting. All parents who have a child enrolled in the preschool are welcome to attend and have voting privileges. Please RSVP to [derrickandshelley@shaw.ca](mailto:derrickandshelley@shaw.ca) at least 2 days in advance if you would like to attend.

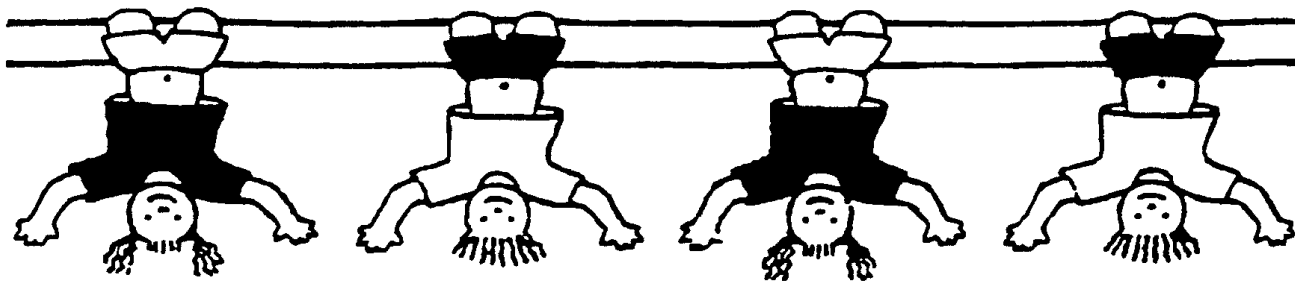
## **Updated Parent Contact Information**

Please be sure your phone contact information is up to date in our files. Alberta licensing requires us to have current contact phone numbers for both home and work. As well, our teachers rely on these numbers to contact parents in case of a sickness or emergency. If your information has changed, please submit your updated information in writing to a teacher. Thank you for your assistance©



## **We are a Peanut Free Zone**

Thank you for continuing to refrain from sending any food to school with your child/children.



## Glenbrook Community Preschool Newsletter

### This and That

- Please ensure that your child's backpack, coat and footwear are clearly labelled. This helps keep important items out of the lost and found.
- There are currently still some spaces available for enrolment in our two, three and four year old preschool classes. Your referrals are a valuable way to attract new students and keep the preschool full and vibrant, so please spread the word and let your friends and neighbours know about our great preschool!
- Pre-registration for the spring session of the two year old preschool program will be taking place mid to late November. Forms will be made available to families currently registered shortly. Spring registration for new families wanting to register in the two year old program will happen in early December.



### Newsletter Additions

Please contact Nadia Honnet at 283-9385 or [nhonnet@shaw.ca](mailto:nhonnet@shaw.ca) if you would like to make contributions to our monthly newsletter.

### Ways to Stay Healthy

(According to the Canadian Public Health Agency)

- Wash hands often with soap and warm water for at least 20 seconds (for kids this is about the length of time it takes to sing the alphabet), or use hand sanitizer.
- Keep your hands away from your face.
- Cough and sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash you hands.
- Get immunized.
- Keep common surface areas – for example, doorknobs, light switches, telephones and keyboards – clean and disinfected.
- Eat healthy foods, get plenty of sleep and stay physically active to keep your immune system strong.
- Keep doing what you normally do, but if you are sick, stay home.

### Unicef Donation

Glenbrook Elementary School participated in the Trick or Treat For UNICEF program which helps send African children to school. Our Preschool added \$164 to the schools donation. That is \$2 per child enrolled in the preschool. Glenbrook Elementary was delighted to receive this contribution. If you wish to donate further, feel free to go to [trickortreatforunicef.ca](http://trickortreatforunicef.ca).

### Cranberry Muffins

Preheat oven to 350°F. In small bowl mix together:

- 1 3/4 cups flour
- 3 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt

In a medium bowl mix together:

- 1/3 cup margarine
- 2/3 cup sugar
- 2 eggs
- 1 cup cranberry jelly or pre-made, canned cranberry sauce



Combine dry mix, wet mix and 1 cup of cranberry jelly.

Fill muffin tins and bake for 10 minutes in oven.

Enjoy!