



2012

Dear Parents,

Happy New Year! I hope that everyone had a safe and restful holiday. With the winter weather upon us I just wanted to reiterate the fact that you can call NDS and listen to the message about us closing or delayed opening. You can also watch the TV for local closings as NDS will be on there as well. We try our best to open even when the weather is severe but please check the TV or the voice mail before leaving home as things can change especially during severe weather.

This month we will be having our annual Dollar Skate at the Riley Rink on Sunday, January 22nd. What this entails is children are able to skate for a dollar and adults skate for \$2.00. This does not include the rental of skates. We need a couple of volunteers to skate around on the ice and make sure that everyone is skating in the right direction and or needing some help. If you would like to volunteer please let me or Jane know.

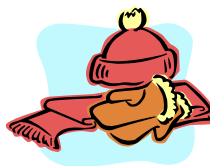


Stephanie Secoy from our Sr. Toddler room and Karla Molina from our Preschool room will be taking a Fundamentals for Early Childhood Professionals course through the Community College of Vermont beginning this month. This fundamentals course is aligned with the Vermont Northern Lights Career Development Center Level I Core Competencies for Early Childhood Professionals. The students will gain knowledge, skills and dispositions in early childhood development; relationships with families and the community; teaching and learning; healthy and safe learning environments; professionalism and program organization; Basic Specialized Care; and child program licensing requirements. Completion of this course requires experience with critical thinking, written and oral reflection and the completion of observations of children. A certificate of completion will be awarded at the end of this 45 hour course.



Reminders:

- Please remember to take off your shoes when entering both of the infant rooms and the crawler room as well.
- Please turn off your car when dropping off and picking up your child.
- Remember to drive slowly when coming into the parking lot especially during drop off and pick up times.
- We close at 5:30pm so please make sure that you are on time. There is a \$1.00 a minute late fee charged after 5:30pm.
- Please make sure that when you drop off your child or pick up your child that you make sure that the staff knows your child is here and or has left.
- Please make sure that your child/children have snow pants, a hat, water proof gloves/mittens, and boots.





Cold Weather Checklist:

- 1. Bundle Up**
Warm layers make the most sense and make sure a hat and mittens/gloves are worn.
- 2. Set Limits**
Keep tabs on how long your child/children have been outdoors.
- 3. Beware of Frostnip and Frostbite**
If your child complains of feeling pain or numbness in any of the extremities it is time to bring them in. Frostnip affects the face, feet or fingertips and causes numbness and may turn skin white or blue-white. Frostbite is literally the freezing of the body from the skin in. It can make the skin feel waxy, frozen, numb, and can cause blisters.
- 4. Come in and Warm UP**
If your child has been out for quite some time bring them in and warm them up.
- 5. Especially for Babies**
Babies don't have a well-developed ability to regulate their own body temperature and often haven't learned to shiver. They also have a much higher body surface area to weight ratio, so even a little exposed skin loses a lot of heat. When the temperature dips below freezing, keep outside time for your little ones to a minimum. When you must go outside, bundle the baby up and keep them warm with your own heat by hugging her close to you.

Attached you will find our health policy so please be sure and read it. It is that time of year when sickness is at its most. 😊