



Nursery November 2018

Cyndy and Julie

Happy Autumn!

It is the month of Thanksgiving, when we count our blessings. We are thankful for the opportunity to care for your children.

We have enjoyed outside time this fall, with its beautiful leaves and sunny weather. As cooler weather arrives, we will be staying inside more and our buggy rides and play will be indoors. Please remember to dress your child in layers, even if we don't go outside, our room can be warm at times. You may also want to pack an extra pair of socks as we take shoes off in our room each day.



Monthly Theme

Our theme for November is "Friends Around the World." We at Rainbow School understand the importance of exposing even the youngest children to racial and cultural diversity. You will always see a variety of cultures, families, and abilities reflected in our dolls, posters, books, puzzles, etc.

Did You Know?

During the first year of life, infants are completely unable to regulate intense emotions of hunger, tiredness, frustration and sadness. You are your child's regulation center. Through interactions with your baby, such as holding, rocking, and staying calm, you teach your child how to recover from life's upsets for the rest of his/her life.

Featured Learning Center

Dramatic Play is November's featured Learning Center. We have baby dolls, telephones, and musical instruments in the Nursery's Dramatic Play Center. Please read about the importance of Dramatic Play on the poster located on our window. We are also sending home a handout about the importance of imitation and pretend play.

Sick Policy Reminder:

As we've seen some illness already this season, here is a reminder of our policy as suggested by the MO Department of Health. Please keep your child home if he/she develops any of the following symptoms:

- *Vomiting or Diarrhea with in the last 24 hours.
- *Severe Coughing *Difficult or rapid breathing
- *Yellowish skin or eyes *Pink eye *Fever 100 or above

Child must be fever and diarrhea free without medication for 24 hours before returning to school

Food Safety

State regulation guidelines prohibit the following foods from being served to minimize choking hazards: hotdogs (even sliced), grapes, nuts, pretzels, raw carrots and popcorn.

In an effort to minimize the risk of allergic reactions, we ask that you do not send peanut butter or peanut products.

Labeling is Important!

Please label all diapers, bottles, cups, and food containers/lids. Safety is #1, and we do not want to get food or drink items mixed up.

What to Expect: Teething

Some infants begin teething as early as four months, though most children will begin around seven months. Teething may cause irritability, crying, low grade fevers (not over 100 degrees), excessive drooling and a desire to chew on something hard.

To ease the pain, try the following:

- Massage or gently rub the gums
- Give your child a teething toy—firm rubber teethers are better than frozen, since frozen rings tend to get too hard and will not ease the pain.
- Teething ointments may provide brief moments of relief, but are often washed away in your child's mouth within minutes.

Once teeth have come in, it is important to care for them properly. Brush your child's teeth with a child's soft toothbrush or wipe teeth with a piece of gauze at the end of the day. Never put your child to bed with a bottle. This is bad for teeth and also poses a choking hazard. If your child needs a bottle to go to sleep, fill it with plain water only. Fruit juices, sugar water and milk all contain sugars which do not get washed out of your child's mouth during sleep and may lead to tooth decay.



Shake off the stresses of the week!

Rattle off some bids!

Roll home with good stuff!

EXCITING CHANGES FOR THE AUCTION THIS YEAR!!!

Bidding will be on your smart phone or tablets at the event. No paper bid sheets to stalk.

If you can't attend, you can also bid from anywhere by registering.

We encourage you to bring your friends and family for a great night of fun at this adult event.

RSVP now at rainbowauction.org



Dates to Remember	
Nov 8	- Auction set up
Nov 10	- Shake, Rattle, Roll Auction
Nov 21 - 23	- Holiday Break
Nov 27	- Fire Drill
Nov 30	- PTA Meeting 9:30 AM
Dec 8	- Breakfast with Santa
Dec 12	- Christmas Program 10 am
Dec 24—Jan 4	- Holiday Break no school