

**Veterans Day Tribute**

We will proudly be working with the children to create Thank-you cards for our veterans. We ask you to please share pictures of a family member who has served or is currently serving our nation. The Veterans’ Thank-you cards will be given to our local veterans Post and will be displayed for all to see.

**Jump for the Y Fundraiser**

Jump into the season of giving! Often, parents want to teach their kids to give back and to spend their time, efforts and money on helping others, but don’t know where to start. This November 13-14, your child will have an opportunity to learn more about giving back by participating in the **Jump for the Y Fundraiser** during their school day! Please help us raise $2,500 to help children and families belong, and participate in our Y community. Please look for the packet going home with your child on Tuesday, November 5th.

**Friday Family Fun Night with AXTION Technology: Gamify the Y!**

Bring your family and join us in testing out some of the newest digital fitness game concepts at our branches from Fri, Nov.22-Sat. Nov. 23! During Friday Family Fun Night (Emilson) and Family Prime Time (Quincy), AXTION Technology will gamify our Ys into an interactive playground. Lights, sounds, and videos will transform our spaces into engaging, immersive video Games! Visit ssymca.org for additional Details as the dates approach!

**The SSYMCA Emilson Branch: Friday, November 22 5:00pm-7:00pm**

**The SSYMCA Quincy Branch: Saturday, November 23 3:00pm-4:30 pm**

**Hints to keeping your child healthy all year long:**

- **Handwashing** is the #1 way to outsmart cold & flu bugs so sing happy birthday twice while rubbing those little hands!
- **Make bubbles.** Teach your children to scrub hard enough to whip up some suds and send those germs down the drain; it’s the friction that does the trick!
- **Spot clean** in high traffic areas where germs like to linger, like countertops, phones and doorknobs.
- **Sanitize smartly** in a pinch but don’t forget to read the label as the liquid needs to be 60% alcohol to kill those nasty bugs!

In hopes of keeping our Center healthy during the season please remember these handy tips:

**Staying Healthy**

**I NEED TO STAY HOME IF...**

<table>
<thead>
<tr>
<th>I HAVE</th>
<th>I AM</th>
<th>I HAVE</th>
<th>I HAVE</th>
<th>I HAVE</th>
<th>I HAVE BEEN IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEVER</td>
<td>VOMITING</td>
<td>DIARRHEA</td>
<td>RASH</td>
<td>HEAD LICE</td>
<td>EYE INFECTION</td>
</tr>
<tr>
<td>Temperature of 100.4 or higher</td>
<td>Within the past 24 hours</td>
<td>Within the past 24 hours</td>
<td>Body rash with itching or fever</td>
<td>Itchy head, active head lice</td>
<td>Fever, itching and/or rash from any new or ER Visit</td>
</tr>
</tbody>
</table>

**I AM READY TO GO BACK TO SCHOOL WHEN I AM...**

<table>
<thead>
<tr>
<th>Fever for 24 hours</th>
<th>Free from vomiting for at least 24 hours</th>
<th>Free from cold or flu for at least 24 hours</th>
<th>Free from rash with itching or fever</th>
<th>Treated with antibiotic or antihistamine for at least 24 hours</th>
<th>Evaluated by doctor and treated or home until fever is gone and doctor allows return to school</th>
</tr>
</thead>
<tbody>
<tr>
<td>or higher</td>
<td>without the use of fever reducing medication</td>
<td>or fever</td>
<td>or fever</td>
<td>antihistamine for at least 24 hours</td>
<td>ELC or MI staff</td>
</tr>
<tr>
<td>or higher</td>
<td>after return to school</td>
<td>or fever</td>
<td>or fever</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Winter Playground Time**

Winter is on its way! Please remember that we go outside daily. A gentle reminder to please send your children to school with proper cold gear: hats, mittens, coats, snow pants, & boots for when snow is on the ground. If you have extra cold weather items you would like to donate to the Center, we’ll gladly take them. These items will help us to “lend” items to children when they have been forgotten/ misplaced so that the rest of the class can get outside!

Thank you!

As the weather is changing please be sure that you are changing out your child’s extra clothes in their cubby! If you are going through your child’s clothes and they do not fit them anymore the center is looking for bottoms as extra clothes for all ages!

- **ELC North Quincy** is a locked building at all times. All enrolled families and staff have key fobs to access the building. **Please do not hold the door open for others.** Visitors MUST ring the doorbell and wait for an ELC staff person to answer. Remember, this policy is not rude, it’s about child safety.

- **We ask that all the children be in school by 9:00am. If they are going to be late (after 9:00am) or absent, please call or email the Center to inform us of their absence.**

- Arriving by 9:00am helps children get acclimated to their school day and allows children the benefit of starting the day as scheduled with their classmates.

- If we don’t hear from you by 9:00am we will give you a call to verify if your child is coming to school but it is your responsibility to contact the center.

- The center’s hours of operation are 7:00-6:00pm. All children must be picked up no later than 6:00pm. We do ask that you do your best to arrive at least 10 minutes earlier to ensure that you can get your child’s belongings as well as having time to communicate with the closing teacher of how your child’s day was. If the tardiness is consistent, a meeting with the family and Director will be called to discuss strategies to avoid tardiness.
What am I thankful for?

We will have a festive turkey posted on the wall next to the Preschool classroom and are asking that you stop by, take a feather and write something you are thankful for. Please include your child and additional family members in this activity! It could consist of just one word, a sentence or a paragraph…be creative!

Banana oat cookies

Ingredients:

3 ripe bananas, mashed
1/3 cup (80 ml) of coconut oil
2 cups (160 grams) of rolled oats
1/2 cup (80–90 grams) of mini chocolate chips or dried fruit
1 teaspoon (5 ml) of vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a greased cookie sheet and bake for 15–20 minutes at 350°F (175°C).

Get Important Updates from ELC-North Quincy via the Remind Text Messaging App

Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students and parents. Subscribe by text, email or using the Remind app. All personal information is kept private. ELC staff will never see your phone number, nor will you see ours.

To join and receive information about emergency closures due to inclement weather and other reminders, text the following message @b6e3kk to the number 81010

OR

If you have a smartphone, get push notifications. On your iPhone or Android phone, open your web browser and go to the following link: https://www.remind.com/join/rmd.at/b6e3kk

Please remember to sign-in to the Late Binder if your child arrives at school after 9:15am. The Late Binder is located on the reception desk when you first walk in.

Please reach out with questions, we value your feedback!

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