Family Nights are a great opportunity to learn more about your child’s class and meet the ELC-North Quincy families! We will be looking at a day and time that we can bring all of you together to explore what your children have done in their classroom and what they are learning. You will be getting information in the upcoming weeks so please look out for that!

Help keep our ELC healthy during the season & please remember these handy tips:

<table>
<thead>
<tr>
<th>I NEED TO STAY HOME IF...</th>
<th>I AM READY TO GO BACK TO SCHOOL WHEN I AM...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I HAVE A</td>
<td>I AM</td>
</tr>
<tr>
<td>FEVER</td>
<td>VOMITING</td>
</tr>
<tr>
<td>Temperature of 100.4°F</td>
<td>Vomiting</td>
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<tr>
<td>or higher</td>
<td>in the past 24 hours</td>
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</tbody>
</table>

To ensure your child’s safety, please keep your child home if they exhibit any form of illness!

Valentine’s Day!

As we think about celebrating holidays with children it is easy to let our mind instantly jump to candies, sweets, and treats. Our goal at ELC – North Quincy is to teach children about Healthy Living and establishing healthy habits right from the start. If you are volunteering to provide a snack for Valentine’s Day, please consider the healthier options of “Red Items,” such as pink applesauce, watermelon, strawberry yogurt, etc. By providing these snacks on a special day, we are showing children that healthy food is also special and fun!

LOOKING FOR A HINT TO MAKE VALENTINES WITH YOUR CHILD?

Don’t worry about writing the name of each individual child in your child’s class on their Valentines. Instead, make it a meaningful activity for your child where they may practice writing/recognizing their own name. For younger children try using printable (or blank) labels with your child’s name on them and have the child stick the label onto the card (great pincer grasp skill building!). This way, when your child delivers the cards they will not have to know how to read the names, they simply will “deliver” their special Valentine to each friend and everyone will know who it is from!

To ensure the safety of all, please take your time and drive carefully while in the parking lot. It gets very busy at drop off and pick up times. Please remind your child to hold hands and walk closely to whoever is picking up!!
Winter Fresh Air is Good for Everyone!

We love to play outside at the ELC! The benefits of playing outside in winter are huge for young children and their families. Here are some reasons why...

• Breathing fresh air helps to strengthen the immune system.
• Playing outside allows us to get away from indoor germs and breathe fresh air.
• Playing outside helps children stay engaged in physical exercise.
• Outdoor winter play "gives children an opportunity for a change of environment, a balance in play and routine, and to perform large muscle activities."
• Playing outside in Winter also helps to engage children's imagination through play.
  • Activities like building a snowman, going for a hike, and making tracks in the snow all help children to be more creative!

Help us to make sure that children can play outside at ELC and are properly bundled for the cold weather by sending in the right clothing every day. This includes boots, mittens, hats, coats, and snow pants! If you have any extras of these items that you would like to donate, we will take them to share with children who may have forgotten them at home.

Please remember to that you are required 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 feel free to reach out to Director Jo-Jo Reed and Assistant Director Mariana Caruso with any questions or comments. We value your feedback!

Jo-Jo Reed  
South Shore YMCA ELC-North Quincy  
jreed@ssymca.org  
857-403-4784

Mariana Caruso  
South Shore YMCA ELC-North Quincy  
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safe and efficient early childhood center. Please read over the following and do not hesitate to ask if you have any questions.

- Please note: Please ensure that you refrain from using the handicap buttons to exit the building. We understand that the children like to press the buttons but let's give these kids a teachable moment and explore the possibilities of them learning why they are there and how important it is for those that need them.
- ELC 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 should be encouraged to ring the doorbell and wait for an ELC staff person to answer. Remember, this policy is not rude, it’s safety.
- If your child will be late (after 9:00am) or absent, please call or email the Center to inform us of their absence. We will call to inquire about your child if we are not aware of their planned absence.
- Families are welcome to call the Center during rest time daily (1:00-2:30pm) to inquire about their child.