

## Winter Health Pointers

**WINTER WEAR:** As the chilly winter weather approaches, please replenish your child's extra clothes container with apparel appropriate for the season, as well as clothes to accommodate their physical growth. Layering your child's clothing for school days is helpful. While the temperature in our building is fairly constant and comfortable, some children may feel too warm or too cold on any given day. Wearing a t-shirt under a sweater allows the child to adjust to a personal level of comfort. Even in the winter, we go outside daily except in very extreme weather conditions. Please send labeled hats and mittens to school every day. On snowy days, please also send labeled snow pants and boots. Feel free to provide a set of outdoor clothes to be kept in your child's locker. If you have outdoor clothes to share, please send them to the school office; if you need outdoor clothes for your child, please contact a member of the administrative team for assistance.



**HANDWASHING:** We ask that everyone who comes into the Children's School educational spaces, including family members, wash their hands using the procedures recommended by the National Association for the Education of Young Children: Rub soapy hands vigorously for at least **20 seconds**, including back of hands, wrists, areas between fingers, around nail beds, and under fingernails and jewelry. The children are taught a much more detailed version which is included in your Family Handbook.

**PARTICIPATION IN THE SCHOOL DAY:** Our school day is filled with active and interesting projects that are planned in advance to ensure appropriate adult supervision. To that end, we ask that children come to school only if they can fully participate in the day's activities, including outdoor play and gym. If your child is not well enough to fully take part in the day, please keep the child at home because we do not have staff members available to supervise children indoors while the rest of the class is outdoors or at gym.

## Generous Givers & Gracious Receivers

During the year, we seek to help the learners at the Children's School become generous givers and gracious receivers.

Whether giving and receiving affirmation, help, or actual items, we aim to emphasize respect and gratitude. For example, when collecting food in November, we explained to the children that some of our neighbors in Pittsburgh do not have enough food or enough money to buy food. We can help them stay healthy by sharing nutritious food with them. At other times, people may share food with us, perhaps when we are traveling or when someone in our family is sick. We also emphasize the importance of expressing gratitude verbally or by drawing or writing. Involving your whole family in helping provides opportunities that go well beyond donation drives in ways that build relationships. A child's smile, hug, or drawing can brighten a neighbor's day. Once children have learned skills by helping in their own homes and yards, they can share those skills with their elderly relatives and friends. Families can also share from their abundance when they cook or bake together, when flowers bloom or vegetables ripen, or when they have time to sit and listen. See "*14 Little Ways to Encourage Kindness*" by Kristine Breese from Parents Magazine for more ideas (<http://www.parents.com/parenting/better-parenting/advice/14-little-ways-to-encourage-kindness/?page=1>).

