

Inquiring Minds



A monthly newsletter from The School for Young Children at Saint Joseph College

October 2009

From our Director

Diane Morton



We hope you enjoy our first edition of Inquiring Minds, a monthly newsletter from The School for Young Children. Each month we strive to offer families a peek into classroom activities, ways for you to become involved in the school, teacher and staff news, friendly reminders and a short listing of local events. We also hope you find useful each newsletter's front page article that is referenced from various professional resources. The front page article will relate to various topics such as literacy, mathematics, or health.

If you have any suggestions for our newsletter or other feedback about our newsletter, we would love to hear from you. Happy Reading!



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Bid Adieu to Swine Flu

Information for this article was taken and adapted from the CDC Guide for Parents

The flu or influenza is an infection of the nose, throat and lungs caused by influenza viruses. There are many different flu viruses and sometimes a new flu virus emerges to make people sick. Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season.

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions, such as asthma. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People may also get sick by touching something with flu viruses on it and then touching their mouth or nose.

STAYING HEALTHY

- *Cover your nose and mouth when you cough or sneeze.
- *If you use a tissue, throw it away immediately in the trash.
- *If you don't have a tissue, cough or sneeze into the crook of your elbow.
- *Wash your hands often (especially after you cough or sneeze) with soap and water, or alcohol-based sanitizers.
- *Wash for 15 to 20 seconds, about the time it takes to sing the "Happy Birthday" twice.
- *Avoid touching your eyes, nose or mouth.
- *If your child gets the flu, keep him/her home for at least 24 hours after the fever is gone (without taking fever-reducing medicine). Make plans ahead of time for someone to care for your child if he/she needs to stay home and you need to go to work.
- *If a sibling is ill, make plans now to have someone else bring your healthy child to school or have your sick child wait in the car (plan on someone watching him/her) while you take your child into school. In an emergency, call the SYC office, 231-5560. We can help facilitate bringing your child into the building.
- *For further information and flu updates the following websites may be helpful: the Centers for Disease Control and Prevention, www.cdc.gov or www.flu.gov. You can also call 1-800-CDC-INFO.

This Month's Events

October 12 Columbus Day
Preschool closed/
Backpack open

October 15/16
Fall festival

October 19-23
Family Conferences

October 23
Movie Night

PAC News

by Deborah Ross & Eileen Doyle 2009-2010 PAC Co-Chairs paccochairs@gmail.com

The Parent Advisory Committee (PAC) is the parent run body within SYC responsible for sponsoring a variety of fun events throughout the school year. This year the PAC co-chairs are Deborah Ross and Eileen Doyle. The PAC bulletin board, located outside the office, is our primary method of communication. Please check this bulletin board for upcoming events and to sign up to volunteer. You can also e-mail the PAC co-chairs at paccochairs@gmail.com to find out information about upcoming events.

Keep a look out for information regarding the FALL FESTIVAL. This Festival will take place on Thursday, October 15th for rooms 1, 4, 5B & 6, and on Friday, October 16th for rooms 2, 3, 5A and 7. We will need many volunteers to help run the Festival. This is an extraordinary event filled with face painting, donut bobbing, pumpkin decorating and play! Our children and families LOVE it!

Other PAC sponsored events coming up will be Movie Night, October 23rd and a Fall Fundraiser, October 26-30th. Our next PAC meeting will take place on November 5th from 6:30 - 8:30 p.m. Meetings are held in the Resource Room at SYC. Everyone is encouraged to attend.

We are looking forward to a wonderful year for our children and their parents!

Staff Happenings

JOLIE A. GARFINKEL is taking two courses at Saint Joseph College this semester. "Latinas and Their World" and "Field Study" at St. Agnes Home, West Hartford.

CAROL COLLINS is teaching "Child Development" at Asnuntuck Community College.

SARAH BOND is teaching "Literature for Children" at Man-

chester Community College.

SUE O'DONNELL is teaching "Methods & Techniques in Early Childhood Education" at Manchester Community College.

MARY CLAFFEY taught at the Monarch Network. This workshop was held at Webster Hill Elementary School, West Hartford this past July.

Backpack News

The School for Young Children Backpack Club is our extended day program operating from 7:45 - 9:00 am and 1:00 - 5:00 pm each day. This program is very fortunate to have additional help from 16 work study students affectionately called "Backpackerettes." All Backpackerettes are Saint Joseph College students in good standing. They are carefully selected to help our staff and students in a multitude of ways. Backpackerettes soon learn how to make play dough, help calm a napping child, read a story to a small group of children, among many other requirements akin to being an assistant in the classroom. We value highly their participation in the program. Their pictures and information are posted by the water fountain near the gym. Please take a look at this year's outstanding group!

R. O. A. R. News

SYC has developed an intergenerational program that currently involves eleven senior citizens from nearby residences and communities. This program is called Reach Out and Read or R.O.A.R. and has been in existence since 1998. Senior volunteers spend one hour in the same classroom each week. Opportunities to engage in literacy activities, such as reading and conversations, are enhanced as ROAR volunteers interact with the children. Throughout the year friendships are made truly benefiting all ages. Through this successful intergenerational program, children and older people interact with one another establishing caring relationships vital for the continuity of all cultures. This year's ROAR program began the last week of September. Information about our ROAR lending library has already been distributed to classrooms.

Classroom Happenings

Monarch Butterflies

"There was a caterpillar who sat upon a leaf, made a little chrysalis and then fell fast asleep. While she was sleeping, she wished that she could fly, and when she woke up she was a butterfly!"

Children throughout our school have been learning first hand about Monarch Butterflies. They observed caterpillars munching on milkweed leaves, form into a chrysalis (yes, butterflies make a chrysalis, moths spin a cocoon!) then emerge as butterflies! After the butterflies were tagged with a special identification sticker, the children and teachers had a parade and released the butterflies. Collectively our school has released over 75 Monarchs. These butterflies will migrate to Mexico for the winter. Adios Mariposas!



Children from Room 4 starting the butterfly release parade!



Teacher, Mary Claffey is releasing Monarch butterflies.



Joelson (Rm 4) is observing caterpillars, chrysalides and butterflies.



Joshua (Rm 3) watches a just released Monarch sip nectar .

SPINAL HEALTH WORKSHOP

Wednesday, October 28th, 7:00 pm at SYC

Come listen to an enlightening spinal health workshop presented by Dr. Jessica Tagliarini of Tagliarini Chiropractic. Spinal health is vital to the overall health & function of your body, including immune system health. This is especially important as we enter cold & flu season. Dr. Tagliarini will explain why chiropractic is a safe natural alternative to antibiotics & tubes for ear infections and for preventing recurring infection. She will also discuss how keeping the pelvis and spine aligned and balanced during pregnancy will prevent back pain, sciatica and breech presentation. Dr. Tagliarini was recently voted the Harford Advocate's Best Chiropractor of 2009. She is also a SYC alumni parent.

Helpful Info.

What's Ahead in November

November 3 & 4
SYC Community Coffee

November 5 - PAC Meeting

November 9-13
2010-2011 Preschool/Backpack
Registration Week-applications due

November 11-Veteran's Day
Preschool closed/Backpack open

November 26 & 27
Thanksgiving Break
Preschool/Backpack closed

Weekly calendars are available in the hanging
paper rack near the main entrance.

*Please remember to sign your child IN and OUT each day. Licensing requires that you put the time your child is dropped off and picked up. However, it would be helpful if you also write your initials next to the time.

*Are you moving, changing home, work or cell phone numbers? Remember to contact the SYC office with your changes. Either stop by the office or call, 231-5560 with your updates.

*Please notify the school, 231-5560, when your child will be absent due to illness. Identifying the illness will help the staff to alert other parents about the possibilities of contagiousness and identifying symptoms.

*For announcements concerning school closings please listen to WTIC am 1080 radio, watch NBC Channel 30 or WFSB Channel 3 or call the school, 231-5560 after 6:30 am.

Tuition Payment Procedures

Payments for tuition may be made using your Master card, Discover card, American Express card or e-check from the Cashnet website at www.sjc.edu/payonline. There is an additional fee to use your credit card for payment. There is no additional fee if you pay online with electronic payment from your savings or checking account.

If you wish to pay with cash or check, this may be done in person at the Cashier's Office located in McDonough Hall on the Campus of Saint Joseph College or by mail to: Saint Joseph College, Cashier Office, 1678 Asylum Avenue, West Hartford, CT 06117

Other Local Happenings

EL Centro Family Center, Hartford, CT

Community Play Group for Toddlers and Preschoolers in Spanish! -

Come join this play-based learning experience for children ages 2 - 4 on Friday, October 16, 2009, 10:00 - 11:00 am, 45 Wadsworth St., Hartford. For information or questions please contact Nilda Morales-Rivera, 860-524-6853 ext. 230, or contact Diane Morton at 231-5565.

West Hartford Public Library

LET'S READ "The Very Hungry Caterpillar" Together
Please join us and hundreds of thousands of record breakers around the nation on October. 8, as together we read Eric Carle's classic book "The Very Hungry Caterpillar" in a celebration of reading. We want to set a new world record for the greatest number of people reading the same book on the same day! Bring you favorite copy of "The Very Hungry Caterpillar" and join us in reading the book from 4:00pm -5:00pm. We will have art activities, games, a movie, a few prizes and fruit salad! All ages welcome. Registration Begins on September 29 by calling 860-561-8213.

**Have any comments,
questions or suggestions for
our newsletter?**

**Contact Phyllis Winer at
pwiner@sjc.edu or leave a
note in her mailbox in the
office.**

**The School for Young
Children
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Diane Morton, Director**