

# LITTLE OAKS ACADEMY



PARENT NEWSLETTER

WINTER 2016

Happy New Year! As we find ourselves in the middle of Winter 2016, we welcome new staff to the Little Oaks Academy family. Please introduce yourselves if you see new faces in our hallways.

- ❖ Shawna Edington - Secretary/Support Staff. Shawna has over 8 years of experience working with children in a child care setting and is excited for the opportunity to engage with the staff, parents and children at Little Oaks. She has been married to her husband James for 18 years and has 3 boys, Brandon, Taylor and Tanner.
- ❖ Miracle Kitts - Infant A. Miracle has studied child development for 3 years in high school and is enjoying working with the babies at Little Oaks. She also loves animals and has a pet fox.
- ❖ Mary Helmbrecht - Infant A. Mary has studied human development for 4 years and enjoys working with children. She was married in May of 2015, loves to read and went skydiving in 2012.
- ❖ Allison Keith - Infant B. Alison has many years of experience working with children and has an associate degree in early childhood education. She has a 16 year old daughter and is enjoying spending time with the babies at Little Oaks.
- ❖ Kathie Reuss - Educational Coordinator/Assistant Director. Kathie comes to Little Oaks with a background in child development and parent/staff education and training. She has 3 children of her own, ages 11, 13 & 16 and is thrilled to be a part of this amazing team.

## Parent Volunteers!

Little Oaks Academy has some needs and we know our parents are a very resourceful group! Please let us know if you have a special skill and would be willing to volunteer your time. Currently we are looking for a certified CPR trainer and someone skilled using a drill to install paper towel dispensers & hang bulletin boards. Thanks for all you do for Little Oaks!

## *Dates to Note:*

*Little Oaks Academy is closed in observance of the following holidays: New Year's Day, Memorial Day, Independence, Day, Labor Day, Thanksgiving Day, the day after Thanksgiving, Christmas Eve and Christmas Day. All other days we will be open from 6:15am to 6pm, Monday-Friday*

**\*THE FLU\***

**What is The Flu?**

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing.

**What are the symptoms of the flu?**

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

**How long can a sick person spread the flu to others?**

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

**What are some ways I can protect my child against the flu?**

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs. This includes:

- ❖ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ❖ Stay away from people who are sick.
- ❖ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ❖ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ❖ Keep surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

**When can my child go back to school after having the flu?**

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

Information from CDC : Center for Disease Control and Prevention



Our staff is working on a comprehensive parent email list. You should have received a “test” email from Beth recently. If not, please stop by the office and make sure we have your correct contact information, including email address. Paper copies of the newsletter are also available by the sign-in computer.

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**Weather Policy.** Little Oaks Academy will make every reasonable effort to stay open as long as it is safe for children, parents and staff. Parents should use their discretion when deciding whether to bring their child to the Center or checking out early. Little Oaks does NOT follow Knox County School closings. **Please check WBIR.COM for closure information.**

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Struggling with our fingerprint reader? This dry weather is not easy on our skin and makes it harder for fingerprints to be scanned. Please be patient and if you are having any difficulty signing your child in, someone in the office will be happy to assist you! It is important to remember to sign your child in and out each day at the kiosk.