

October Issue
2020

The Kid Times

Dates to remember:

October 12-16

Fall Break

KIDTIME CLOSED

November 3

Election Day

KIDTIME CLOSED

November 25-27

Thanksgiving Break

KIDTIME CLOSED

December 18

Half Day

**Kidtime Open 11am-
6pm**

Hi parents and guardians!

As we approach the holiday season, we know celebrations may look a little different during the Coronavirus pandemic, but we are still planning some safe and exciting autumn activities. **On October 29th (Thursday), we will have a Halloween party.** Children may bring their Halloween costumes to change into after school. We will have spooky snacks, ghoulish games and creepy prizes. Some examples of our activities are: Monster Freeze Dance, Pass the Pumpkin and Pin the Bow-Tie on Mr. Bones.

We are now using *Tadpoles* which is a childcare app that helps us keep track of group numbers, attendance, and emergency information. *Tadpoles* has also changed how we do pick-up; it's now similar to car-rider pick-up. A counselor or director will walk your child to your car and ask you for your pin number. Your pin number will be the last four digits of your cell phone number. Everyone on your child's pick-up list has been put into the *Tadpoles* system; they also have a pin number. If you need to add another adult to your child's pick-up list, please email or text Ms. Kara their full name and cell phone number.

Looking ahead, there are a few dates when Kidtime will be closed. **We will be closed on October 12-16th for Fall Break, November 3rd for Election Day, and Thanksgiving Break (November 25-27th).** If you need a babysitter for any of these dates, please check out our babysitter list on the back of this newsletter. **On December 18, We will be open from 11am to 6pm;** please pack your child a lunch for that day. We are planning some fun holiday activities for that day.

We're looking forward to an enchanting October. We want to wish everyone a Happy Halloween!



Weekly themes:

September 28-
October 2:
Unbeleafable
Autumn

October 5-9: Apple
Pickin and Corn
Lickin

October 12-16: Fall
Break

October 19-23:
Pumpkins,
Scarecrows, Owls –
OH MY!

October 26-30:
Happy Halloween!

From Us to You:

BOOSTING YOUR IMMUNE SYSTEM

Coronavirus (COVID-19)



Eating more fruits and vegetables that contain vitamins, fiber, minerals, and antioxidants can help decrease inflammation, improve the digestive system, and reduce the duration of the common cold.



Getting adequate sleep is essential to our body. It helps us restore and rejuvenate so we can go about our day. Sleeping more when sick could allow the immune system to better fight the illness.



Exercising regularly improves our cardiovascular system, lowers our blood pressure, and controls our bodyweight. Staying active by cleaning, walking and doing home-workouts.



Staying hydrated naturally removes waste from the body that may cause illness. Water helps carry oxygen to your body cells, which results in properly functioning systems.



Managing stress. It's taxing to the body. Learning techniques like meditation and controlled breathing would help the immune system stay strong.



Quitting smoking can prevent lung cancer and other respiratory illnesses. COVID-19 attacks the respiratory system, so anyone with damaged lungs would seem vulnerable.

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News

- This year we also have a new PBIS system called “Punch Cards.” Every student will have a punch card. If a student demonstrates positive behavior, a counselor will punch a hole in their punch card. If they earn enough hole-punches, they will be able to buy some prizes. Some examples of ways children can earn hole punches are (but not limited to:) following the counselor’s first request, being a helpful cleaner, being a kind friend and following the school’s and Kidtime’s behavior expectations.
- Please be considerate of other children’s health and safety during this time. If we work together, we can have a healthy happy year together!
- If your child is sick, they cannot come back to school or KT until they are fever-free for 24 hours and are no longer vomiting.
- **All staff and all students will have their temperatures taken before entry to the building. If they have a fever of 100.4 or above, they will not be admitted to the building.** Staff and students will also complete a survey screening for COVID-19 symptoms including questions such as, “Have you had any shortness of breath?”

Reminders:

- Parents are currently not allowed to enter the school building.
- We close at 6. Please let us know if you’re going to be late. We do charge a late fee if it is a reoccurring problem.
- **Please let us know through phone call, text, or email if your child is not going to be at KT.** Letting your child’s teacher know is not the same. We do charge a finder’s fee, if we have to hunt them down.

Babysitting List:

Ms. Lexi: (865) 309-9551
Ms. Baylee: (865) 441-1476

Ms. Maiti: (203) 450-5544
Ms. Maggie (919) 995-0427



As always, please don’t hesitate to reach out if you have any questions, comments, or concerns!

(865) 406-9285

kara@kidtime.org