

School Number  
352-0224  
Bus Number  
352-2239

# Early Education & Family Wellness Centre's Newsflash



Issue Number 1

October 2016



## *Message From The Principal*

Welcome to another exciting year of learning and growing at the Early Education & Family Wellness Centre!! A special welcome to all of our new families. This edition of our newsletter contains a few important reminders. Included in this month's newsletter is a form that you may use to indicate your preference to view future newsletters on our EEFWC web page (<http://www.eefwc.ca>). If you choose this option, you will not receive a paper copy of the newsletter. You will still receive attachments to the newsletters, such as the song sheets, the Scholastic book orders or other important notices. The website is a great resource for other information, too, so we encourage you to visit regularly.

Communication between home and school is extremely important. We encourage you to read your child's agenda book daily and use it to communicate information to the school as well. On the back cover is our school calendar, clearly showing days when there is no school, so if in doubt, please check there first!

PLEASE feel free to contact me if you have concerns or questions about your child's program. I can be reached by telephone at 780-352-0224, ext.222, by email at [hestbakl@wrps.ab.ca](mailto:hestbakl@wrps.ab.ca) or stop by my office when you are in the building.

We are looking forward to a wonderful, exciting, positive year of learning!!

*Lynn Hestbak*



## **Arrival and Dismissal Times:**

The **morning class** begins at **8:45** and ends at **11:45**. The **afternoon class** begins at **12:30** and ends at **3:30**. The doors will be unlocked at **8:40** and **12:25**. It is difficult for young children to wait, so please do not arrive too early.

At dismissal time, staff will bring the children up to the front door. If you arrive early we ask that you wait in room 6 (the Family Room) to prevent congestion in the front hall and doorway. The front entry bench area needs to be available for those children waiting for the bus or a parent who has not yet arrived. Our population has increased substantially this year, and for everyone's safety we appreciate your cooperation!



## Illness:

Several of our students have compromised immune systems and can become quite ill if exposed to viruses. **If your child becomes sick with a fever, diarrhea, or vomiting, please keep him/her home for at least 24 hours after the last symptom has resolved.** If any of these symptoms appear during school hours, we will be calling you to come and pick him/her up. If your child, or anyone your child is in regular contact with, comes down with chicken pox, measles, mumps or any other communicable illness, please contact the centre before bringing your child to school. Thank you very much.



## Absences:

- 1) If your child rides the bus and will be away, please call and inform the bus contractor before 7:30 a.m. if possible. (780-352-2239)
- 2) If your child is going to be away from school, please call 780-352-0224 to report the absence. If you call after hours, you may leave a message in **the general mailbox (ext. 221)**.
- 3) If someone other than a parent will be picking your child up, please inform staff and tell the pick-up person that we will be asking to see photo identification (if it is the first time).
- 4) You can also use the agenda book to inform the teacher that your child will be away or if there are changes to the pick-up routine.



## Halloween

During the weeks of October 24-28 and October 31-November 4 we will be doing pumpkin activities. We are asking if anyone has any extra pumpkins (small ones please) that you would like to donate to the school that would be greatly appreciated! Please **do not** send your child to school in a costume on **October 31** as we will have costumes here at the school for dressing up fun!!



### **DATES TO REMEMBER:**

**Oct. 7- No School, P.D. Day**  
**Oct. 10- No School, Thanksgiving Holiday**  
**Oct. 26-29 & Oct. 31-Nov.4- Halloween Fun, No Costumes Please!**  
**Oct. 28- No School, Staff Planning Day**



## Parking Lot Safety:

It is very important to know that our parking area by the front door (East Side of the school) is ONE WAY TRAFFIC ONLY. You need to enter from the alley side and exit at the other end. There is one row of angle parking available. The alley parking to the north of the school is for staff only. Additional parent/visitor parking is available on the street (east and south side of the school). It is important to leave a clear entrance for the bus to pull up to the front door. This allows our children to load and unload the bus safely. There is one designated disabled parking space in front of the school for those people with the proper tag. Please make sure to hold your children's hands to and from your vehicle when dropping off and picking up. It has been noticed that some children have been darting across the parking lot by themselves and when cars are driving in or backing up it is very difficult to see the children. Ensuring your child's safety is the number one priority at all times!!





## Fall Celebration

Thank-you to all that were able to make it to our Fall Celebration, it was a lot of fun!

A special thanks to Trustee George Ollenberger and his wife for barbequing our burgers!!

The winners for the draws are as follows:

Grand prize- Kate Whenham

T-Shirt Prizes: Cadoc Biddlecombe, Ella Trkulja, Dax Brucks and Jordynn Adams



## Special Olympics

Attached to the newsletter, is a flyer about Special Olympics child and youth programs being planned for Wetaskiwin.

The **ACTIVE START** program is for children ages 2 – 6, and the **FUNDamentals** program is for children ages 1 – 12.

For further information or to register, please contact **BLAINE FULLER**, at 780-312-8677.

## Yoga at Early Ed

Yoga is a daily practice at the Early Education Centre. We have structured yoga time during our day, and also use various postures or techniques throughout our day to refocus or calm our students. Yoga has a multitude of equally important benefits. Physically, it helps develop strength, balance and body awareness. It can also have amazing effects on behavior and mood. Yoga helps to calm to the nervous system during times of stress, anxiety or excitement. It can also be used to awaken and refocus the brain.

For our structured yoga time we purposefully choose postures that combine the physical and mental benefits. Most importantly, we always make sure to end on a calming pose like polar bear (child's pose). Throughout the day we use various breathing techniques to help make transitions smoother or to calm students when necessary. Look forward to a new yoga pose highlighted in each newsletter. Try these at home with your kids!