



# Enchanted Care Learning Center

## *Special events at our center:*

Holiday Hat, Sock, Scarf, and Glove Drive.  
Dec. 03-17th

Holiday Open House Dec. 16, 2015  
6:30-7:45p.m. Kid Campus

Center Closes at 2:00pm. Dec. 24, 2015

Center Closed Dec. 25<sup>th</sup>, 2015

Center Closes at 4:00p.m. Dec. 31, 2015



**December, 2015**

## *Happy holidays from our family to yours!*

Greetings:

This is the first of our “NEW” monthly newsletters. Many parents have approached Kate and I, with the idea to produce a newsletter that contains important dates, happenings in our classrooms, as well as tips for families. Also our newsletters will introduce new staff, and any classroom changes.

We will also be providing a weekly newsletter, with little reminders of important dates, etc. We strive to have communication with our families so we welcome any ideas, questions or comments. Please feel free to email me any of the above at: [tara.clark@nlcinc.com](mailto:tara.clark@nlcinc.com)

## *Reminders*

As we approach the winter months we wanted to give a friendly reminder to all our parents about our illness policy at Enchanted Care. Enchanted Care values our families and children and wants to keep everyone as healthy as possible, but we also realize that there are several times a year that many “BUGS” spread around our communities, and homes. We here at the center disinfect daily to help kill the “GERMS” around our center, but sometimes even with all our efforts they spread to quickly to be avoided. In an attempt to keep our children, and staff well we have enclosed some friendly reminders about our policies.

1. If your child has a fever over 100 you must keep them home until they are fever free for 24 hours.
2. If your child has diarrhea, they must also be kept home for 24 hours or until their stool is solid again.
3. Children must not be given any remedies at home in order to lower a fever, and then be sent to school. We try hard to keep everyone healthy so please follow regulations and keep them at home since they are still contagious even on medication.
4. If your child develops a fever, diarrhea, while in our care they will be sent home until they are symptom free for 24 hours.

Due to Job and Family Services Guidelines we here at the center may not administer any medication to lower fevers, or alleviate diarrhea.

If your child exhibits any symptoms please call the center and inform us we can go above and beyond our daily disinfecting to ensure other children do not contract the virus.



## Recipe for Learning

Bread Dough Numbers are a tasty way for children to practice learning their numbers.

This fun activity reinforces math skills through measuring ingredients.

### Materials:

- 1 pkg active dry yeast
- 1 1/2 cup warm, water
- 1 tsp salt
- 1 Tbsp sugar
- 4 cups flour
- cookie sheet
- bowl for mixing
- yeast

### Directions:

Measure 1 1/2 cups warm water into a large bowl. Sprinkle yeast into water and mix until soft.

Add 1 tsp salt, 1 Tbsp sugar and 4 cups flour.

Mix until the dough forms a ball.

Knead on a floured surface until the dough is smooth and elastic.

Tear off balls of dough and roll them into snakes (just like you would with playdough)

Arrange the snakes into number shapes.

For older children, include the concept of "greater than and less than" by asking them to make the numbers progressively bigger (the #1 would be a smaller piece of bread than the #5, for example).

You could also make triangles, squares, etc. For shapes practice or ABC's for alphabet practice.

Place the shapes onto a greased cookie sheet

Cover with a towel and let them rise in a warm place until double in size.

Bake for 10 to 15 minutes at 350F until they are firm and golden brown.

Cool slightly.

## Staying Well Through the Flu Season

As mentioned earlier, we strive to keep all families, and staff well through this holiday season. Enclosed is the CDC (Center for Disease Control and Prevention), tips to keep families safe this "flu" season.

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Hat, Glove, Scarf and Sock Drive

Both the Learning Center and Kid Campuses are holding a Hat, glove, scarf and sock drive for IMPACT (Community Action) of Franklin County. All hats, gloves, scarf, and socks will be given to IMPACT on Thursday December 17, 2015 to allow IMPACT to give to families in need. IMPACT helps thousands of needy families each year, with heat, clothing, food and toy assistance. Enchanted Care wants to help

our community, so we ask our families to please place any new hat, scarf, gloves and socks on our Christmas tree located in our lobby. They may also be brought during our Holiday Activity Night on December 16, 2015 in The Kids Campus from 6:30-7:45p.m. We encourage all our families to participate, and attend our open house. We will have

Enchanted Care -  
Westerville

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*With all good wishes  
To you and your family  
For health and happiness  
Throughout the coming  
year.*

## *Fun Holiday Days here at the Center*

**Remaining fun ideas in addition to our monthly calendar events:**

**12/21/2015- Favorite snack day- (Bring in a snack to share (remember to check ingredients for no nuts or sesame oil products.)**

**12/22/2015- Movie Day (Wear Pajamas watching Holiday movie)**

**12/23/2015- Hat Day (Favorite Hat)**

**12/24/2015- Favorite Holiday Shirt or Sweater**

**Our kids' favorite Christmas joke:**

What do you call a person who is afraid of Santa Claus?

Claustrophobic!

## *Introduce myself*

I wanted to take this time to introduce myself to all our parents. My name is Tara Clark, and I am a "Floating" Assistant Principal here at Westerville. As I have met many of you, for the ones I have not I wanted to give a little background knowledge of myself.

I am a mom of three children Dylan 22, Hailey 16, and Conner 11. I have been married to my husband for Scott for 20 years. We are also expecting our first grandson Avery in March. I am from Tarlton, Ohio, and commute to Westerville every day. I taught Pre-K, and drove bus for Head Start for many years. I was also a lead teacher for KinderCare in Whitehall. I graduated from Ohio University with a B.S.S. in Child Development, Social, Work and Women Gender Studies. I also have two associate Degrees, one in Child Development and one in Social Science. I am a firm believer that no matter how old you are, you can return to school and achieve any goal you set your mind to. I also work part-time at Texas Roadhouse in Athens and have been an employee there for 7 years. I also run our family business during the summer.

I am so excited to be here in Westerville, teaching children is a passion I am very serious about. I am available by phone, or email, or in person, I will take time to meet, talk or answer any questions you as parents have. Please feel free to approach me. We have many exciting new changes here at Westerville, and I appreciate any comments or questions you may have. I am honored to work with such a passionate set of teachers, as well as families and believe with everyone helping we can make Westerville Enchanted Care a great educational center. If you have any idea you would like to see our center adapt please contact me

Please email me with any recipes, or tips to include in our newsletters. [tara.clark@nkcinc.com](mailto:tara.clark@nkcinc.com).

