



Upcoming Events

November

11th - 12th Full Day 3s Fall Conferences
13th - 14th Full Day 2s Fall Conferences
17th - 21st Full Day 4s Fall Conferences
24th - 25th Part Day Conferences - No
Part Day classes
26th School Closed- Teacher
Professional Development Day
27th - 28th School Closed
Thanksgiving Holiday

December

11th 4-year-old Program Christmas
Concert
24th - January 2nd School closed
Christmas Holiday

IMPORTANT INFORMATION

Intention forms for current families will be distributed in late November. Please know that you are guaranteed the same schedule your child has this school year and we do our best to accommodate your desired schedules. Registration will be conducted prior to the Holidays.

Happy November! ~A month where we pause to remember how blessed we are. There are some tangible ways that your family can practice gratitude.

- Model gratitude-let your child hear you thank the cashier in a store
- At dinner, discuss things or people you are thankful for
- Write thank you notes, even little ones can illustrate or dictate to you
- Decorate a family gratitude jar and add pictures of things you are grateful for
- Volunteer as a family
- Pray for those less fortunate
- Return a favor
- Visit a neighbor
- Donate toys and clothes they have outgrown

Please see the Woods Corner by the library for books about gratitude; better yet, visit the public library for more titles.

"If the only prayer you ever say in your entire life is thank you, it will be enough" attribute to Meister Eckhart

With gratitude for all of you,
Ms. Roxann





OVERHEARD IN PRESCHOOL

David was getting ready for nap, when he looked at Ms. Imani and said: "I love you guys like a rainbow and a heart"

Hello Woods Families

November is a great time to be grateful. We will tell stories together in chapel about how God meets and speaks to us. Jacob will have a dream. Joshua will tear down walls. Jonah will have one whale of a big fish story! Every one of these men finds it hard to be grateful, but in the end, they say thank you to God. I hope you will hear the songs and tell the stories at home. Traci Smith, author of Faithful Families, suggests putting a roll of paper on the wall. Write things that you are grateful for on it. Try to do this every day. Tape more paper to the bottom of each sheet as you need it. Watch these blessings roll in and pile up through November and December. Then on January 1...read the list together as a family. What a lot of things we have to be grateful for! Why should we do this? The ability to name things for which we are grateful, even on hard days, is a skill that helps your child weather adversity. This leads to success at home, in school, with friends, and sports.

Peace,
Kat. Green
Director of Children's Ministry and Chapel Storyteller



When to Take Your Child to the Emergency Room

You should seek emergency care for your child if they experience any of the following:

- Fever of 100.4°F (38°C) or higher that: Does not respond to medication, persists for more than 3 days
- Suspected broken bones, especially if accompanied by swelling, deformity, or inability to move the limb
- Head injury followed by: Loss of consciousness or appearing to pass out and vomiting
- Signs of dehydration, such as: Dry lips or no tears when crying, no urination for 12 hours or fewer than 4 wet diapers in 24 hours, and lethargy or confusion
- Breathing difficulties, including Heavy, rapid breathing, gasping for air, only able to speak two or three words before needing to take a breath
- Gaping cuts or lacerations, especially in young children who may require: Sedation or specialized behavioral techniques to support and distract during wound repair.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/urgent-care-versus-the-er-a-pediatrician-offers-tips-on-making-the-right-choice>

Wishing everyone a fun, festive, and safe November!
Allie Barden
RN, Health Consultant

The Wisdom of Woods

Self Help Skills

by Molly McDevitt

Welcome to November – The third month of the school year! A lot has happened in the first two months of school. This month we're focusing on an essential topic: self-help skills in preschool. These skills are crucial because they help children become more independent and less reliant on others. Developing self-help abilities builds self-esteem, confidence, and encourages responsibility. Children begin to understand routines and take ownership of their actions, which fosters accountability and supports social development, skills like expressing needs and following instructions. They also help children interact positively with peers and teachers.

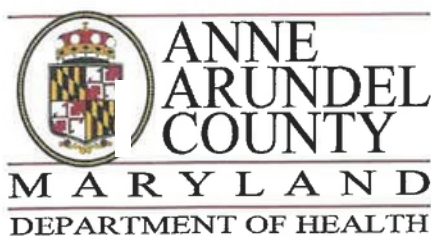
Here are some key self-help skills and tips for practicing them at home and school:

- **Bathroom Independence:** Practice proper wiping techniques at home. Encourage your child to go to the bathroom as soon as they feel the urge, rather than waiting. At school, remind children to speak up when they need to use the bathroom to help prevent accidents.
- **Using Utensils:** Practice holding and using a fork or spoon during meals. Teach them to scoop food with a spoon, turn it toward their mouth, and place it in their mouth. Help them learn to poke food with a fork and bring it to their mouth—this also strengthens fine motor skills.
- **Dressing Themselves:** As children grow, they naturally want to dress themselves—this is a great skill to encourage. Practice pulling up underwear and pants, putting shirts over their heads, sliding socks over their toes, and putting on shoes independently. These tasks foster independence and confidence. Don't forget the tag to toes method for jackets!
- **Sharing and Social Skills:** Play sharing games at home to model turn-taking and cooperation. Demonstrate how to share with siblings or parents during playtime. Teach self-regulation strategies to help children manage frustration when others don't share. Encourage patience—an invaluable lifelong skill.



Do you have a question, ask the experts:

cdcinfo@woodscdc.org



J. Howard Beard Health Services Building
3 Harry S. Truman Parkway
Annapolis, Maryland 21401
Phone: 410-222-7095 Fax: 410-222-7294
Maryland Relay (TTY): 711
www.aahealth.org

Tonii Gedin, RN, DNP
Health Officer

Dear Childcare Staff:

This letter provides important information about Hand, Foot, and Mouth Disease (HFMD), a common and highly contagious viral illness that primarily affects infants and children under five years of age. While generally not serious, it can spread quickly in group settings. This alert is to help you identify symptoms and understand the necessary exclusion criteria to prevent further transmission.

General Information and Symptoms

HFMD is caused by viruses belonging to the enterovirus group. It is different from "foot-and-mouth disease" found in animals. Anyone can get HFMD, even if they have had it before, though most cases occur in young children.

Common symptoms typically appear 3 to 6 days after exposure and may include:

- Fever (100.4°F (38°C) or higher).
- Sore throat and painful mouth sores.
- A skin rash that starts as red spots and can develop into fluid-filled blisters on the palms of the hands, fingers, and soles of the feet. Rashes may also appear on other parts of the body.
- Loss of appetite and general malaise.

Some individuals, even those without symptoms, can still pass the virus to others.

How HFMD is Spread

The virus is found in droplets from coughs and sneezes, fluid from blisters, and stool. It can spread through:

- Coughs or sneezes.
- Touching an object or surface with the virus and then touching your mouth, eyes, or nose.
- Sharing utensils, cups, food, or drinks.

A person can spread the virus for weeks, even after their symptoms have gone away. Pets and other animals cannot get or spread HFMD.

Exclusion Criteria for Childcare

To prevent the spread of HFMD, children should be excluded from childcare and must stay home if they meet any of the following criteria:

- They have mouth sores with drooling.
- They have a fever of 100.4°F (38°C) or higher along with other HFMD symptoms.
- They have oozing, fluid-filled blisters that cannot be covered.
- They do not feel well enough to participate in classroom activities, such as being unusually tired, cranky, or fussy.

A child can return to the childcare facility when they are fever-free for at least 24 hours (without the use of fever-reducing medication) and feel well enough to participate in all routine activities.

Prevention and Control

The most effective way to prevent the spread of this illness is through frequent and thorough hygiene practices:

- Wash hands often with soap and water for at least 20 seconds, especially after diaper changes and using the toilet.
- Cover all coughs and sneezes with a tissue or elbow.
- Avoid touching your eyes, nose, and mouth.
- Thoroughly clean and disinfect all frequently-touched surfaces and shared objects like toys with a bleach solution or product clearly labeled for Coxsackievirus or Norovirus or Rhinovirus. It is also crucial to allow the disinfectant to sit on the surface according to the products labelled contact time. Soft items such as blankets, clothing, towels, soft rugs etc. can be washed using soap and water AND will need to stay out of the daycare area for at least 4 days.

For more information about HFM, visit cdc.gov/hand-foot-mouth. If you have any questions, you may contact the Anne Arundel County Department of Health's Epidemiology Program at 410-222-7254.

The health of our children is our top priority, and your cooperation in following these guidelines is greatly appreciated. If you have any questions, please do not hesitate to contact us.

Sincerely,



Tonii Gedin, RN, DNP
Health Officer