
February 2026

CCC Newsletter

Tips and Reminders for the month:

Welcome to February! It's that time of year and the common cold and flu season is upon us. We need your help to keep the Children & Staff at CCC healthy! Please note CCC's illness policy in the Family Handbook found online. If your child has a cough, fever, or does not feel well...please keep them home to prevent the spread of germs.

CCC Illness Policy and tips to stay healthy

The CCC illness policy was derived from the American Academy of Pediatrics and the Department of Human Services regulation 3270.137: "An operator who observes an enrolled child with symptoms of a communicable disease or infection that can be transmitted directly or indirectly and which may threaten the health of children in care shall exclude the child from attendance until the operator receives notification from a physician or a CRNP that the child is no longer considered a threat to the health of others."

CCC will contact a family if a child exhibits a fever greater than 100 degrees, vomits, has diarrhea (more than 2 loose bowel movements), or is experiencing symptoms of a contagious disease. Families will be asked to pick the child up from CCC within an hour of contact. A document sharing the symptoms will be sent home with the family and we ask that a child **is symptom free for 48 hours** without the use of medication before they return to care. If needed: a Return to Child Care Form can be submitted to CCC staff documenting that the child was seen by his/her doctor and they state that the child is not contagious to others-allowing for return to facility before the **48 hours** is up.

If your child needs medication during their time at CCC, please follow the notes provided to the right.



Important Dates:

February 17 : KidSight screening visit for Pre-k students

February 25: R&K Sandwich Fundraiser pick-up day

February 16 – Full Day closing for School age students, CCC is open for care

Medication at CCC:

A **medication request form** must be completed and shared directly with CCC staff. (Staff can provide the slip as needed)

Never leave medication and request slip in lunch boxes or children's bookbags.

Prescription medication must be in appropriate labeled container with child's name, dosage, & valid expiration date.

If nonprescription medication is needed a **Dr.'s note** explaining all dosing information must be submitted with the appropriately labeled medication.

The Elm Room:

Highlights:

The Elm Classroom has been focusing on the winter season and themes about snowmen, birds, and penguins. During the month of February, we will share valentines with one another and celebrate God's love for us. We will learn more about taking care of our bodies through good nutrition, dental care and exercise. We are also practicing our skills and preparing for our upcoming February conferences. We will finish out the month exploring the topics of Outer Space and Rocks and Minerals. We hope everyone has a wonderful Valentine's Day!

Please join us in Celebrating our staff during our February Teacher Appreciation week (2/16/25-2/20/25). If you would like to drop off a card or note for a teacher, please leave it at the front desk. This month Ms. Harlow will celebrate her 3rd anniversary with us and Ms. Dianne will be "8 years old at CCC" this February!

Our Giving Tree Wish List Items:

- ❖ Tissues & Paper towels
- ❖ Small Paper Plates
- ❖ Dry Erase markers * Glue Sticks
- ❖ Dish soap & laundry detergent



Special Events:

R & K: Orders Due 2/16/26

Pick up date is 2/25/26

(Order sheets were emailed and are available at the front desk!)

SAVE THE DATE:

CCC will be celebrating its **37th "Birthday"** with the children on March 13th. A special lunch will be provided that day.

Summer Care Questionnaires:

Don't forget to check your email/Mailbox for important papers & notices. During the month of February office staff will be collecting attendance information regarding summer care to begin the enrollment process for new families. **Don't lose your spot! Upcoming rosters are based on this information!**

Healthy Habits... *provided by: Jenine Bisaccio RN*

February is National Heart Health Month!

EASY STEPS TO HELP YOUR FAMILY BE HEART HEALTHY ♥

Making a few small simple lifestyle changes can make a big difference in the heart healthy habits for your family. And there is good news, each little change can make a big difference in the long run for the whole family!

Here are a few simple ways to be heart healthy:

1. Find free time for physical activity. Take walks after dinner, have the kids join a sport team, stream a yoga or dance class! If your kids aren't in activities/sports, pick two designated time slots weekly for activity time. Every little bit counts for the kids and adults too!
2. Plan a weekly menu. Go shopping for fresh food and prep meals in advance of the busy week when needed. Try to avoid processed foods by shopping the outer aisles of the grocery store!
3. Simplify your schedule! Easier said than done these days but try to sit together at the dinner table at least a few times a week to talk and reconnect with each other. De-stress and try to enjoy the small moments.
4. Get the whole family involved. The kids can help choose healthy meals, assist in preparation of the meals, and even help clean up!
5. Finally, live by example for your kids and be sure to take care of YOU too!! ♥

For more healthy ideas visit:

The American Heart Association at www.heart.org

Heart Healthy Steps at <https://hearthealthysteps.org/>

Making Heart Healthy Food Your Kids Will Love: <https://www.chop.edu/news/health-tip/making-heart-healthy-food-your-kids-will-love>

