

March Newsletter

Q U O T E O F T H E M O N T H

Keep your feet on the ground, but let your heart soar as high as it will. Refuse to be average...

Arthur Helps
British Historian

K I N D
R E M I N D E R S

- Label your child's belongings. You may request an order form from the office or visit the following website for ordering information: (...)
- We encourage parents not to allow children to bring toys from home. The reason we encourage this is so children are not distracted throughout the day because they want to play with their own toy, rather than participating in programming. Also, toys sometimes go missing and this is very upsetting for the child. Your cooperation would be greatly appreciated.

S T A F F N E W S !

Congratulations to **Melissa** (ECE) infant program, on the birth of her son, Jayden. Jayden was born on February 21, 2008, weighing at 7lbs. Both mom and baby are doing well. Wishing you a future of good health and laughter!

MORE BABY NEWS...

Congratulations to **Nadia** (ECA) infant program, on the birth of her second son, Jordan. Jordan was born on February 29, 2008, weighing at 8lbs. Both mommy and baby are doing well. Jordan has an older brother, Jack who attends our preschool program. Congratulations to the whole family!

F U N T H I N G S C O M I N G U P

KINDERGARTEN registration commenced in February. If you have not submitted your application and security deposit, please do so. Space is limited and we would like to accommodate the children in the centre first.

SPRING CONCERT 2007 This year we will be holding our spring concert on three different nights. This will accommodate all our parents and parking. The infants and toddlers will present their concerts on Tuesday April 29, 2008; the preschoolers on Wednesday April 30, 2008; and kindergartens on Thursday May 1, 2008. We will provide a time schedule next month. If you are able to offer any materials or specialty (such as music and sound;

power point presentation) to your child's class, please to your program teachers. The staff and children would be grateful.



Spring Concert 2007—Sr. Preschool Class with Lishia presenting "The Three Little Pigs"

PARENT NETWORK As most of you are aware, we are revamping our website. The new website will provide parents with up to date information on the centre, view programming of the week, monthly newsletter and

calendar; menu and photo gallery. We would also like to have an "internal" parent network which allows you to post your company name, the service you provide and a contact name and number. If you are interested in being a part of this network, please send us an email with your information so we may add you to the network.

EMAIL ADDRESS The new website will require registered parents to log on in order to view the parent log board. Therefore, we will require your email address so we may register you. You will be responsible for creating your own password. If you would be so kind to send us your email address and indicate your full name and child's name. Thanks!

D a y c a r e p o l i c y

It is daycare policy if a child has two or more episodes of vomiting or diarrhea that the child be sent home. The child is only able to return to daycare if symptom free for 24 hours and if necessary, with a physician note indicating the child is well enough to attend

daycare. The purpose of this policy is to ensure the well-being and good health of all the children and staff at the centre. With the cold and flu season in full force, we encourage parents to seek medical advise if your child is experiencing any of these symp-

toms. This is a preventative measure Over the Rainbow practices to avoid any outbreaks. If you have any questions or concerns regarding this policy, please speak to administration. An ounce of preventions, is all it takes to keep us safe!

F A C T S & S A T I S T I C S

Eating Together as a Family and Reducing Youthful Drug Use by David J. Hanson, Ph.D.

Parents should eat dinner with their children in order to reduce youthful drug use urges a nationwide public-service campaign. The advice is based on a report showing that frequent family dining reduces by half the risk of substance abuse by young people. "If I could wave a magic wand to make a dent in the substance abuse problem, I would make sure that every child in America had dinner with his or her parents at least five times a week," says Joe Califano, head of the Center on Addiction and Substance Abuse, the group behind the report. "There is no more important thing a parent can do" to reduce the chance that their children will use drugs, insists Califano. He argues that it "is the key to ridding our nation of the scourge of substance abuse." Eating together as a family probably has many benefits. But what of the claim that doing so reduces drug use by 50%?

[GETPREPARED.CA](http://www.getprepared.ca)

Is your family prepared? For a major emergency—like a blackout or a severe storm you need to be prepared for at least 72 hours while emergency workers help those in urgent need. Prepare your emergency kit today:

- Water—at least 2 liters of water per person per day
- Food—canned and dried foods, energy bars
- Flashlights and batteries
- Candles, lighter and/or matches
- Battery-powered radio
- First Aid Kit
- Special Items such as infant formula, allergy medication, prescription medication and equipment for disabled family members
- Extra Car Keys
- Cash

Visit www.getprepared.ca for additional information and recommendations today!

G R E A T G I F T S i d e a s

What is the best gift of life? An education. For that next birthday, baptism, communion or graduation why not give a donation towards a child's education, either in cash or a direct deposit into an RESP account or trust account.

How about a Canada Savings Bond? They are safe, secure and guaranteed. They are something that are appreciated now, and down the road; they are available from \$100.00; and an attractive gift-card is available. Visit www.csb.gc.ca/eng/ or speak to your bank.

W H Y S A I N T P A T R I C K ' S D A Y ?

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.



C U R R E N T & U P C O M I N G E V E N T S :

March 13: Martha & George Show at Lorraine Kimsa Theatre for Young People.

May: Class Pictures
June: Preschool Graduation Ceremony

E V E N T S I N T H E C I T Y :

Sugarbush Maple Syrup Festival:
www.trca.on.ca/parks_and_culture/activities/sugarbush_festival/

Annie—Hummingbird Centre
(www.hummingbirdcentre.com or www.ticketmaster.ca)

Spring Fling—Rogers Centre
(www.kidsummer.com)