

ZUMBA Field Trip In-House November 15th

Erika Yarahuan a professional Zumba/Zumbini instructor will be visiting CPELCC to teach our students all about ZUMBA!

The cost of the field trip is **\$2.00/per child**.

Please make your payment before November 12.
Thank you!

Please let the office know if you would like to volunteer to help with this activity.



Please pack warm boots, mittens, toques, warm jackets, and insulated pants for your child to wear outdoors. (Don't forget to check your back-up clothes to ensure they are warm enough!)

Birthdays This Month!

Happy Birthday to:

Gavin on Nov 5th turning 2 Years Old!

Sophia on Nov 16th turning 2 Years Old!

Aria on Nov 17th turning 2 Years Old!

Alexandra (Sasha) on Nov 22nd turning 4 Years Old!

Special Dates This Month!

Thursday November 15th – Zumba in house Field Trip

Saturday November 17th – Celebration of Lights @
Community Center 2001 Sherwood Drive

Tuesday November 20^h – National Day of the Child

Friday November 23rd – CPELCC CLOSED- PD day

Cultural Theme for the month of September - Philippines

What is CPELCC Doing to Prevent Further spread of HFMD?

More frequent disinfecting of commonly touched surfaces.

The wipe twice or three times procedure is being used to remove grime and disinfect at every cleaning.

All surfaces, toys, and supplies are being disinfected with a stronger bleach solution than normal (one specified for outbreaks such as this).

Children's personal items are being sent home for cleaning.

All linens and cloth items are being laundered to remove and kill any pathogens.

Kids on the Move!

Congratulations! Welcome! We Will Miss you!

Leaving CPELCC	Toddler Room	Aiden: welcoming a new baby into family
NEW to CPELCC	Toddler	Aleena Colbie Sadie
	Pre-School	Harris Lukas Saige

Hand-Foot-and-Mouth Disease

What is it?

Hand-foot-and-mouth disease, or HFMD, is caused by a virus. Symptoms include ulcers, or sores, inside or around the mouth, and a rash or blisters on the hands, feet, legs, or buttocks. And while it's not pleasant, it also isn't serious.

Anyone can get the disease, but children under age 10 are most likely to catch it. You can take steps to ease the symptoms while it runs its course, though.

Your child can catch hand-foot-and-mouth through contact with someone who has it, or from something that's been in contact with the virus, like a toy, tabletop, or doorknob. It tends to spread easily in the summer and fall.

Symptoms:

Early symptoms may include fever and a sore throat (in younger kids fever and decreased eating or drinking). Painful blisters similar to cold sores can show up on the inside of your child's mouth (usually in the back portion of the mouth) or tongue.

He might get a rash on the palms of his hands or the soles of his feet a day or two after the first symptoms appear. This rash may turn into blisters. Flat spots or sores may pop up on the knees, elbows, or buttocks. He could have all of these symptoms, or only one or two.

Mouth sores can make it hurt to swallow, so be sure your child gets enough water and calories.

CELEBRATION OF CULTURAL CUISINE

Wed Nov 07 - Chicken Adobo w/Rice

Wed Nov 14 - LOMI (Chicken Noodle Soup)

Wed Nov 21 - Chicken Arroz Caldo (Rice Soup)

Wed Nov 28 - Pansit (Rice Noodles) & Spring Rolls

How Is It Treated?

Hand-foot-and-mouth disease should go away on its own after 7 to 10 days. There is no treatment for the illness and no vaccine. You can ease your child's symptoms with:

- Over-the-counter pain relievers like ibuprofen (Advil) or acetaminophen (Tylenol) or numbing mouth sprays. Don't use aspirin for pain -- it can cause serious illness in children.
- Cold treats like Popsicles, yogurt, or smoothies soothe a sore throat.
- Anti-itch lotion, like calamine, can help against rashes.

Your child is most contagious in the first 7 days. But the virus can stay in her body for days or weeks after symptoms go away and it could spread through her spit or poop. The best way to prevent that is to wash hands thoroughly. That applies to you, too, after you change a diaper or wipe a runny nose.

Your child should be fever- and symptom-free before she goes back to school or daycare. Check with your doctor if you aren't sure whether she's still contagious. Ask her school or daycare about their policy on when a child can return after illness.

PAYMENT METHODS

Cash Debit Cheque

Credit (Admin fee of \$5 for every \$500 payment)

Direct Deposit and E-Transfers- In Progress

This November CPELCC Welcomes its Children and Families to

The Philippines!

Students of all ages

will experience a range of Filipino culture



including

speaking

certain



words and numbers!

As well Children will explore

popular Filipino foods,

clothing, the flag, and the

national flower!

Please get excited and involved with your children while we enjoy the pleasures the Philippines have to offer and teach our children about different cultures around the world!

