



Children's



Choice Educare

October 2020 Newsletter



Monthly Theme: All About Me

In October we will continue with our All About Me theme and focus on different feelings and emotions. We will also introduce and explore our five senses with activities designed to help them understand and experience their five senses. They will also learn how to respect and be sensitive to other people's feelings.



Safe and Spooktacular Halloween Tips

Halloween is just around the corner and like many upcoming holidays this year, it will look very different amid the COVID-19 pandemic.

The Centers for Disease Control and Prevention recommends avoiding traditional Halloween activities such as trick-or-treating and attending large indoor parties/gatherings under the pandemic. It is still unclear whether local public health officials plan to come out with Halloween guidelines or trick-or-treating restrictions. Needless to say, going from house to house and ringing doorbells may not be the safest option for your family this year.

Families can still get children into the Halloween spirit with lots of creative and safe ways to celebrate right at home:

- Go big on DIY Halloween decorations
- Plan and prepare a Halloween costume
- Learn a Halloween dance
- Have a Halloween-themed story night

- "Camp out" in your backyard or living room
- Cook Halloween-themed treats
- Host a video-themed costume party
- Make a Halloween-themed scavenger hunt
- Take a trip to a socially-distanced pumpkin patch

And if staying at home is not an option, here is a link to drive-thru Halloween activities and other socially-distanced options in the Bay Area.

<https://www.bayareaparent.com/Article/Halloween-Autumn-Events>



Halloween at School

Halloween celebrations at school will also be looking different this year. This year we will not be having our annual Halloween costume party or Halloween parade. However, students will be allowed to wear costumes to school as usual. Students will not be allowed to bring any weapons that accompany their costume (swords, guns, lasers, etc).

This year we will have a socially-distanced Halloween movie "sleepover" and present a short Halloween-themed movie on our classroom projector. We will also have a smaller non-traditional Halloween parade inside our school, where students can "show-off" their costumes to their classmates.

We know that this year's celebrations will look different, but we look forward to introducing new Halloween traditions at school this year!



Kindergarten Reminders

- Please provide a Kindergarten physical exam as soon as possible. Kindergarten physical exams must be dated March 2020 or later.
- Please remember to send your child's work folder to school every Tuesday. Weekly work and art activities will be sent home in your child's work folder.



Preschool Reminders

- Please remember to send your child's work folder to school every Monday. Weekly work and art activities will be sent home every Friday.



COVID-19 Protocol Updates

Alameda County Public Health Department recently updated policies and protocol regarding students, teachers, or staff members exhibiting any COVID-19 like symptoms (cough, fever, sore throat, etc.) in schools or child care programs. The updated protocols are as follows:

- A student, teacher, or staff member must isolate at least 10 days after they first became ill AND at least 1 day after they have recovered. Recovery means that their fever is gone for 24 hours without the use of fever-reducing medications and symptoms (e.g. cough, shortness of breath, etc.) have improved. Isolation instructions can be found here:

<https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/isolation-instructions-2020.07.28.pdf>

- A student, teacher, or staff member requesting to return to school earlier than the 10-14 day isolation period must meet ALL of the following criteria:
 - COVID-19 is ruled out by a health care provider. A negative test result or note from a medical evaluator must be provided.
 - Community testing resources can be found here:

<https://covid-19.acgov.org/testing.page?#Community>
 - They are feeling better. (Symptoms do not have to be completely resolved.)
 - They have been fever free for at least 24 hours without the use of fever-reducing medications.

What To Know This Flu Season

With the 2020-2021 flu season approaching, it's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. The Centers for Disease Control and Prevention strongly recommends that all individuals 6 months and older receive a flu vaccination in order to greatly reduce the spread of any respiratory illness amid the COVID-19 pandemic.

There are many places to get a flu vaccine this year: your doctor's office and flu clinics at Kaiser, public health nursing clinics, senior centers, drugstores and grocery stores. For more information on flu clinics in Alameda County visit:

<http://www.acphd.org/flu/flu-clinics.aspx>.



Dates to Remember

10/05	World Teacher's Day
10/12	Indigenous People's Day
10/31	Halloween Movie Sleepover Halloween Parade



Upcoming School Holidays

11/11	Veteran's Day
11/25 - 11/27	Thanksgiving Break



October Birthdays

Ms. Rosie	10/08
Ms. Robin	10/22



Welcome To Our School

Kaylani Becerra

Linh Pham