

Notes from Jenny

Connections: At this stage of children's development, it's so important to stress the connection between home and school. You can show your child this connection via discussions about school, volunteering in class or even taking time to walk into school and see your child's classroom. Opportunities to come into our child's school and class become less abundant in the years to come so we encourage you to see the great things your child is learning in person! In addition, you can also see the connection between the Department of Elementary and Secondary Education curriculum goals and the activities our students are experiencing. You will notice that the hallway displays have the curriculum links posted nearby. Please take a moment and review them. Understanding why we do particular activities can provide you with insight that naturally spills over to a child's home environment.

Important Dates:

Tuition: Tuition: The next tuition payment is due on November 15th.

No School Days/Early Release Days.

- Tuesday, November 8th Melrose Public Schools closed for Teacher Professional Development.
- Friday, November 11th Melrose Public Schools will be closed in observance of Veteran's Day.
- Thursday, Nov. 24th and Friday, Nov. 25th we will also be closed for the Thanksgiving Holiday.
- **Early Release:** Wednesday, November 23rd: Classes that start at 8:25 will dismiss at 11:25. Classes that begin at 9:00 will dismiss at 12:00.

Delayed Opening Policies: In the event of a delayed opening in the Melrose Public Schools, classes start 2 hours after the regular start time. EXCEPT – there will be no Pre-School or Pre-Kindergarten classes (meeting from 9-12).

Emergency Protocol: Crisis management is a part of every Melrose Public School's program. To date, our students have practiced fire drills and an "indoor drill" also known as a lockdown. During a fire drill teachers explain that in a fire emergency, it is important to exit the building for our safety. During the lock down, students gather at a designated spot in their classroom where they will have a quiet story/activity. Teachers introduce this practice by distinguishing it from a fire drill; in that practice we leave the building and in a lock down, we stay inside. Teachers will explain what we do to stay safe in our classroom is much like what families do to stay safe inside their homes - we lock our doors. Developmentally appropriate dialogue is the most important component of the emergency protocol practices.

Playground Rules: Both the Indoor and Outdoor Playgrounds are for use by the Franklin ECC students only when school is in session. Please refrain from using either play area with family/siblings while our classes are in session.

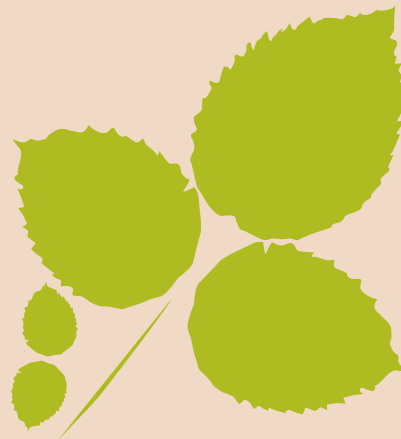
Warm Clothes and Labels: Warm Clothes and Labels: We go out to play in all kinds of weather. Please be sure to dress your child in simple and comfortable warm clothes for school. Label all items (every single scarf, mitten, and jacket) with your child's name. Lots of things get lost especially during the first cold weather days. Speaking of keeping our hands warm, please know that mittens are developmentally appropriate for 3 year olds while gloves are developmentally appropriate for 4 year olds. Why? Because isolating movements is more challenging in younger students and an appropriate skill to perfect in older students. If you can, please help your children to be as autonomous as possible- mittens for three year olds and gloves for four year olds. Both keep hands warm. Thanks!

As we come closer to Thanksgiving, I am always looking for teachable moments to instill in my own children ways to say thanks for all that we have. In doing so, I am reminded how thankful I am for my wonderful staff, dedicated families and engaging children. You are all such a part of my happiness and for that I am truly thankful.

Best wishes for a Happy Thanksgiving,

Happy Fall!

Jenny



From the Early Childhood Center

Nurse's Office

781-979-2115



Absence/Sick line-781-979-2115

Please remember to call the Absence Line (confidential) if your child will be absent for any reason. Include the child's name, class and if sick/other.

Please remember the ECC is a **completely nut-free learning environment**. No food with peanuts, peanut butter, nuts, nut butters or those manufactured on equipment which also processes food with nuts—is allowed at school.

While early into our school year, a number of children have been sent home due to illness. In doing so, it has not been uncommon for the child to wait an extended period of time to be picked up. To lessen the spread of illness and to insure ill children promptly receive care at home, it is imperative that sick children are picked up as soon as possible. Understandably, it can be difficult to adjust schedules for an unexpected call from the School Nurse, however it is necessary to have a plan in place in the event the parent(s) is unable to pick up, an alternate caregiver is available for the child. Thank you for your assistance in helping to keep the ECC a healthy learning environment.

Because parents have asked:

When should I keep my child home?

- **Fever**-any child with a fever greater than 100.0 should stay home, and remain home until fever-free for 24 hours without fever reducing medication.
- **Vomiting or Diarrhea**- following an episode of vomiting and/or diarrhea a child should remain home for 24 hours. This allows rest and time to assess tolerance to food and activity.
- **Sore Throat**- a sore throat with fever, swollen glands, headache or stomachache should be checked by your doctor. A child with strep throat must be on antibiotics for 24 hrs. before returning to school. Please notify the nurse of a strep diagnosis.
- **Colds**- a child should stay home for a cold with a fever or wheezing. They should also stay home for a persistent, phlegmy cough or nose.

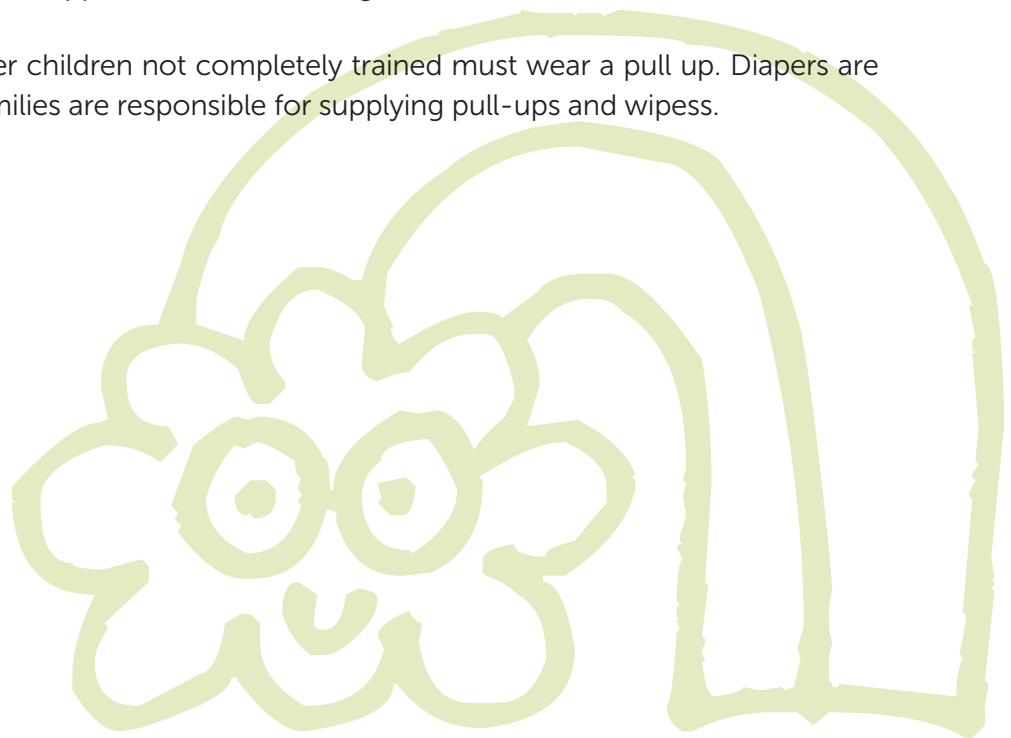
What do I do to have my child receive a necessary medication at school? Call the nurse's office, 781-979-2115 for the state required forms and information regarding the medication itself.

How can I protect my child from the flu?

- Encourage your child to wash hands frequently with soap/water or an alcohol based hand sanitizer.
- Teach your children to cough into a tissue or his elbow. Remind them not to share cups or unwashed utensils.
- Know symptoms of flu: fever (100 degrees or more), cough, sore throat, runny nose, body/head ache, fatigue.
- Please keep a child with a fever of 100 degrees or greater at home for at least 24 hours after they no longer have a fever without the use of fever-reducing drugs. This is a district wide policy and follows the state's guidelines. Carefully monitor children and do not send them to school if they feel sick.
- Melrose Health Department has a Flu Hotline for information on any city sponsored flu clinics: 781-979-4127.

What about toilet training Toilet training is an important milestone of the preschool aged child. Self-care fosters independence and families are encouraged to work toward this goal at home. At the ECC, children who have the dexterity and skill to change wet clothing or pull-ups, will be coached through the process. Children are encouraged to help with self care as much as able. They should let the teacher know if they require assistance. Children who are not capable of changing themselves or who need assistance with changing a soiled pull up can be helped by the school nurse. Teachers and paraprofessional staff are not permitted to clean children.

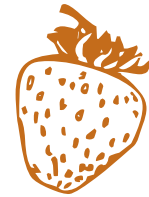
- Please "dress for success", by dressing children in easy pull on and pull off clothing. Snaps, buttons and zippers can be a challenge.
- Please remember children not completely trained must wear a pull up. Diapers are not allowed. Families are responsible for supplying pull-ups and wipess.



Health Curriculum As part of our Health curriculum, I will be visiting classrooms this month to talk with the children about staying healthy. We discuss hand washing, the proper way to cough and how to choose healthy foods.

Ask your child what he or she has learned:

- What is healthy?
- What can you do to stay healthy?
- How and when should you wash your hands?
- How should you cough to protect your friends around you?
- What are some healthy foods that help our bodies stay well and grow?



The harvest season is an excellent time to encourage fruits and vegetables. The supermarket and the kitchen are great places to learn (and help!) Encourage the children to try new fruits and veggies. Have them choose fruits and make a fruit bowl for the kitchen. Go for color and variety—dark green, yellow, orange, and red.

For a 3-5 year old child, the American Dietetic Association and American Academy of Pediatrics endorses 1.5 to 2 cups each of vegetables and fruit each day. Here are some serving ideas:

Examples of a serving of fruit (fresh, frozen or canned-unsweetened)

(3 servings = 1.5 cups requirement and 4 servings = 2 cups)

- * 1/2 apple
- * 1/2 banana
- * 1/2 orange
- * grapes
- * applesauce snack cup
- * small box raisins
- * 4 strawberries
- * 1/2 pear
- * small wedge watermelon
- * 1/4 cup dried (unsweetened) fruit
- * 1/2 cup canned unsweetened fruit

Examples of a serving of vegetable:

(3 servings = 1.5 cups requirement and 4 servings = 2 cups)

- * 6 baby carrots
- * 4 celery sticks
- * 5 broccoli florets
- * 1/2 cup green beans
- * 1/2 cup salad
- * 1/2 cup raw veggies (cucumber, tomato, cauliflower).



Please call me with any questions 781-979-2115 or consult the ECC website and check Notes from the Nurse.

Robin Adams RN





NEXT PTO MEETING Monday, November 14 at 7pm in the ECC All-Purpose Room. Help us plan our next community-giving and enrichment activities! Guest speakers: special ed teacher Shannon Gerard and school psychologist Jamie Hickey.

Help Wanted: Contact the PTO at FranklinECC.PTO@gmail.com to find out how you can get involved

Upcoming Events at the Franklin ECC

"Believe" Holiday Catalog Fundraiser, November 1- 15

Finish your holiday shopping early and support the Franklin School! You can order through the form and catalog that will be sent home in your child's backpack or register at www.ShopBelieve.com to let family and friends order online! Your support will help us bring more quality enrichment programs to the Franklin ECC. See parent letter on the page 8 for more details.

Cradles to Crayons: Donations Accepted until November 11.

Please help sort donated items on November 12 at the middle school. Email: FranklinECC.PTO@gmail.com to volunteer.

Kidzfun Enrichment Program: Through December


Our children have been enjoying moving and grooving with Theresa McLennan. Kidzfun sessions continue throughout November and December. This program was made possible by a grant from CVS Caremark. See press coverage of the Kidzfun program and CVS school tour on the PTO web site: <https://www.sites.google.com/site/franklineccpto/>

The Nutcracker Ballet, December 8-11

At Lynn Memorial Auditorium. A percentage of ticket sales support our school. To purchase tickets, go to www.lynnauditorium.com or call 781-581-2971. Use **school code "franklin"** when purchasing tickets online or by phone. See flyer on page 9 for more details.

Get up-to-date PTO info online at

<https://www.sites.google.com/site/franklineccpto/>



The winter holidays are coming. We hope the “Believe” holiday catalogs you received in your child’s backpack will give you an opportunity to do some holiday shopping while raising money for our school. Please be sure to place your orders by November 15. Thank you again for your participation!

THANK YOU for helping us make the October book fair a great success. We’d especially like to thank **Kym Sullivan** for partnering with **Jill Tully** to organize the event as well as the many parents and teachers who helped run the fundraiser and the enriching story time activity for our kids! For a list of volunteers’ names visit the PTO web site:

<https://sites.google.com/site/franklineccpto/upcoming-events>

Another big thanks to team captain **Tanya Neff** and the Franklin Friends who participated in the Melrose Alliance Against Violence Walk. We truly appreciate your support for this wonderful organization that promotes anti-bullying across Melrose schools.

<https://sites.google.com/site/franklineccpto/upcoming-events>

-Jill and Elizabeth



Click below to find us online!

Visit our website to see the latest info on upcoming events and volunteer opportunities:

Web site: <https://www.sites.google.com/site/franklineccpto/>

Facebook: <http://www.facebook.com/pages/Franklin-Early-Childhood-Center-PTO/175296775847383>

Twitter: <http://twitter.com/FranklinECCPTO>

Google+: <http://gplus.to/FranklinECCPTO>



Franklin Early Childhood Center Holiday Catalog Fundraiser



Participating is easy!
Order from the catalog or
online!



Dear Families,

With your help, we will raise the funds we need to bring supplemental enrichment programming to the children at the Franklin ECC.

The "Believe" holiday catalog you received in your child's back pack is packed with great gift ideas such as bake ware, picture frames, and magazine subscriptions - as well as holiday gift wrap.

We are asking every family to help us reach our goal by ordering or selling 10 items.

Participating is easy. Take orders now and return the order form with checks to school in an envelope marked "PTO" on Wednesday, November 15.

How to Participate:

1) **Sell or purchase items using enclosed order form.** Collect checks as you sell. Return order form and checks to school by 11/15/11. Items ordered will be shipped to school. Please make **checks payable to "Franklin ECC PTO."**

2) **Register at www.shopbelieve.com and ask 10 friends and family to order online 11/15/11.** This is an easy way for far-away loved ones to support your child. If you send 10 or more emails to family and friends, you'll be entered into a drawing for a chance to win fun prizes! Online orders will be shipped directly to the recipient.

Everyone wins prizes!

Every order you place earns you a prize. Prizes are cumulative so you earn more as you sell. See the prize flyer you received in your child's backpack for more details. Plus you will get fun charm necklaces by placing 5 or more orders (see coupons below). Prizes will be distributed when orders are delivered.

Thank you for your support.

Franklin ECC PTO

Questions? Contact the Franklin ECC PTO at
franklinecc.pto@gmail.com.

BELIEVE 'CHARM' NECKLACES



RETURN COUPONS TO TEACHER IMMEDIATELY TO WIN YOUR NECKLACE!
6 STYLES AVAILABLE - YOU CAN EARN UP TO 3 'CHARM' NECKLACES!

5 Cut & return to receive prize!
YES, I sold 5 items to earn my 1st Believe Necklace!

Student Name: _____

Teacher / Room #: _____

Parent / Guardian Signature: _____

10 Cut & return to receive prize!
YES, I sold 10 items to earn my 2nd Believe Necklace!

Student Name: _____

Teacher / Room #: _____

Parent / Guardian Signature: _____

20 Cut & return to receive prize!
YES, I sold 20 items to earn my 3rd Believe Necklace!

Student Name: _____

Teacher / Room #: _____

Parent / Guardian Signature: _____



The Nutcracker

Experience the Magic of the Season

NYB
Ballet Today



A SCHOOL FUNDRAISER

Help our school raise money while experiencing the magic of Tchaikovsky's The Nutcracker!

When you purchase your tickets to NYB's annual holiday classic, our school will receive 20% back of the sales.

The Nutcracker will be held at the newly renovated
Lynn Memorial Auditorium
3 City Hall Square

Friday, Dec. 9th at 7:30pm

Saturday, Dec. 10th at 2:00pm and 8:00pm

Sunday, Dec. 11th at 2:00pm

For Tickets Call Lynn Auditorium Box Office at 781-581-2971 and give them our school code below.

The Box Office hours are Monday through Thursday from 8:30 to 4:00 and on Fridays from 8:30-12:30. Tickets can also be purchase on line at www.lynnauditorium.com

NYB
Ballet Today

School Code: franklin

cradles to Crayons

www.cradlestocrayons.org



**Your gently used children's items can
make a difference!**

Senator Katherine Clark and the Middlesex & Essex Districts are partnering with Cradles to Crayons to provide new and gently used children's essentials to children in need in Massachusetts.

Look for Box in Lobby!

Donate until: Friday, November 11

**Volunteer: Saturday, November 12,
10 -1 pm to help sort.**

At the middle school.

Contact:

FranklinECC.PTO@gmail.com for
more information.

WE'RE COLLECTING:

- Clothing (newborn and up)
- Shoes & boots
- New arts & craft supplies
- Winter coats, hats & gloves,
- Baby safety supplies
- Crib & baby blankets
- Baby board books
- Car seats (less than 5 years old)
- Lightweight strollers in fantastic condition



Have questions about Cradles to Crayons?

VISIT: www.cradlestocrayons.org

E-MAIL: info@cradlestocrayons.org

Donations
are tax
deductible





Book of the Month I Know It's Autumn by Eileen Spinelli

A young girl lists all of the ways she recognizes it is fall from warm socks on a chilly morning to tempting piles of crackly leaves on the lawn. Told in a rhyming text, each verse begins with, "I know it's autumn when..." This is a great book to read to your preschooler to demonstrate all the signs that is autumn!

Little Picasso Turkey Popsicle Stick Puppet

What you need:

Brown, red, orange and yellow construction paper or foam paper
Pencil; Scissors; Glue; Googly eyes; Popsicle stick.

How it is done:

Trace around the child's hands using the different color construction paper or foam paper (I used foam for turkey body only). These 6 pieces will be the turkey's feathers.

Cut out a bell shape for the body with brown paper.

Glue the brown body to the Popsicle stick.

Cut out a round wattle and an orange beak. Glue the wattle, beak, and googly eyes to the turkey's head.

Glue the handprint "feathers" to the back of the turkey.



Little Chefs: Healthy Fruit Turkey



Ingredients:

- Apple
- Navel orange
- Pear
- Dried apricot
- Peanut butter or cream cheese
- Mini chocolate chips
- Nut or apricot piece (we used a cashew)
- Dried cranberry

How it is done:

Arrange apple and clementine or navel orange slices on a plate as shown, and lay a cored pear half on top.

Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form the feet.

Finally, use peanut butter or softened cream cheese to attach mini chocolate chip eyes, a nut or apricot beak, and a dried cranberry wattle.

Support Our Local Businesses; They Support Us

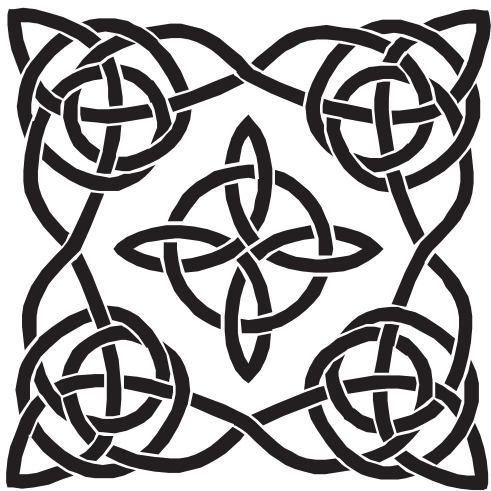
Martino & Tramontozzi, LLC

ATTORNEYS AT LAW

PERSONAL INJURY | ESTATE PLANNING | FAMILY LAW | REAL ESTATE

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616 Main Street,
Melrose, MA 02176
781.662.0900 [direct]
617.812.0765 [fax]



KELLS CRAFT
Construction & Property Management

Licensed, registered and insured.

Michael McCormack

Owner & Proud Franklin ECC Dad!

617.306.5070 KellsCraft@hotmail.com

General Contracting

- Renovations and additions
- Kitchens and bathrooms
- Roofs, decks, siding
- Painting

Full-Service Property Management

- Maintenance, repairs, yard work, snow removal
- Leasing and tenant relations
- Condos, multi-family, single-family

Advertisers wanted. Contact Deb Martino dka126@gmail.com to find out how to place an ad.

Franklin ECC Dates to Remember

November 2011

11/1 – Holiday Catalog Fundraiser Begins

11/8 – **NO SCHOOL**

11/10 – Cradles to Crayons Donations Due

11/11 – Veterans' Day **NO SCHOOL**

11/12 – Cradles to Crayons Volunteer Day at Middle School 10-1pm

11/14 – PTO Mtg 7pm

11/15 – Holiday Catalog Fundraiser Ends; Tuition Due

11/23 – Early Release

11/24-11/25 – Thanksgiving **NO SCHOOL**

December 2011

12/8-12/11 - Nutcracker Ballet fundraiser. Use school code "franklin"
when buying tickets at www.lynnauditorium.com to support our school.

12/12 - PTO Mtg 7pm

