



What's happening...

Trust Children's Center Illness Policy

At Trust Children's Center it is our intent that all children and staff stay safe and healthy. We do understand that from time to time children may catch a virus and/or infection. For everyone's health and safety, studies show that exclusions from child care (during illness) can significantly reduce the spread of illness and infection. Exclusions due to illness are also a regulation from the State of California Child Care Licensing Department. When in doubt, please err on the side of caution and keep your child home. Trust Children's Center reserves the right to send any child home due to symptoms of illness. We are also required by the State of California Child Care Licensing Department to post a note informing all families of any illnesses children may have been exposed to. Once your child returns to child care after an illness, you may be asked to bring a doctor's note stating that your child is not contagious.

Symptoms that a child should be excluded from child care include **(but are not limited to):**

- Fever of 100 and above
- Vomiting
- Diarrhea
- Green mucus or runny nose
- Pink eye (conjunctivitis)
- Lice
- Unexplained rash
- Deep, continual cough
- Impetigo
- Strep throat

***Your child must be clear of any of these symptoms for 24 hours before returning to school.**



Some of the many topics that our TCC teachers will be exploring during this year's Early Education conference are...

- Administration - Staff/Management
- Challenging Behaviors
- Child Development - Neuroscience
- Environments - Outdoor
- Environments – Reggio Emilia
- Curriculum - Science/Technology
- Curriculum - Language/Literacy
- Curriculum - Mathematics
- Health and Safety
- Infants and Toddlers
- Parent/Family Relationships and Support
- And much more...

Head injury policy:

All head injuries, even bumps without a mark require:

- Injury report

- Notification of parents

immediately via text, email or phone call

- Closing Teacher follow-up

As an extra precaution, we are implementing a specific reporting protocol just for head injuries.

Please be aware that you will be notified immediately if your child has had any sort of head injury, no matter how small.

Communication...

Preschool:

-(805)548-1283

-preschool@trustchildrenscenter.com

Infant:

-(805)548-1291

-infant@trustchildrenscenter.com

Ms Sarah:

-(805)548-1214

-sarahd@trustchildrenscenter.com

Important Dates...

Please see "2019, Season At A Glance". This will be a separate document attached to this newsletter. **Great for hanging on the fridge!**



Welcome Ms. Carissa!

Carissa is settling in and the children immediately found comfort in her.

Carissa comes to us with a degree from Cal Poly and several years of early education teaching experience. Carissa has also been a nanny and currently is a foster parent.

We are so happy you joined our team
Carissa!

A change to  remind

Unfortunately we learned that Verizon will be charging Remind a new fee that makes it impossible for them to continue supporting free text messaging for anyone who has Verizon Wireless as their phone carrier.

What's happening?

To offer text messaging service free of charge, Remind has always paid for each text that our users receive or send. Now, Verizon is charging Remind an *additional* fee intended for companies that send spam over its network. **Your Remind messages aren't spam**, but efforts to resolve the issue with Verizon haven't been successful.

As a result, the Verizon fee will increase costs of providing text messaging by **11X**—pushing annual costs into the millions of dollars. This isn't financially feasible to support, and it's forcing Remind to end text messaging for everyone who has a wireless plan with Verizon.

What can you do?

To make sure you continue receiving your messages, **be sure to [download the mobile app](#) or [enable email notifications](#)**—both of which are free of charge.

In the meantime, Remind will keep fighting to make sure educators, students, and parents have access to effective communication. If using Remind has made a positive impact on communication at your child's school, or anywhere in between, please ask Verizon to reverse the fee here: www.remind.com/verizon-fee

FREE BOOKS!

A little contest...

If you are reading this little note, please send Sarah Davis a message on the Remind App. In the message mention one thing you enjoyed reading in this newsletter. Each parent that responds will earn a brand new book surprise in their child's cubby!

time spent
PLAYING
WITH CHILDREN
IS NEVER
WASTED
-DREW LENTZ

Reasons Why Free Play Benefits Child Development

A 2014 study discovered that 6-year-old students who engaged in plenty of free play showed stronger levels of executive functioning, or the ability to manage oneself and achieve goals.

Countless studies have concluded that children who engage in plenty of free play develop crucial skills that they will need for happy, healthy, and productive lives. They learn how to make decisions, regulate emotions, recognize danger, and take calculated risks. Research shows that when adults allow children to take the lead, their playtime becomes more creative, elaborate, and sustained.

One study showed that free play stimulates the fight-or-flight response without triggering the stress hormone cortisol, giving children opportunities to practice handling danger.

When children have control over the course of their play, it promotes a natural desire to learn, sparks willpower, and develops confidence in their own abilities. Not only does this make for a more fulfilling childhood, but it creates adults who can look after themselves, pursue goals, and enjoy hobbies.

Studies show that a decline in free play correlates with a decline in empathy. Recess and play give children opportunities to develop key social skills and recognize the humanity in others.

The world could use more empathy. Empathetic children who acknowledge and embrace the emotions of others can help create a more peaceful, inclusive future. Additionally, a meta-analysis of play studies concluded that pretend play correlates strongly with divergent thinking, a key component to creativity. Overall, free play makes for happy, healthy, and more successful children who will help shape a brighter future.

