



From the Desk of the Supervisor

FOOD POLICY

We strive to maintain a safe and 'allergy aware' environment for all children.

All food served to children at Terry Tan will be brought in/purchased by the centre. When purchasing food for the centre we will make every effort to ensure that products that contain nuts are **not** purchased. Although, we do not purchase products that contain nuts, the centre cannot ensure that the products purchased do not contain secondhand contamination. **Parents are not allowed to bring any type of food products to the centre.**

Children who are enrolled full time at the centre will be served lunch, morning, afternoon and late P.M. snacks that are planned in accordance with Canada's Food Guide.

Spring

Spring is almost upon us. Please do not forget to dress your child/ren accordingly. During spring, our outdoor playgrounds get muddy. Expect that clothes may come home wet and sometimes dirty. Despite the sun and the nicer temperatures, it is sometimes cold in the morning, so please continue to bring mittens (at least 2 pairs), a hat, as well as snow pants and warm coats. With the warmer weather and rain, your child will need rubber boots, splash pants, outdoor shoes, a coat and a hat. Please ensure that your child has ample clothes to change into if necessary.

Board and Staff News

The Board Meeting will be held April 8th at 6:00 pm at our Eatonville location. Please let Michelle know if you plan to attend.

ABSENT

A friendly Reminder:
If your child/ren going to be absent from the Centre for the week of March/16th -20th.

Please give us notice by March/11th, it will help us know how to plan with staffing and food.

Important Dates:

- 8th – International Women's Day
- 8th – Daylight Savings time begins – clocks move ahead one hour.



- 17th – St. Patrick's Day
- 19th – First Day of spring

5 Ways to Prep Your Kids for Daylight Saving Time

Take Baby Steps:

Don't just set the clock forward an hour one night and expect your child to get right back in sync; It takes some time to adapt to that loss of sleep. So, if your child goes to bed at 8 p.m., about four days before the time change, put him/her to bed at 7:45 p.m., then 7:30 p.m., and so on until he/she going to bed as close to 7 p.m. as possible. If possible, wake him/her up a little earlier, as well.

Control the Lights:

Dimming the lights in your child's bedroom and turning off all electronics about 30 minutes to an hour before bedtime. In the morning, get your child in the light as much as possible. Natural sunlight is best, so if weather permits, have breakfast outside or go for a walk with your child. If that's not an option, turn on the lights in the house so it's nice and bright.

Stick with a Routine:

When daylight saving time begins or ends, it's especially important to stick with a bedtime routine, as your child is now dealing with a change in schedule that might throw him/her off.

Get Enough Sleep NOW:

Also, in the days before you change your clocks, make sure your child is getting plenty of shut-eye. So, going into daylight saving time well-rested will greatly help your child because he/she won't be cranky and overtired, which can make falling asleep even harder."

Be Sympathetic:

In the days following daylight saving time, try to be more forgiving if your child is throwing extra temper tantrums and seems to be particularly frustrated or difficult in any way. "The time change can cause such short-term changes in your child's mood, but your understanding and support will help him/her adjust a little better.