

### *From the Desk of the Supervisor*

We would like to take the opportunity to express our sincere gratitude to our incredible Executive Director, Nancy Tamas. During the closure and re-opening, Nancy has continued to support, encourage and guide the organization through all of the new regulations and expectations. She may not be able to visit every day as she has done prior to COVID-19 however she always makes it a point to connect with staff to ensure their utmost safety and well-being.

**THANK YOU FOR ALL YOU DO, NANCY!**

It is Childcare Appreciation Day on October 22<sup>nd</sup>. We will be celebrating all early childhood educators on this day! The theme is, "Rising Up". Stay tuned!



A reminder that **any person** 2 ½ years and older are to wear masks as they enter the property of TDSB. This includes the parking lot, field and any other surrounding areas of the school/childcare.

### Board and Staff News

The Board of Directors will meet on October 14th at 7:00 via Zoom. Please notify Shannon if you would like to attend so she may forward the access information.



Congratulations to Anu!  
She has been with Terry Tan since October 2004!

Congrats to Susan on her one year of service on the Terry Tan Team!

### Special Dates

12<sup>th</sup>- Thanksgiving (Centre Closed)



22<sup>nd</sup> – Childcare Appreciation Day

31<sup>st</sup>- Halloween



### Interesting to Note

Fall is here in Toronto, along with it comes cooler weather, allergy and flu season. Allergies are at their height during spring, but for children, especially the ones who have been couped up indoors, allergies can still hit into fall. The following will discuss simple health tips for children and allergens as they return to childcare and outside in the time of COVID-19.

Most people with allergy symptoms in the fall are reacting to ragweed, dust, and molds. Some children will start to exhibit allergy and flu like symptoms when returning to childcare. This could be particularly significant this year as many childcare buildings have been closed and quiet since March.

#### What is the difference between allergy symptoms and COVID-19 in children?

Most simplistically, allergies itch. The symptoms of environmental allergies are caused by the release of histamine. Histamine causes inflammation and itching of the eyes, nose, skin, and airways. This will cause children to cough and sneeze but is not associated with fever, flu or other signs of illness such as fatigue, severe headache, nausea or vomiting. If children are going to be symptomatic with COVID-19, they will show signs of illness.

Many parents, caregivers, and guardians face new and difficult choices about how their child will return to childcare if common signs of COVID-19 appear. If anyone is experiencing symptoms or feeling sick, please stay home. The protocol is to be symptom free for a full 24 hours before returning to childcare unless they choose to be tested.

**Remember to continue to practice social distancing, limit your social bubble, wash your hands frequently and wear a mask to help prevent the spread of COVID-19.**

**Let's continue to stay healthy and safe!**