

Robert J. Wilf
Preschool & Kindergarten
at the **PhillyJ**



A Great Place to Grow

2021-2022 Parent Handbook

OUR CURRICULUM

What is the Creative Curriculum?

- Thematic approach to teaching and learning
- Designed to support children's natural curiosity and stimulate their creativity.
- Based on well-known theories of child development.
- Offers children the opportunity to work in depth, giving them the time, they need to reflect, consolidate and transfer their learning.
- The Creative Curriculum meets all of the criteria for a developmentally appropriate early childhood curriculum.

Goals of the Curriculum

The most important goals of our preschool curriculum are for children to get along well with others and become enthusiastic learners. We want children to become independent, self-confident, curious learners who can work well with others. We're teaching them how to learn, not just in preschool, but all through their lives. We do this by creating purposeful and productive play experiences that help children grow in all areas. Through the activities we plan and the way we organize the classroom, select toys and materials, plan the daily schedule, communicate with children and assess progress, we seek to accomplish the goals of our curriculum and give your child a

Our curriculum identifies goals in four areas of development:

Social/emotional: to help children develop independence, self-confidence, and self-control, follow rules and routines, make friends, and learn what it means to be part of a group.

Physical: to increase children's large muscle skills – balancing, running, jumping, throwing, and catching – and use the small muscles in their hands to do tasks like buttoning, stringing beads, cutting, drawing, and writing.

Cognitive: to acquire thinking skills such as the ability to solve problems, to ask questions, and to think logically – sorting, classifying, comparing, counting, and making patterns – and to use materials and their imagination to show what they have learned.

Language: to use words to communicate with others, listen to and participate in conversations with others, understand the purpose of print, recognize letters and words, and begin writing for a purpose.

FIRST TIME STUDENTS SAYING GOOD-BYE

When your child goes to preschool, they are taking a “big step” toward independence.

Many children have difficulty separating and feel anxious about their new environment. The separation may well have the same effect on you! It is important to have a positive attitude to convey the expectation that your child will have a wonderful time at preschool. When leaving your child at school, it is helpful to direct him/her to an activity in the room or to a teacher. Give him/her a clear goodbye. The teachers will take over and engage your child and start developing a relationship of trust and comfort. No matter how tempting it might be to slip out unnoticed, you will violate your child's trust if you leave without saying good-bye.

CARPOOL

YOU MAY NOT LEAVE YOUR CAR UNATTENDED IN THE CARPOOL LINE FOR ANY REASON!

If you want to leave your car for a longer period (e.g., to talk to other parents, to wait for your child before they are brought outside, if you know your child has a hard time at arrival or leaving at dismissal, etc.) please park in a legal parking spot, not in the carpool line.

TOYS FROM HOME

Although toys from home are discouraged, we realize some children may need a toy from home to make the entry into the classroom easier. If your child brings something from home, the teachers will, at some point, suggest that your child put the toy in their cubby. Toy weapons and valuable toys should not be brought to school.

PARKING LOT SAFETY

- Please be mindful of children during preschool arrival and dismissal.
- Please drive slowly around the building; do not exceed 10 mph.
- Follow directional arrows.
- Be careful when passing vehicles.
- Only Park in LEGAL parking spots.
- Only use the designated handicapped spots if you have the appropriate placard.
- Do not leave your car motor running and unattended for any reason
- When parking, be mindful to only use one spot

ARRIVAL AND DISMISSAL

School starts at 8:00 and ends at 4:30

AM Carpool 8:00 – 8:30

Half Day dismissal 12:30 pm

If a substitute is picking up, your child will not be released without notice from a parent. Even with consent, if the Director or teachers are not familiar with that person, they will be asked to show I.D. when meeting them for the first time.

NOTES HOME

Please be sure to check your child's bag regularly for notices. You will also receive emails from school with important information and weekly newsletters

CLOTHING AND ACCESSORIES

Washable play clothes that can get messy are best! Clothing that is easy to manage in the bathroom makes preschool children more independent.

Please label everything your child wears or brings to school.

Please send in a full set of extra clothes to be kept in a labeled container in your child's cubby in school.

CONTACTING THE PRESCHOOL

The administration and teaching staff are empathetic to your concerns. However, teachers need to give the children in their care undivided attention; they are not always able to leave the classroom to speak on the telephone. Please refrain from texting or calling teachers on their cell phones during the school day.

If you need to contact your child's teacher or have a message passed along, please call or email the school directly.

Director, Amy Foster:
610-896-7770 x 118
afoster@phillyjcc.com

Assistant Director, Natalie O'Brien:
610-896-7770 x 119
nobrien@phillyjcc.com

LUNCH / SNACK

Any snacks supplied by school will have an OU kosher symbol and be nut free.

Some suggestions for lunches are:

Tuna fish
Cream cheese & jelly sandwich
French toast
Egg salad
Yogurt
Pizza
Bagels with cream cheese
Hard boiled eggs
Veggies & dip
Pasta
Macaroni & cheese
Cottage cheese
Fish sticks
Hummus
Grilled cheese

BIRTHDAYS

Birthdays may be celebrated at school. Please notify the teachers one week in advance so that they may set aside time in their schedules for the celebration. All treats must be nut free and Kosher and cannot be home baked. Please do not send birthday invitations for distribution by the school unless you are planning to invite the whole class. We do not want anyone's feelings to be hurt. Please be mindful that many families observe the Sabbath and would not be able to attend a birthday party scheduled on Saturday. **We offer a Birthday Fund-raiser. Save yourself some time and let us get the goodies for your child's birthday. Order forms are available in the preschool office.**

FRIDAY PIZZA AND CHALLAH

On Fridays, we offer a pizza lunch fundraiser. The cost is \$5 per lunch. Children get sliced veggies, a fruit cup or applesauce and pretzels or a cookie. The pizza is kosher and is provided by Shalom Pizza.

For \$5 per challah, every Friday we offer a choice of plain or raisin challah that will be delivered to you in your child's backpack. Fresh baked challah is provided by Rolings Kosher Bakery

TOILET TRAINING

Please understand teaching staff cannot potty train your child! Children are all individuals and will train at their own rate. If you are working on this at home, discuss your child's toilet training progress with teachers. They can work with you to encourage your child. Fully trained children use the toilet for both bowel movements and urination and can verbally state the need to use the bathroom. Please do not send your child to school in underwear until they are able to do all the above. If your child has several accidents each day, they are not fully trained. If you have any questions, feel free to talk to your child's teachers or the Directors.

SHABBAT

Every Friday the school comes together to create a special "Shabbat Feeling" and welcome the Sabbath. This is a fun weekly program that include singing, music, dancing and blessings.

J-PLAY

Infants, Toddlers and Two-year-olds have J-play every week. J-Play provides an atmosphere of exploration, creativity and socialization. This is an integral program for the healthy emotional and physical development of our children. Class structure includes themes, songs, physical activity and socialization.

MUSIC

Each week the children will have a special music class. Guitar, songs, finger plays, rhythm instruments and active movements are all part of this wonderful class. Most importantly, children will gain an appreciation and love for music.

GYM

Children two-years-old and older will have Physical Education class once a week. Physical education releases energy, and builds muscle strength, coordination and flexibility. It also helps develop gross motor skills. Please be sure that your child is wearing sneakers and appropriate clothing for active movement. Children will not be able to participate without the appropriate clothing and sneakers.

HALLOWEEN

Many children celebrate Halloween with costumes, school parades and trick-or-treating. This is a fun holiday for children. However, Halloween is a holiday that we do not celebrate in the preschool at the JCC. That said, of course we understand that children may discuss Halloween and their costumes in school with teachers or friends, which is perfectly fine. Please understand that we will not have any formal parade or celebration for Halloween.

VALENTINE'S DAY

We know that many children celebrate Valentine's Day by bringing cards and candy to school. We know this is really fun for children. However, Valentine's Day is a holiday that we do not celebrate in the preschool at the JCC. That said, of course we understand that children may discuss Valentine's Day in school with teachers or friends, which is perfectly fine. Please understand that we will not have any formal celebration for Valentine's Day.

CLASS TRIPS

Our kindergarten classes will periodically take class trips. We will use the JCC vans whenever possible. Parent chaperones may be needed and will drive separately. We will also take walking trips to explore our own community and have special programs come here to our school.

SECURITY CAMERAS

To ensure the safety and security of all children, staff, parents, and visitors, as well as the security of our facility, the JCC and the Robert J. Wilf preschool and kindergarten is equipped with a 24-hour video surveillance and recording system. Security cameras are in our classrooms, and throughout the building.

PARENT TEACHER CONFERENCES

Parent/teacher conferences will be held in January for 3's, 4's, and K's only. School will be closed on this day. Your child's teacher will assign a mutually acceptable time for your conference during the day.

Please be aware that you don't have to wait for conferences to find out how your child is doing. Your child's teacher will be happy to discuss your child's progress with you at any time during the school year. Please call to set up an appointment or phone conference.

EMERGENCY CARE

In case of emergency, the school will call you and the Lower Merion Police. Paramedics will take the child to Bryn Mawr Hospital or Lankenau Hospital. Your signed Emergency Medical Release Form assures that emergency care may be given if needed. We will, of course, call you immediately so you can meet your child and a staff member at the hospital. Please be sure that your telephone numbers are always kept up-to-date in the Preschool Office.

No child will be allowed to start the school year without returning medical forms and providing us with emergency phone numbers.

BITING AND INJURIES

When a child hurts another child, we will first attend to the child that has been hurt and then speak with the other child. In the case of a bite or an injury where we must apply first aid, we will call the parents of both children. A written incident report will also be sent home.

Should there be a consistent pattern of biting that goes beyond age-appropriate behavior, we will meet with the teachers, director and parents in order to create a behavior management plan. In extreme cases, if biting continues after interventions, it may be decided that this is not the appropriate environment.

TEXT MESSAGING

We use a text messaging communication tool. This helps us connect instantly with parents through quick, simple text messages. We will use this as a way of communicating anything important.

SNOW EMERGENCIES

If we have a delayed opening, close early, or if we are closed due to dangerous weather conditions, parents will first receive an e-mail and text message as early as possible with all pertinent information. This information will also be on our web site www.phillyjcc.com. Additionally, I will report our status to KYW News Radio, 6 ABC, FOX 29, CBS Philly, and NBC 10.

Our school's name is *the Robert J. Wilf Preschool & Kindergarten* and that is the name that will be used to communicate information about our school. Alternately, we may be listed as *Jewish Community Center – Kaiserman* or *Kaiserman JCC*.

Please note if we have a 2-hour delay school will start at 10:00 am.

KYW News Radio - Listen to KYW NEWS RADIO 1060AM. School alerts are listed by number. Our School Closing Number is 404

6 ABC Go to abclocal.go.com/wpvi - Click "school closing" tab on the left - school alerts are listed by state (PA, NJ and DE) and in alphabetical order.

FOX 29 Go to www.myfoxphilly.com - Click "Check Reported School Closings, Delayed Openings" - School alerts are listed alphabetically.

CBS 3 Go to philadelphia.cbslocal.com - Click "School Closings" - school alerts are listed by county and name alphabetically or you have the option to view the list by school closing number.

NBC 10 Go to www.nbcphiladelphia.com - Click "Weather" tab, then the "School Closing Alerts" tab - School alerts are listed alphabetically.

VOLUNTEERS

The Child Protective Services Law requires all volunteers who are “responsible for the welfare of a child or having direct contact with children” to submit 3 background checks before being allowed to volunteer. The law defines direct contact as the “care, supervision, guidance or control of children or routine interaction with children.” The background checks must be reissued every 36 months. This law applies to anyone spending time in the classroom and responsible for children as a volunteer or on field trips as a chaperone. This law does not apply to parents who are coming in to celebrate birthdays, nurse babies, read a book to the class, drop off or pick up children or bring something like a forgotten lunch box. Please see the Preschool Office for directions on how to apply for these clearances.

HEALTH

Your child’s health is a matter of great importance to all of us. Young children have frequent colds and other viral illnesses. Please keep in mind that the first 24-48 hours of a disease are usually the most infectious. Symptoms may be milder at that time, but contagion is greater. If a communicable illness or disease should arise in our school, we will let the families know via e-mail, but we will maintain the privacy of any family involved. Please notify your child’s teacher whenever there is a diagnosis of a communicable illness. We have a better chance of controlling the spread of an illness if we are alerted to its presence in the school.

WHEN CHILDREN BECOME SICK AT SCHOOL

If your child should become ill at school, a staff member will call you to assess the situation and inform you of your child’s current condition. If it is decided that your child is too sick to stay in school, you will be expected to pick him/her up as soon as possible. Please be sure that all telephone numbers are updated.

WHEN TO SEND YOUR CHILD BACK TO SCHOOL

Bronchiolitis / Bronchitis - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Common Cold - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Coxsackie Virus Infection (HAND-FOOT-MOUTH) - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Croup - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Ear Infections - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Fever - A child with a fever of 100.4 or higher should stay home until fever-free, without the use of fever reducing medicine for 24 hours.

Gastroenteritis - Your child may return to school when they are symptom free for 24 hours.

Head Lice - All nits must be removed before the child can return to school. Upon their return, the child’s scalp will be inspected by a staff member.

Impetigo - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Influenza - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Rashes / Hives - Child should stay home until diagnosed by a doctor and considered not contagious or symptoms are gone for 24 hours.

Respiratory Syncytial Virus (RSV) - Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Strep Throat - A child with strep throat should stay home until they are fever free and have taken antibiotics for at least 24 hours.

Vomiting / Diarrhea - Your child may return to school when they are symptom free for 24 hours.

Common Childhood Ailments

Bronchiolitis / Bronchitis

Description: Bronchiolitis and Bronchitis are common lung infections. They cause inflammation and congestion in the airways of the lungs.

Causes, incidence and risk factors: Bronchiolitis and Bronchitis are almost always caused by viruses. Respiratory syncytial virus (RSV) is the most common cause of Bronchiolitis. Typically, the peak time for bronchiolitis is during the winter months. Bronchitis affects the larger airways (the bronchi). Bronchiolitis affects the smaller airways (bronchioles). Bronchitis usually affects older children and adults, while bronchiolitis is more common in younger children.

Treatment: In many cases, home treatment is all that is needed, and the conditions usually resolve without complications. Stay home, rest, drink plenty of fluids, take cough medicine, acetaminophen or ibuprofen and use a humidifier. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Common Cold

Description: Colds are caused by viruses that spread easily in environments where people have close contact with one another. A cold is a common viral infection of the nose and throat. The condition is usually harmless, and symptoms usually resolve within two weeks.

Causes, incidence and risk factors: Colds are caused by airborne respiratory droplets through coughs or sneezes, by touching a contaminated surface and then touching one's eyes, nose or mouth, and by kissing or sharing drinks or food. Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days.

Treatment: Stay home, rest, drink plenty of fluids, take acetaminophen or ibuprofen and use a humidifier. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Coxsackie Virus Infection (HAND-FOOT-MOUTH)

Description: Hand, foot, and mouth disease (HFMD) is very contagious but not usually very serious. HFMD is most commonly caused by coxsackievirus A16, a member of the enterovirus family.

Causes, incidence and risk factors: Hand-foot-and-mouth disease (HFMD) is most commonly caused by coxsackievirus A16, a member of the enterovirus family. The disease spread by person-to-person contact. You may catch it if you come into direct contact with nose and throat discharges or saliva. You are most contagious the first week you have the disease. The time between infection and the development of symptoms is about 3 - 7 days. The most important risk factor is age. The infection occurs most often in children under age 10 but can be seen in adolescents and occasionally adults. The outbreaks occur most often in the summer and early fall.

Treatment: There is no specific treatment for the infection other than relief of symptoms.

Over-the-counter medicines, such as acetaminophen (Tylenol) or ibuprofen can be used to treat fever. Saltwater mouth rinses (1/2 teaspoon of salt to 1 glass of warm water) may be soothing if the child is able to rinse without swallowing. Make sure your child gets plenty of fluids. Extra fluid is needed when a fever is present. The best fluids are cold milk products. Many children refuse juices and sodas because their acid content causes burning pain in the ulcers. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Croup

Description: Croup causes breathing difficulty and a "barking" cough. It is due to swelling around the vocal cords and usually caused by a virus.

Causes, incidence and risk factors: Viral infections can cause croup and include RSV, measles, adenovirus, and influenza. Croup tends to appear in children between 3 months and 5 years old, but it can happen at any age. Some children are more likely to get croup and may get it several times. In the U.S., it is most common between October and March.

Treatment: Most cases of croup can be safely managed at home. Cool or moist air; you might first try bringing the child into a steamy bathroom or outside into the cool night air. If you have a cool air vaporizer, set it up in the child's bedroom and use it for the next few nights. Acetaminophen can make the child more comfortable and lower a fever, lessening his or her breathing needs. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Ear Infections

Description: An ear infection is an infection of the middle ear, the air-filled space behind the eardrum that contains the tiny vibrating bones of the ear. Children are more likely than adults to get ear infections. Ear infections are some of the most common childhood illnesses. Ear infections can be caused by bacterial or viral.

Causes, incidence and risk factors: An ear infection occurs when one of the eustachian tubes becomes swollen or blocked, causing fluid to build up in your middle ear. Eustachian tubes are small tubes that run from each ear directly to the back of the throat. Ear infections occur most commonly in young children because they have short and narrow eustachian tubes.

Treatment: Most mild ear infections clear up without intervention. Antibiotics are prescribed for ear infections that don't clear up on their own. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours before returning to school.

Fever

Description: A fever is defined as a temperature of 100.4 degrees or higher. This is lowered from our previous threshold of 101.

Causes, incidence and risk factors: A fever isn't an illness, it's considered a symptom of one. A fever usually means that the body is fighting an illness and the immune system is working. If your child has a fever, in most instances it means they have probably picked up a cold or other viral infection. Other explanations for fevers include teething, reacting to vaccinations, or being over heated from being dressed too warmly or spending too much time outside on a hot day.

Treatment: If your child is older than 6 months and your doctor says it is OK, you can give your baby either children's acetaminophen or children's ibuprofen. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? A child with a fever should stay home until fever-free, without the use of fever reducing medicine for 24 hours.

Gastroenteritis

Description: Gastroenteritis is also known as the stomach flu

Causes, incidence and risk factors: Viral gastroenteritis is contagious. The viruses that cause gastroenteritis are spread through close contact with infected persons. The most common problem with gastroenteritis is dehydration. In general, the symptoms begin 1 to 2 days following infection with a virus that causes gastroenteritis and may last for 1 to 10 days, depending on which virus causes the illness.

Treatment: Usually, the symptoms pass within a couple of days and treatment includes rest and giving fluids to avoid dehydration due to vomiting and diarrhea. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child may return to school when they are symptom free for 24 hours.

Head Lice

Description: The head louse is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

Causes, incidence and risk factors: Lice are very, very small insects. In fact, they are so tiny that you can barely see them! An adult is called a louse and is about the size of a sesame seed. The eggs, called nits, are even smaller. Nits are glued to the hair shaft by a cement-like substance and are very hard to remove. A nit is a small, oval blob attached to a strand of hair. You can easily differentiate between nits and dandruff flakes or other debris in your hair. Most debris should be removed easily. Nits will seem like the hair. Head lice need to be next to skin to survive and the warmth of your skin is a perfect place for them to live.

They eat tiny amounts of blood (much less than a mosquito does) for their nourishment. Head lice do not jump or fly, they crawl from one person's hair to another. They do not want to leave their host for an inanimate object and generally cannot survive longer than 24 hours off the host. Lice are not spread by dogs, cats, or other pets. They are cemented to your hair. Lice attach their nits to pieces of hair, close to the scalp. You will most likely find nits if you find any evidence of head lice on your scalp.

Treatment: Pyrethrins: This is a natural extract from chrysanthemums. It's safe for children age 2 years and older. But this ingredient only kills live lice, not nits. You'll need a second treatment after nine to 10 days if existing eggs have hatched. This shouldn't be used by any individuals allergic to chrysanthemums or ragweed.

Permethrin Lotion (Nix): This is a synthetic treatment similar to natural pyrethrins. It kills both live lice and nits. Permethrin also leaves a residue on the hair that is designed to kill any newly hatched lice arising from eggs not killed in the initial application. Shampoos and conditioners may interfere with the effectiveness of this residue, so you may need to do a second treatment after 7-10 days if live lice are seen. Permethrin is safe for children age 2 months and older. Talk to your doctor if you still see lice after full treatment. Your doctor can Children younger than 2 years shouldn't use most OTC lice-removal products, so try simply using a fine-toothed comb or special nit comb when your child's hair is wet. Metal combs are more effective than plastic. Repeat this combing every three to four days for no less than two weeks. Ask your pediatrician if combing should be used in conjunction with other treatments for your young child.

The Center for Lice Control in Havertown offers lice treatment services.

<https://www.centerforlicecontrol.com/>

Prevention: Reduce the risk for getting lice by avoiding head-to-head contact in general. You can also reduce your chances of getting head lice by not sharing brushes with others. Girls can wear their hair up or in a braid to narrow the target. Doing head checks at home with a metal lice comb on wet hair in sections and then wiping the comb onto a folded white paper towel is recommended.

When can a sick child return to school? All nits must be removed before the child can return to school. Upon their return, the child's scalp will be inspected by a staff member.

Impetigo

Description: Impetigo, a common skin infection

Causes, incidence and risk factors: Impetigo is caused by streptococcus (strep) or staphylococcus (staph) bacteria. Methicillin-resistant staph aureus (MRSA) is becoming a common cause. The skin normally has many types of bacteria on it. When there is a break in the skin, bacteria can enter the body and grow there. This causes inflammation and infection. Impetigo may also occur on skin where there is no visible break.

Treatment: A doctor will look at the skin to determine if the rash is impetigo. The doctor may prescribe an antibacterial cream or antibiotics by mouth if the infection is severe.

The doctor may advise washing the skin several times a day with an antibacterial soap to remove crusts and drainage. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands touching your eyes, nose, and mouth

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Influenza

Description: There are 3 common types of the flu. Influenza type A can be found in humans and animals. Influenza type B can only be found in humans and the symptoms are less severe than type A. Influenza type C can only be found in humans and the symptoms

Causes, incidence and risk factors: The flu is caused by an influenza virus. Most people catch the flu when they breathe in tiny droplets from coughs or sneezes of someone who has the flu. You can also catch the flu if you touch something with the virus on it, and then touch your mouth, nose, or eyes. People with flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Children and some people with weakened immune systems may pass the virus for longer than 7 days.

Symptoms can begin about 2 days (but can range from 1 to 4 days) after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with a flu virus but have no symptoms. During this time, those people may still spread the virus to others.

Treatment: Antiviral drugs are prescribed to treat the flu. Stay home, rest, drink plenty of fluids, take acetaminophen or ibuprofen and use a humidifier. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should receive the influenza vaccine.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Rashes / Hives

Description: Rashes or hives are areas of irritated or swollen skin.

Causes, incidence and risk factors: Rashes or hives can be triggered by insect stings or bites; contact with allergens like latex, chemicals, animals, plants or cosmetics; or ingestion of various foods or medications. Cold, heat, sweating, or sunlight can also be triggers.

Treatment: The treatment will depend on the cause. Rashes and hives should be checked by a doctor.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Child should stay home until diagnosed by a doctor and considered not contagious or symptoms are gone for 24 hours.

Respiratory Syncytial Virus (RSV)

Description: Respiratory syncytial virus (RSV) is a common childhood illness that affects the respiratory system

Causes, incidence and risk factors: RSV is the most common germ that causes lung and airway infections in infants and young children. Most infants have had this infection by age 2. Outbreaks of RSV infections most often begin in the fall and run into the spring. The infection can occur in people of all ages. The virus spreads through tiny droplets that go into the air when a sick person blows their nose, coughs, or sneezes.

Treatment: Antibiotics do not treat RSV. Mild infections go away without treatment. Infants and children with a severe RSV infection may be admitted to the hospital. Mild infections go away without treatment. Treatment will include Oxygen, Moist (humidified) air, Fluids, A breathing machine (ventilator) may be needed. through a vein (by IV) Check with your doctor for additional guidance.

Prevention: A simple way to help prevent RSV infection is to wash your hands often, especially before touching your baby. Have others avoid contact with the baby if they have a cold or fever. Be aware that kissing the baby can spread RSV infection. Try to keep young children away from your baby. RSV is very common among young children and easily spreads from child to child.

When can a sick child return to school? Your child should be fever free and symptom free for 24 hours without medication before returning to school.

Strep Throat

Description: Strep throat is caused by a bacteria called streptococcus pyogenes that gets into the nose and throat.

Causes, incidence and risk factors: People who are infected spread the bacteria by coughing or sneezing, which creates small respiratory droplets that contain the bacteria. Strep throat is spread by person-to-person contact with nasal secretions or saliva. It commonly spreads among family or household members. People usually feel better after a day or two of taking antibiotics.

Treatment: Antibiotics treat strep throat. Drink soothing liquids, such as warm tea. Take a pain reliever, such as acetaminophen. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? A child with strep throat should stay home until they are fever free and have taken antibiotics for at least 24 hours.

Vomiting / Diarrhea

Description: Vomiting, or throwing up, is a forceful discharge of stomach contents. Diarrhea is loose, watery stools (bowel movements). They can be a one-time event linked to something that doesn't settle right in the stomach. Recurrent vomiting or diarrhea may be caused by underlying medical conditions. Since diarrhea may be difficult to diagnose in infants, this will be managed on a case-by-case basis.

Causes, incidence and risk factors: Vomiting / Diarrhea itself is not a condition. It's a symptom of other conditions. Some of these conditions include food poisoning, indigestion, infections associated with bacterial and viral illnesses, or motion sickness

Treatment: Treatment for vomiting or diarrhea addresses the underlying cause. Hydration is important. Drinking clear liquids is recommended. Clear liquids containing electrolytes can help provide essential nutrients lost through vomiting or diarrhea. Solid foods can irritate a sensitive stomach, which increases your chances of throwing up. It may be beneficial to avoid solid foods until clear liquids are tolerated. Check with your doctor for additional guidance.

Prevention: Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. Practice everyday preventive actions to keep from getting sick: wash your hands often; avoid touching your eyes, nose, and mouth. Avoid sharing food, utensils, cups, or bottles.

When can a sick child return to school? Your child may return to school when they are symptom free for 24 hours.

IMMUNIZATION POLICY

All children entering the Robert J. Wilf Preschool and Kindergarten must have an immunization record on file prior to admission. We will accept the Department of Public Welfare Child Health Report form given to all parents, signed and dated by the physician or a copy from the physician's office.

Parents are required to provide an updated health report in accordance with the following schedules:

- At least every 6 months for child under 12 months of age.

- At least every 12 months for a child older 12 months of age.

Parents are required to provide updated immunization records each time their child receives a vaccination. There are no religious exceptions to our immunization policy. Medical exemptions are decided on a case-by-case basis.

CHILD HEALTH REPORTS

A health report must be written and signed by a physician, physician's assistant or a CRNP. The signature must include the individual's professional title. The health report must include the following information:

- Name of child
- Child's birth date
- A review of the child's health history.
- A list of the child's allergies.
- A list of the child's current medication and the reason for them.
- An assessment of an acute or chronic health problem or special need and recommendations for treatment or services, including information regarding abnormal results of screening tests for vision, hearing or lead poisoning.
- A review of the child's immunized status according to recommendations of the ACIP.
- A statement of the child's medical information pertinent to diagnosis and treatment in case of emergency.
- A statement that the child is able to participate in childcare and appears to be free from contagious

Plan Ahead:

Get things ready for school the night before, see that your child gets to bed early, and take time for a nutritious breakfast. Sleepy, hungry, or rushed children can't function happily in a setting that requires a great deal of energy!

Learn the Curriculum:

Find out what's happening in the classroom and supplement it with family experiences. Be sure to read the weekly newsletters and flyers that come home. Your child's teacher will be happy to give you ideas to support your child's learning at home.

Encourage Risk-Taking, Expect Mistakes:

It takes immense patience to allow children to learn at their own pace and through their own mistakes. Studies show that healthy families tend to support their children without removing obstacles from their lives that foster growth. We seek to find a balance between offering children challenging experiences and opportunities to gain confidence in mastering skills with a respect for their individual rate of development.

Talk to Your Child About the day:

Create a special display area in your home for schoolwork and projects to emphasize the value you place on your child's creations. But remember, some of the best experiences your child has at school may not take place on paper. Listen well.

Participate in Parent Activities:

The Robert J. Wilf Preschool and Kindergarten PTO can suggest many ways you can get involved in preschool events. This involvement will help you build a supportive network of friends!

Read to Your Child:

Reading to your child improves language skills, awakens the imagination as no television show or video game can, and prepares your child to become an enthusiastic reader. Ask your child's teacher for suggestions of age-appropriate books.

Keep Communication Lines Open:

Communicate calmly and clearly with your child's teacher when problems regarding your child or other children arise. It is important to model appropriate conflict resolution and communication skills for children, but is best to ask for an appointment to discuss difficult issues when children are not present. If matters are not resolved after speaking to the teacher, you are encouraged to speak with the preschool director.

Give Your Child Time to Play:

So often we rush children through childhood with little time for play or quiet thought. Allow unstructured play in those busy schedules and encourage quiet reflective times. And, because parenting is such a stressful job, take a break once in a while yourself and join right in on the fun!

The Kaiserman JCC is a place for the Jewish community to gather and celebrate Jewish festivals and holidays. An elementary introduction to the history of the holidays and their traditional rituals will be explored in the preschool. Concern for Jewish culture will be an ongoing part of the educational program. Throughout the year we will send home further explanation of the holidays. The following is a brief overview:

Sabbath

Although the Sabbath lasts from sundown Friday to sundown Saturday, we celebrate the Sabbath at school during our “snack time” every Friday. All classes get together for a Shabbat Sing-along. In each classroom, the teacher lights the candles, and the children recite the traditional blessings. On Shabbat, the children enjoy challah (twisted egg bread) and juice.

Rosh Hashanah

The Jewish year begins with Rosh Hashanah on the first day of Tishri in the Jewish calendar. The children enjoy apples and honey, which are symbolic of hope for a sweet year.

Yom Kippur

This is the most solemn holiday of the year, the Day of Atonement. At this time, we discuss the nice things we can do for others during the New Year.

Sukkot

The Feast of Tabernacles recalls the journey of the Jews from Egypt to the Promised Land when they lived in tents and booths. The harvest season is symbolized by the Lulav (palm branch) and Etrog (citrus). During this week at school, we decorate our Sukkah with fruit and greenery and enjoy our snacks outdoors.

Simchat Torah

This holiday is associated with Sukkot. Throughout the year, passages of the Torah are read aloud in the synagogue. On Simchat Torah the reading of the Torah is completed and immediately begun again. This symbolizes the fact that study of the Torah has no beginning and no end. Children are given the honor of being called to read the Torah alongside adults. Children also join adults in carrying Israeli flags in a series of seven processions.

Hanukkah (also spelled Chanukah)

The Festival of Lights celebrates the Maccabean victory when Judah Maccabee and his small band of followers saved the Jewish nation from the Syrians. For eight days each year, the Hanukkah menorah, or eight-branched candelabra, is lit to recall the rededication of the Temple in Jerusalem and to give thanks for the great miracle of the survival of the Jewish people.

Tu B'Shevat

(Israeli Arbor Day) On Tu B'Shevat we celebrate the New Year of the Trees and our own belief in the future of the world. As Jews, we have a kinship with trees. Trees are a symbol of life and a symbol of the Jewish people.

Purim

Purim is the most joyous of all holidays, commemorating how Queen Esther and her Uncle Mordecai saved the Jews of Persia from a plot by the Prime Minister, Haman, to destroy them. On this day, we eat Hamantaschen, which the children enjoy making at school. The children are encouraged to come to school in costume for this happy holiday.

Passover

Passover (Pesach) commemorates the experiences and ordeals of slavery in Egypt and the Exodus following them. The Seder is a special family meal. Prayers and songs from the Haggadah are read and certain foods are eaten. The best known of these is matzah or unleavened bread. Your child and his/her classmates will prepare their own Seders.

Shavuot

Shavuot, a thanksgiving and harvest feast, also commemorates the giving of the Ten Commandments on Mount Sinai. Known as the Feast of Weeks, Shavuot is celebrated seven weeks after Passover. It is customary to decorate the house with plants and flowers.