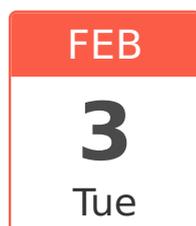


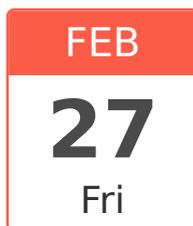
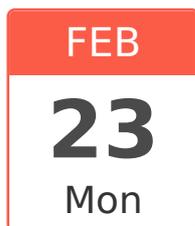
Center wide Family News Week of February 2, 2026

UPCOMING DATES



Staff Meeting

Rising Hawk closes at 5:00pm



February Vacation Week

Live & Learn and Rising Hawk are CLOSED

Work anniversary for Maryne Boschat

This Friday Maryne Boschat celebrates her 5th work anniversary. Maryne has been connected to Live & Learn for 9 years but spent some of that time in her home country of France getting her green card. Maryne gives loving care to our babies and PreK.



Policy Reminders

Too Sick for School?

Beware! I'm on a rant again today. Yes I am sick of sickness!!

You see, I have to deal with teachers out sick and families that are angry that their child has gotten sick again. This is my annual ranting and raving letter with the added stress of this year's flu

epidemic.

It's not that I'm unfamiliar with parents' needs to balance kids and work. It can be a pretty tricky juggle sometimes. I've had plenty of mornings myself where I've weighed whether that fever yesterday really means the kid, who's acting just fine right this second, can't go to school. After all, who would notice? And I've listened intently to plenty of coughs and sniffles to try to assess whether the kid is really too sick to head to class. But today, I'm here to plead: KEEP YOUR TRULY SICK KIDS HOME! Plan ahead for how you'll handle sick kid days. Is there a babysitter you can call in to help at the last minute? Have you and your partner, if you have one, talked about who stays home when a sick child shouldn't be around other kids and needs time to recuperate and feel better?

When your child handles colds easily, he gets a virus and it goes away. You think: No big deal -- all kids get sick. But we are dealing with over 150 families and children that are in the hospital for four days because of a virus. When teachers are out sick due to illness there is inconsistency in primary teachers and programming. Okay, enough. Rant over.

The key with having sick kids is to be pragmatic. When deciding whether to keep your sick child out of child care, the two most important things to think about are: Does the child's illness keep him/her from comfortably taking part in activities? And does the sick child need more care than the staff can give without affecting the health and safety of other children? If the answer to either of these questions is yes, then the child should not go to child care or school. If he/she is sent to child care or school, then the caregiver or teacher may not let the child stay. A third question to ask is; could other children get sick from being near your child?

The family should ask questions 1 and 2 above and make a decision based on what they see at the time. Keep in mind that uncertain tummy aches could be the beginning of vomiting and diarrhea (for which a child should not attend school). Tummy aches can also mean that a child is nervous about school. (If a child is nervous about school, experts suggest that the child go to school and the family talk to a doctor or teacher about what is making the child nervous.)

Deciding if a child who is only mildly sick should go to child care or school can be hard. In some cases the parent may have very little time to watch the child before he or she has to arrive at school or child care. Parents usually make good decisions but it can be complicated. For example, parents may lose pay from their jobs if they have to stay home for a sick child. Other parents may have a hard time getting a promotion if they have a child who is sick a lot. In addition, the child's illness can change during the day. Parents make decisions, but the child care and school personnel also have a say in the matter about whether a child sent to child care or school is allowed to stay there through the day.

At Live & Learn, kids should be kept home in the following conditions: **The Fever:** The child has a truly elevated fever - 100.4 degrees or greater and most kids who are over 100 -- or a continued, consistent fever the day before. DO NOT BRING THEM IN. **The Cough:** A hacking cough or coughing that significantly affects the child's ability to talk, function or feel comfortable. After all, hacking kids are more likely to be sharing their germs than those with a minor cough. **The Runny Nose:** Consistent thick, green/yellow nasal discharge is coming out. That's a reason to go to the doctor. If it's clear and the child can wipe his nose, he's fine to be in school.

When your child needs to leave the center due to illness or the inability to stay with the group we must be able to reach a parent or emergency contact person who can come within 45 minutes to an hour. Children who are sick must be isolated from the group (in a pack and play for young children and on a mat for older children). Any extended period in a pack and play or mat is not developmentally appropriate for young children when they are sick. The ideal is one on one attention from a parent.

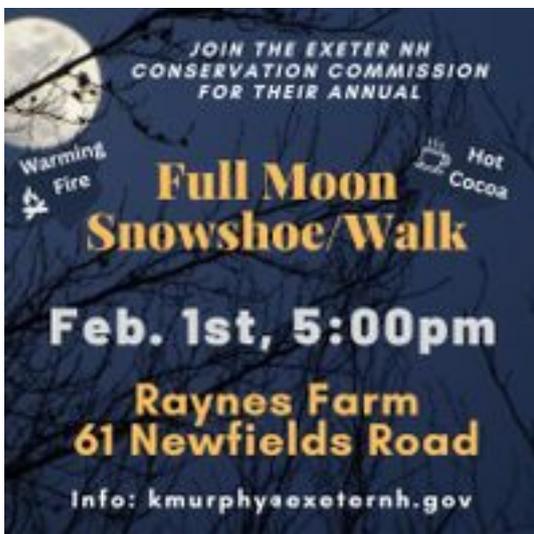
We know it is difficult and frustrating to leave work unexpectedly. Thank you for surviving the extra hassle and effort to meet your child's needs. If we do not get a phone call back from you about your sick child or see you here within 30 minutes we will have to call your emergency contacts. To keep lines of communication open please call back if we had to leave a message so that we know you are coming or are working on getting an alternative pick up person. If we all work together we can all work together in the best interest of all the children and a speedy recovery for your child.

So, let common sense prevail and keep in mind that the above conditions don't all mean a trip to the doctor is necessary. What happens in your house when the kids are sick? Are these guidelines that you've already been following? Please help us all stay healthy.

Remember if your child comes to school and we send them home with a temperature of 100 or greater they must remain home the next full day AND be 24 hours symptom free. Thank you - if we all work together we will keep our learning environment healthier.

Things to do with your family

FREE Full Moon Snowshoe/Walk with a Warming Fire and Hot Cocoa at Raynes Farm



Sunday February 1

Join the Exeter Conservation Commission for their annual full moon snowshoe. Tea, cocoa and a warming fire will be waiting for you at the barn. Should we lack snow, we will still take a walk through the fields. The walk distance is about a mile, but can easily be shortened if desired by cutting through the field. This is a free and family friendly event.

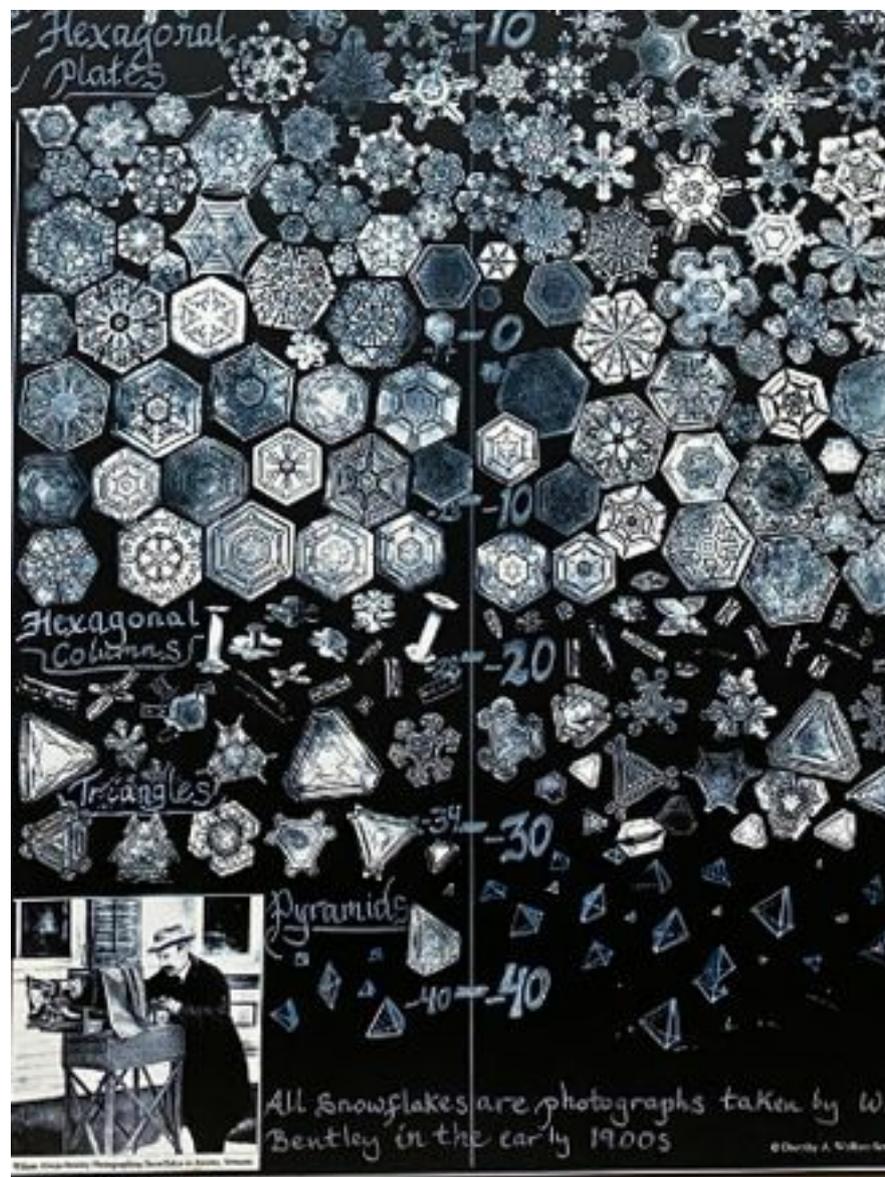


Snow Cookies and Snow Cake

Our kids love pretend baking outdoors – you can read more about mud kitchen activities for kids here but when there's snow – try baking snow cakes and snow cookies!! No mud kitchen needed – just give kids some baking equipment and send them off into the snow to get baking!

NATURE NOTES

Snowflake Shapes



Snowflakes form when water vapor converts directly to a solid around particles in the atmosphere, often around dust or pollen. As these ice crystals grow, they fall. Our recent snowstorm produced exquisitely delicate and complex stellar flakes - much lighter and more intricate than those we are used to. What factors determine the shape of a snowflake?

It is the temperature at which a crystal forms — and to a lesser extent the humidity of the air — that determines the basic shape of an ice crystal. Contrary to the belief that it can get too cold for snowflakes to form, snowflakes can form at any temperature as long as there is moisture in the air.

25°F.-32°F.: thin, flat, hexagonal plates

21°F.-25°F.: needles

10°F.-14°F.: star-shaped plates (stellar plates)

3°F.-10°F.: traditional six-branched flakes (dendrites)

Snowflake Bentley “Snowflake Thermometer” and degree/crystal shape chart above do not totally agree. Most accurate source is the chart above, not Snowflake Bentley’s Thermometer, but Bentley’s photographs worth posting!)



Through outdoor play—every day—
our students deepen their
connection to the rhythms of the
earth, while having fun to boot!