



## Director’s Corner

November 2018

Dear Fraser Families,

Happy November! Since we will continue to see cooler temperatures, please make sure that your child has weather-appropriate outdoor clothing as we will continue to go outside daily. Please make sure that all of your child’s clothing is labeled with his/her first and last name so the teachers can return the clothing to the correct child.

In addition, please make sure that your child has extra clothing in his/her locker or bag that fits and is appropriate for the cooler temperatures. If your child needs a change of clothing during the day and they do not have another change of clothing, we use spare Fraser clothes. If that happens, please wash those Fraser items and bring them back so that we can keep up our supplies. Our supplies right now are pretty low as we have loaned out many clothes that we are not getting back. Thanks for your attention to this.

While the construction is chugging along, it will not be finished in time for our regularly scheduled accreditation verification visit to be held. We have received an extension from the National Early Childhood Program Accreditation (NECPA) council so that we can complete the project prior to the verification visit. The visit will now occur sometime within 120 days on or after February 1, 2019. This is a scheduled visit so we will know in advance when the verifier will come. Because our program is so large, it will take one verifier two days or two verifiers one day to complete all of the observations and confirm all documentation. Our extended accreditation will expire on August 31, 2019.

Thanks to all the families that attended parent/teacher conferences. Overall, I think that the meetings were successful and informative for both the teachers and the families. It is great to have uninterrupted time to meet and build a relationship with each other.

I also want to thank the families that attended the Annual Fraser Benefit at the Hilton on October 27, 2018. Attendees had a great time with lots of opportunities to network, bid on cool silent and live auction items, and hear wonderful music! With all of the contributions, Fraser raised over \$550,000! Thanks for all of your support.

Finally, we celebrate a huge anniversary this month at Fraser School. Carol Barthelemy currently works part-time as our volunteer coordinator but she has taught in the classroom, visited families in their homes, and served in many administrative roles during her time at Fraser School. Carol is celebrating her 35<sup>th</sup> anniversary with Fraser School on November 1! Congratulations Carol!

Thanks for sharing your children with us,

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## Hand-washing: Do's and Don'ts

From MayoClinic.org; By Mayo Clinic Staff

**Hand-washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit.**

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Find out when and how to wash your hands properly.

### When to wash your hands

As you touch people, surfaces, and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose, or mouth, or spread them to others. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses, and other microbes.

Always wash your hands before:

- Preparing food or eating
- Treating wounds or caring for a sick person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food
- Using the toilet or changing a diaper
- Touching an animal, animal feed or waste
- Blowing your nose, coughing or sneezing
- Treating wounds or caring for a sick person
- Handling garbage

Also, wash your hands when they are visibly dirty.

### Skip the antibacterial soap

Antibacterial soaps, such as those containing triclosan, are no more effective at killing germs than is regular soap. Using antibacterial soap might even lead to the development of bacteria that are

resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

In 2016, the Food and Drug Administration issued a rule under which over-the-counter consumer antiseptic wash products containing the majority of the antibacterial active ingredients — including triclosan and triclocarban — can no longer be marketed to consumers. These products include liquid, foam and gel hand soaps, bar soaps, and body washes.

### How to wash your hands

It's generally best to wash your hands with soap and water. Follow these steps:

- Wet your hands with running water — either warm or cold.
- Apply liquid, bar or powder soap to a cupped hand.
- Lather well.
- Rub your hands, palm to palm, vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean towel.
- Use the towel to turn off the faucet.

### How to use an alcohol-based hand sanitizer

Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available. If you use a hand sanitizer, make sure the product contains at least 60 percent alcohol. Follow these steps:

- Apply enough of the product to the palm of your hand to wet your hands completely.
- Rub your hands together, covering all surfaces, until your hands are dry.

### Kids need clean hands, too

Help children stay healthy by encouraging them to wash their hands frequently. Wash your hands

with your child to show him or her how it's done. To prevent rushing, suggest washing hands for as long as it takes to sing the "Happy Birthday" song twice. If your child can't reach the sink on his or her own, keep a step stool handy.

Alcohol-based hand sanitizers are OK for children and adolescents, especially when soap and water aren't available. However, be sure to supervise young children using alcohol-based hand sanitizers. Swallowing alcohol-based sanitizers can cause alcohol poisoning. Store the container safely away after use.

### **A simple way to stay healthy**

Hand-washing offers great rewards in terms of preventing illness. Adopting this habit can play a major role in protecting your health.

## **Parking Reminders**

Thanks for refraining from parking in the designated handicapped spots on the east side of the school building. I do want to remind you; however, that the curb that is opposite the parking spaces on the east side of the building is a no parking zone. The curb is painted yellow and there are two signs that indicate that you cannot park between them. Through the years, we have had numerous fender-benders because parking in this area does not leave enough space for people parked legally to back up. In addition, parallel parking in this area does not leave enough space for cars, and especially trucks, to pass through the alley.

If you are dropping off or picking up a child, please park in the front parking lot or on the east side of the building in the clearly marked spaces. I know that these spaces can be very full around the 8:30-9:00 AM drop-off time. Please be patient as people leave the legal parking spaces.

## **Emergency Drills**

Twice per year, we practice our procedures if we were to need to go into a lock-down situation. We practice this without children so that we do not frighten them. Our latest drill occurred on October 19 during our parent/teacher conference day. We practice for two distinct situations:

1. If we were told to lock-down because there is a potential threat. For example, if an armed person had just robbed the liquor store down the block and the police had not apprehended him/her. The police may tell us to lock-down our building to prevent anyone from coming inside.
2. If there was an imminent threat. This is a situation where an armed intruder is in the building and we lock-down in the classrooms to keep everyone safe.

We also practice monthly fire drills with the children. Generally, when we have these drills, we take the children just outside of the building and then return to their regularly scheduled activities. Twice per year, we practice/talk through the full evacuation plan with the staff members.

If we needed to evacuate our building and it was not immediately safe to re-enter, we would take the Fraser School children to the Fraser administrative building across the alley. The address is 6328 Penn Avenue. If an evacuation of the building were to occur, each family would get a personal phone call from a Fraser staff member that explains how and where you should pick up your child. If this type of emergency should happen, you would be expected to pick up your child immediately. If you were unable to do so, you would be expected to send someone on your authorized pick-up list to pick up your child instead.

## *This month's events*

### > **Program Committee Meeting**

November 14, 2018

4:00-5:00 PM

Corporate Conference Room #1

### > **No School**

November 22 & 23, 2018

Thanksgiving Break

## *Upcoming events*

### > **No School**

December 24 & 25, 2018

Winter Break

### > **No School**

January 1, 2019

New Year's Day

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## **Key Facts about Influenza**

(adapted from cdc.gov)

### **What is Influenza (Flu)?**

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

### **Flu Symptoms**

Flu can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever\*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

\*It's important to note that not everyone with flu will have a fever.

### **Period of Contagiousness**

You may be able to pass on flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

### **Preventing Seasonal Flu**

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.