



MARIE'S MUSINGS

Welcome!

From the day that I entered NCNS I have felt so fortunate to be here. I very often think, "Could this really be my job?" How lucky I am to do what I do and truly love it! I watched as Laura and each teacher entered the building on the first day of school carrying their thoughtfully packed bags chockfull of surprises for the children. As they walked down the main hallway I couldn't help but notice that each one had an obvious bounce of enthusiasm in their step, a huge smile and a warm and cheerful greeting. It was obvious to me that they too love their jobs, NCNS and most of all your children! We thank you for the privilege of entrusting us with the care of your children.

I would also like to thank everyone for your cooperation in keeping our school safe and healthy for all children. We are doing a great job with hand washing before entering the bike room and classrooms, and with bringing in nutritious and safe snacks which the children are enjoying! A special thanks to parents who have helped compile safe snack lists for their classroom, and who help to monitor snacks each morning. If your child has allergies, please continue to check snacks at drop-off and initial the Snack Sign-off sheet located in the classrooms before leaving. This provides an additional safeguard for our children with allergies.

ANNOUNCEMENTS

Remember to bring in a package of hand wipes, a roll of paper towels and a trash bag on your parent help days.

DATES TO REMEMBER

OCTOBER 6	MUSIC PROGRAM BEGINS FOR 4'S AND MRS. DEE
OCTOBER 7	WRIGHT FARM FOR 4'S
OCTOBER 10	NO SCHOOL
OCTOBER 11	SCHOOL PICTURES FOR 3'S AND MRS. DEE
OCTOBER 11	LUNCH BUNCH BEGINS FOR MRS. KOSS'S STUDENTS (NOTE DATE CHANGE)
OCTOBER 12	SCHOOL PICTURES FOR 4'S
OCTOBER 12	SMOLAK FARM FOR MRS. DEE
OCTOBER 17	MUSIC PROGRAM BEGINS FOR 3'S
OCTOBER 17	BOARD MEETING AT 7:30PM
OCTOBER 21	PIZZA PARTY (NOTE DATE CHANGE)
OCTOBER 26	HALLOWEEN SAFETY FOR 4'S AND MRS. DEE
OCTOBER 31	LUNCH BUNCH BEGINS FOR MRS. SABA'S STUDENTS

If you have not completed the opt-out tooth brushing forms or other paperwork for this school year please stop by the office. If you would like your child to brush their teeth with water after lunch, please pack a labeled toothbrush in your child's lunch bag. Wondering what forms you are missing, Laura is happy to help.

For important NCNS news and updates, check your mailbox daily, check wall postings and read your monthly NCNS newsletter which should be accessible via our new website! We will announce the launching of our new website soon!



ANNOUNCEMENTS CONT...

All children playing in the bike room must be supervised to ensure everyone's safety. If you need to step out even for a short time, please ask another parent to help watch your children during your absence. Also, we would greatly appreciate your help in tidying the bike room. Please expect your children to clean up after their play throughout the day.

We have had a few falls in the playground due to unsteady footwear (clogs, flip flops, sandals, and Crocs) Please be sure to have your children wear safe footwear for climbing as we will be going out to the playground daily weather permitting.

State mandates require that every parent helper be certified in First Aid every two years. If you missed the course we offered at the school you will need to complete a First Aid course independently before your next parent help day. Please submit your certificate of completion to Laura as soon as possible.

As another measure of safety, we would like all Parent Helpers to add the following emergency numbers to their cell phones: Winchester Emergency: 781-729-1800 (more direct than 911 for cell phones) and Poison Control: 800-222-1222.

We understand that pick up can be difficult at times with sleeping siblings and strollers to maneuver in the building. Please just call the office on those difficult days and we will be happy to bring your child to you in the parking lot.

We will be distributing a School Directory soon. If you prefer not to be included in our Directory, please stop by the office and let Laura know.

PROGRAM UPDATES



Construction Club and Circle of Friends are off to a great start! Both are sparking new friendships with lots of fun and adventure!! All children in Miss Marie's class are eligible to join Circle of Friends Friday at any time during the year. Also, Miss Marie's class is the only full year class with openings for new families. We have only one spot left in our afternoon Construction Club. All children in our morning 4 and 4/5 year old classes are eligible. If you are interested please check in with Laura for the latest updates.

The Fall Toddler "**Grow with Me**" Program had a wonderful start last Friday. We have a few spots available for the fall session for 2-3 year olds so please spread the word. This is a great way for new families to learn about our school, meet new friends and provide a first school experience for their children. We are also accepting applications for the winter and spring sessions.

Lunch Bunch sign-up sheets are posted above your mailboxes. Please be sure to add your child's name to the sign-up sheet by the Friday before so we can plan coverage accordingly. Lunch Bunch for Mrs. Koss's class will begin on Tuesday, Oct. 11th, and for Mrs. Saba's class on Monday, October 31st.

Kidstock started this week for all classes and as always was ENJOYED by children and parent helpers alike! Each class will have 30 minutes of creative play with Kidstock weekly.

We love suggestions from parents and always want to hear your thoughts and ideas. We consider you our partners and parental input and involvement is at the essence of our cooperative.

A special thanks to Officer Dan O'Connell for coming in to discuss **Halloween Safety** with our 4's.

KID'S CORNER:

What is Kid's Corner? A special quote, observation or story of an NCNS student. (Often overheard in the school office or classroom) Please share these endearing tidbits with us!

-We loved all of the first day of school outfits, and the white tuxedo with a complimentary tie dyed shirt was especially memorable! Mrs. Dee's class

-"Black cows give chocolate milk, right?" Mrs. Koss's class



TEACHER'S CORNER

What is Teacher's Corner? A place to learn a little more about your teachers and staff!

What was your favorite Halloween costume as a child?

Marie Ockerbloom: "My aunt loved to sew and every year she brought her big box of homemade costumes for my sister and me to choose from. I would always look for the purple butterfly costume and wore it every year until it didn't fit anymore."

Laura Connors: "My favorite costume was Raggedy Ann. I wore it three years in a row even though the plastic mask was too tight on my face."

Marie Saba: "I loved my doctor's costume that my aunt who is a nurse brought home for me from the hospital. I had the whole outfit and after we gave the outfit to the needy so they would have a costume too."

Jan Koss: "I always loved wearing a costume but my brother only wore a mask on Halloween. My favorite was a mouse costume that my mother made with the feet built in, with snaps and pink ears."

Janel Nagtegaal: "I loved my Little Red Riding costume and I really loved the red shoes with red socks best. I remember my mother made the cape out of felt."

Susan Leathers: "I was a cowgirl and I loved it because I had braids in my hair, a hat and a bandana, and I borrowed by cousin's cowgirl boots and wore them all day even though they were very big for me!"

Jackie Dee: "My favorite was the purple sheets my mom dyed and turned into a ballerina costume. I was taking dance and loved being a ballerina. I still have the picture because we saved everything."



COMMUNITY EVENTS



Don't miss Boo at the Zoo on Oct. 22 and 23! The haunted happenings include creature encounters, creepy crafts, ghoulish games, a trick-or-treat trail and the Haunted Maze!

<http://www.zoonewengland.org>



Winchester ABC's Fall Event this year will be an 80's Rock Party to be held at the Winchester Sons of Italy Hall, 117 Swanton Street, Winchester, MA on Saturday October 22, 2011 from 7:30 PM until 11:00 PM. Tickets are \$75 each, and can be purchased at Book Ends or An Elegant Affair in Winchester center. Limited tickets are available. Proceeds benefit A Better Chance, Inc. of Winchester. We hope that you can join us there. Visit www.winchesterabc.org for tickets and more details.



Parent to Parent Presents: a group discussion addressing the topic **Are We Too Attached?** The discussion will be based on the topics addressed in a recent **Atlantic Monthly** article by Lori Gottlieb. In her short and easy-to-read article, Ms. Gottlieb addresses whether parents do too much for their children, and as a result, actually get in the way of their child's development. Ms. Gottlieb examines whether, in an effort to protect our children from frustration, discomfort, disappointment and anxiety, parents are failing to help their children develop the very confidence, resilience and coping skills they will need to be happy in adulthood.

Come join other parents on **Thursday, October 13, 2011 at 7:00 to 8:30 pm in the Ambrose Elementary School Library** as we discuss this thought-provoking article. ***Please note this is a new location.** The article is available online at <http://www.theatlantic.com/magazine/print/2011/07/how-to-land-your-kid-in-therapy/8555/>. You do not need to have read the article to join in the discussion. For a full calendar of Parent to Parent events, please visit www.parenttoparentwinchester.org.

HEALTH UPDATE

A Message from Britt

Head lice cause heightened anxiety in parents and schools but in actuality, lice infestation is rather benign. In fact head lice do not spread disease, are not a health hazard and are not a sign of poor hygiene. An estimated 6 million to 12 million infestations of head lice occur in the U.S. each year. The infestation is most common among children 3 to 12 years of age.

What is a head louse?

The head louse is a grayish-white insect 2 to 4 mm in length. It is about the size of a sesame seed. Both sexes are equipped with “mouth” parts adapted to sucking blood as well as six legs able to grasp hairs. The life span of the female is about one month. Once mature, she lays 7 to 10 eggs each day. A louse produced glue like substance cements the eggs to the base of a host hair. The eggs, commonly called “nits,” are oval capsules that hatch in eight days, releasing nymphs that require another eight days to mature. After hatching, egg cases (also called “nits”) become white and more visible. The nymphs mature over the next 8-12 days. Once adults, they can mate and the cycle starts over again.

How are lice transmitted?

Some sources state that adult lice can survive up to 48-55 hours without a host. Others indicate they can only live for 24 hours. The eggs cannot hatch at an ambient temperature lower than that of the scalp.

The most likely form of transmission is direct contact with the scalp. Lice cannot fly, hop or jump. They can only crawl. Pets are not vectors. Other theoretic modes of disease spread include cross transfer from articles of clothing on adjacent hooks and shared combs, hats, headphones, towels. However, this type of transfer is rare.

How do I know if my child has lice?

Most lice infestations are asymptomatic. Some children affected may even house a large number with no apparent symptoms. Itching results from sensitization to the louse’s saliva. However, this sensitization may take up to 4 to 6 weeks. Scratching can lead to secondary bacterial infection like impetigo.

What is the best way to diagnose lice?

The diagnosis is made by the visualization of live lice. However, this can be an arduous task given that they avoid light and crawl quickly. Studies have revealed that using a louse comb is more efficient for diagnosis than visual inspection. Some experts suggest that wet combing (with water, oil or conditioner as a lubricant) may be better than the dry technique but this has not been compared in clinical studies.

Nits may be more easily noticed than live lice. However, examiners tend to mistake hair casts, dandruff, and debris for nits. Nits are firmly attached to the hair shaft so harder to remove than these other entities. Yet, nits without lice do not automatically indicate an active infestation. Nits may last for months despite successful treatment.

How do I comb lice out?

The most accepted combing technique is as follows:

The hair should be brushed or combed to remove tangles.

The fine-toothed comb is inserted near the crown until it gently touches the scalp, after which it is drawn firmly down and examined for lice after each stroke.

The entire head should be combed systematically at least twice.

How do I prevent lice?

Remind children to not share combs, brushes and hats.

Identify affected children and treat promptly.

It is not recommended to treat for lice unless the diagnosis is confirmed.

What are the topical treatments available?

There are several products available in both prescription and over the counter forms to treat lice. (For a full list of treatment options, please stop by the office.) Many families comment that such treatments are unsuccessful. It is more likely that the product's application is ineffective rather than the product itself. Making sure that enough product is applied and at the correct interval is essential.

What if my child gets diagnosed at school?

According to the American Academy of Pediatrics (AAP), when a child is diagnosed at school they can remain in school but should start treatment once home.

When can my child return to school?

The AAP states that no child should be restricted from school due to head lice. Most researchers recommend that schools should abandon "no nits" policies. It is felt that children can return to school immediately after completion of the first application of a topical insecticide or after the first wet combing session. According to the online Winchester Public School lice policy, "The student may return to school after adequate treatment in consultation with the school nurse". Refer to <http://www.winchester.k12.ma.us> for more details.

At NCNS we follow the AAP and local public school guidelines, a student may return after treatment.

How should I protect my other children from getting lice?

All household members should be checked. If there are any live lice or nits within 1 cm of scalp, the affected should be treated. Bunkmates should be treated regardless of scalp findings. Given that the louse is unlikely to survive beyond 48 hours only washing items that came in contact with the affected head 48 hours before treatment is needed. Washing items with hot water at least 130°F is necessary. Items such as carpets and furniture can be vacuumed. Items that can't be washed can be dry cleaned or placed in sealed plastic bag for two weeks.

Britt Boulanger MD

RESOURCES:

<http://www.cdc.gov/lice>

http://www.mass.gov/Eeohhs2/docs/dph/cdc/factsheets/head_lice.pdf

<http://www.healthychildren.org/English/news/Pages/AAP-Offers-Updated-Guidance-on-Treating-Head-Lice.aspx>

If you would like to add something to the NCNS newsletter, please contact Dana Garmey at dana_silliman@yahoo.com. Thank you!

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