

School's Out, Inc.

October 2011

239 Delaware Avenue, Delmar, NY 12054



From the Executive Director, Jayne Maloney

October has loads of fun events coming up, Farm Fest, Lights on Afterschool and Harvest Parties. The children are looking forward to them! More detailed information is contained on pages 2 and 3.

There are a number of full and half day vacation days coming up (p.2). Please watch for registration information. This will be sent out via our *E-Mail News Alert* and information will be at the sites and on our website, www.schoolsoutinc.org. If you have not already done so, please go to our website and sign up for our *E-Mail News Alert*.

New this year: In our continued effort to be environmentally responsible, our monthly tuition bills are now being e-mailed to the primary e-mail address provided on your child's fall registration form. The bill reflects the school your child attends. If you have not received your October bill, please check your junk mail and spam. You may also contact Debbie Hartnagel, Tuition Accounts Manager, at 439-9300 or at dhartnagel@schoolsoutinc.org with any questions or concerns.

Tuition Express

For our parents' convenience, we offer an auto pay option - Tuition Express. Tuition may be deducted automatically from your checking or savings account or may be applied to your MasterCard, Visa or Discover card. Forms are available on our website, www.schoolsoutinc.org, or you can call our office, 439-9300, for the form.

Auto pay is processed on the first business day of each month. It may also be used for payment of vacation program days, summer enrollment and fall registration.

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Upcoming Events

- ◆ Lights on Afterschool
- ◆ Harvest Parties



November Vacation Care Program Days

Registration flyers will be out shortly for the Tuesday, November 8th and Friday, November 11th vacation care program full days. The field trips for these days will be:

Tuesday, November 8th Albany Pine Bush Preserve

Friday, November 11th Henry Hudson Planetarium

Registration forms will be available on our website, schoolsoutinc.org and a limited number of copies will be available at the sites.

Watch for registration flyers for the November 22nd, December 1st and December 7th Vacation Care Program Half Days, which will be out later this month.



Harvest Parties

A harvest party will be held at each site on Thursday, October 27th. Parents are welcome to bring in healthy treats for the children. The sites will have a signup sheet for treats, located by the parent board.

*“My child
loves her time
at School’s Out.
The staff
are wonderful.”*

Flu Season is Fast Approaching

With flu season just around the corner, here are some helpful suggestions to help keep your children well:

- Wash hand often with soap and water, especially after sneezing or coughing. Using alcohol based hand sanitizers is also effective in killing germs.
- Have them cover their mouth with a tissue when sneezing or coughing. If a tissue is not available, cough or sneeze into their shoulder or elbow.
- If your child is sick, keep them home for at least 24 hours after their fever or signs of a fever has passed.

For other helpful advise, go to www.flu.gov or www.cdc.gov/flu.

Lights on Afterschool

On Thursday, October 20th, we will celebrate the 12th annual **Lights on Afterschool**. “*Lights on Afterschool* is a project of the Afterschool Alliance, a non-profit organization dedicated to ensuring that all children have access to quality, affordable afterschool programs.” School's Out, Inc. joins 1 million Americans who take part in Lights on Afterschool to help call attention to the afterschool programs that keep our kids safe, inspire them to learn and help working families.

The theme for this year's celebration will be Mardi Gras. Ask your Site Manager for more information.

*excerpt from www.afterschoolalliance.org

Community Hospice for Children and Teens

The Community Hospice has a program for children and teens (ages 3 +) who are struggling with grief called *Wave Riders*. Through support groups using art, music, games and storytelling, children and teens are helped to deal with the loss of a loved one or close friend. Children are divided into age-appropriate groups. Parent Education Support Groups meet concurrently.

Community Hospice also sponsors a weekend camp, Camp Erin, for these children. The program is free of charge and is available in a seven county area. It is funded solely through donations and grants. For information call 1-800-678-0711.



Head Lice Information for Parents

Head lice can be a nuisance. Here are some of the precautions we take at the sites:

- We do not allow the sharing of hats and other clothing
- Stuffed animals and dress up clothing are washed regularly
- Floors and furniture are vacuumed
- We do not fumigate with sprays as they are not necessary to control lice and may be toxic if inhaled or absorbed through the skin

To help control a head lice outbreak, children can be taught to avoid activities that may spread head lice.

For more information, go to the Center of Disease Control and Prevention website.

excerpt from www.cdc.gov/parasites/lice/head/prevent

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Bread Sticks w/Dipping Sauce Water / Milk	4 Carrot Sticks w/Ranch Dressing Water / Juice	5 Ritz Crackers w/Strawberry Jam Water / Milk	6 Grapes Water / Milk	7 Chex Mix Water / Juice
10 Columbus Day Full Day Program AM - Trix Cereal Bars PM - Apples Water / Juice	11 Animal Crackers w/Vanilla Yogurt Water / Milk	12 Pretzel Rods w/Cream Cheese Water / Milk	13 Celery Sticks w/Ranch Dressing Water / Juice	14 Snack Buffet Water / Milk
17 Chocolate Chip Granola Bars Water / Milk	18 Sliced Cucumbers w/French Dressing Water / Juice	19 Bananas Rolled in Wheat Germ Water / Juice	20 Cheerio Cereal w/Raisins Water / Milk	21 Cheese & Cracker Packets Water / Juice
24 Peach Slices Water / Milk	25 Carrot Sticks w/Ranch Dressing Water / Milk	26 Mozzarella Sticks w/Wheat Thins Water / Juice	27 Harvest Parties Water / Juice	28 Sun Chips Water / Milk
31 Happy Halloween Pumpkin Face Bagels  Water / Milk				

