



JANUARY  
2018



## Message from the Director

Dear Garrett Park Families,

We left 2017 on such a positive note with many thanks going out to the families for another successful year for MCCA's annual toy drive! We have definitely put some smiles on the hearts of those less fortunate. As we begin a new year with new goals, one goal for me as a director is to continue to motivate my staff to be a better you than you were yesterday. As we help the children in our care reach milestones and achieve goals, let's continue to push to achieve our individual goals and motivate the next person to do the same.

Charity

## What's New

### Outside Play in the Winter

Children spend lots of time outdoors during the warmer months. But what about the colder months? Playing outdoors in the winter months actually has several health benefits.

#### 1: Children Get Out and Stay Active.

Increased physical activity in the winter promotes larger muscle development. Walking through the snow promotes the larger muscles to work even harder than during the warmer months. Increased exercise fosters a healthy body weight and better sleep cycles.

#### 2. Provides Essential Vitamin D.

According to NIH's Office of Dietary Supplements, Vitamin D prevents bones from becoming too thin and brittle. Sun exposure is one of the most natural sources of Vitamin D. It often provides children with an adequate amount of Vitamin D than what is naturally found in most food sources.

#### 3. Children Can Escape Indoor Germs, Bacteria.

According to the CDC, the immune system is strengthened when children escape the indoor germs and bacteria. Their bodies begin to form a resistance to allergies.

#### 4. Creative Expression and Imagination.

Children tend to be more creative in their play as typically some of the playground equipment may be inaccessible. This encourages children to use their imagination and create winter games and foster learning not typical during the rest of the year.

Gaynor, R. (2015, February 09). Four Crucial Ways Playing Outdoors in Winter Benefits Children. Retrieved December 30, 2016, from <http://www.accuweather.com/en/weather-news/children-winter-cold-health-safety/40982792>



## Important Reminders

### SICK CHILD POLICY

You can help us prevent the spread of germs and illness by observing our policy on sick children. Each child should be well enough to participate fully in all of the daily activities of the program. Our programs are not equipped or licensed to care for sick children. If your child becomes ill during the day, we will make the child as comfortable as possible and notify you to immediately pick up your child. Please do not bring your child to the center with symptoms of illness. If your child is sent home from the center, s/he will need to remain at home for at least 24 hours, or submit a written statement from the health care provider, approving the earlier return to the program. Please notify the center within 24 hours if your child develops or been diagnosed with a communicable disease. Children who need medication, prescription or over the counter, will need a medication authorization form to be filled out and signed by a doctor before staff can administer it. A link to the medication authorization form can be found on our website and below.

### MEDICATION AUTHORIZATION FORM

<http://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/occ1216-medicationadministrationauthorization.pdf>

## Upcoming Dates

**MCCA will be CLOSED:**

**Monday January 15th – Holiday**

**Panthers Field Trip: January 18th**

## Suggested Resources and Reading

### RESOURCES FOR FAMILIES ON MCCA'S WEBSITE

If you have not done so already, please check out the family resource section on MCCA's website. There you can find frequently used forms, our school calendar, MCCA's health guidelines and our Family Handbook.

[http://www.mccaedu.org/family\\_resources.html](http://www.mccaedu.org/family_resources.html)

### Activities for Outdoor Play in the Winter:

<https://www.familyeducation.com/fun/outdoor-activities/top-10-wintertime-neighborhood-games>