



Charter Colony Express

All Aboard!

Volume: 1

October 2017

A Note from the Administration...

Happy Fall!!!

Fall is my absolute most favorite season. It's a time where I feel people really come together to enjoy the weather and all that our community has to offer. This season also gives the students a lot of opportunity to explore the outside world and see some really neat changes take place.

Fall also brings a lot of fun events. On Saturday, October 21st, we will have a booth set up at 36th Midlothian Day Festival and Craft Fair!! Make sure you stop by to say hi and bring some friends so they can check out all the wonderful things our school has to offer.

On Friday, October 27th from 6:45pm-8:00pm, we will host our 1st Annual Fall Festival. This will be a great event with fun activities for the entire family. Make sure you keep an eye out for more details.

Don't forget, on October 4th from 4pm-6pm, The Get Well Place will be hosting a flu clinic. Please see the attached flyer for details and stop by the Front Desk with any questions.

I hope everyone has a happy and healthy October and I hope your days are filled with fresh apple cider and pumpkin spiced lattes!!

Lauren Maggi- Village and Camp Blue Sky Director

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Fall Festival

- FRIDAY OCTOBER 27, 6:45-8
 - BOUNCE HOUSES
 - FACE PAINTING
 - GAMES



Annual Flu Shot Clinic

October 4th 4-6 in the GWP

Chesterfield County Public School

Fall Pictures

Fall Festival

Early Release

October 17th-19th

October 27th

October 6th

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Nurse's Note: *Matilde Badillo, R.N.* – [Hand, Foot & Mouth Disease: FAQs– American Academy of Pediatrics](#)

What is hand, foot, and mouth disease? Despite its scary name, hand, foot, and mouth disease is a common virus, much like the common cold. It typically affects infants and children under age 5, but older kids and adults can catch it as well. **IT SHOULD-N'T BE CONFUSED WITH "HOOF AND MOUTH DISEASE" THAT AFFECTS CATTLE, SHEEP, AND SWINE!**

What are the signs and symptoms? From the time a child is exposed to hand, foot, and mouth disease, it takes 3 to 6 days for the first symptoms to show up. This is called the *incubation period*. It usually starts with a [fever](#), [sore throat](#), and runny nose—AGAIN, much like the [common cold](#)—but then a rash with tiny blisters may start to show up on the following body sites:

*In the mouth *Fingers *Palms of hands *Soles of feet *Buttocks

Note: One, few, or all of these body sites may have blisters. Symptoms are the worst in the first few days but are usually completely gone within a week. Peeling of the fingers and toes after 1 to 2 weeks can happen, but it is harmless.

How is hand, foot, and mouth disease diagnosed? Your pediatrician can tell if your child has hand, foot, and mouth disease based on the symptoms you describe and by looking at your child's mouth sores and rash.

What is the treatment? There isn't any medicine to treat or cure hand, foot, and mouth disease. The only thing parents can do is ease the fever and pain with [acetaminophen](#) or [ibuprofen](#). Call your pediatrician if your child's fever lasts more than 3 days or if he or she is not drinking fluids. Children with hand, foot, and mouth disease need to drink plenty of fluids.

How long is it contagious and how is it spread? You are generally most contagious during the first week of illness. But, children with hand, foot, and mouth disease may shed the virus from the respiratory tract (nose, mouth and lungs) for 1-3 weeks and in the stool for weeks to months after the infection starts. The virus causing hand, foot, and mouth disease is usually spread through person-to-person contact in different ways:

Respiratory route: Contact with large droplets that form when a child talks, coughs, or sneezes.

Fecal Oral route: Contact with stool of children who are infected. This generally involves a sick child dirtying his own fingers and then touching an object that another child touches. The child or teacher who touched the contaminated surface then puts her fingers into her own mouth.

How can I help prevent and control the spread of hand, foot, and mouth disease?

Teach your children to cover their mouths and noses when sneezing or coughing with a disposable tissue, if possible, or with an arm sleeve if no tissue is available. Teach everyone to **wash their hands** right after using tissues or having contact with mucus.

- **Wash your hands well** after changing diapers.
- **Clean, rinse, and sanitize** toys that may have been mouthed or have been in contact with a child's saliva.
- **Disinfect** any surfaces your child touches frequently.

Can children go to school or child care with hand, foot, and mouth disease? Yes, except for when:

- The child has a fever.
- The diagnosed child has many open & oozing blisters that cannot be covered.

Note: Exclusion from child care or school will not reduce the spread of hand, foot, and mouth disease because children can spread the virus even if they have no symptoms and the virus may be present in the stool for weeks after the symptoms are gone.

Please stop by the GWP and speak to one of our nurses if you have any questions. Matilde Badillo, RN

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Nurse's Note: *Matilde Badillo, R.N.*

**Coming Soon!!!
1st ANNUAL FLU SHOT CLINIC**

**WEDNESDAY, OCTOBER 4, 2017
4:00 PM – 6:00 PM
IN THE
GET WELL PLACE**



Flu shots are available to all RSCC staff, RSCC parents, and RSCC children who are 7 years and older and are accompanied by their parents.

Flu Shot Clinic sponsored by **Walgreens**.
No appointments necessary.

However, **Walgreens** asks that you fill out Sections A and C of the Vaccine form for yourself and each family member getting the vaccine. These forms **AND** a copy of your health insurance card must be turned in to the GWP nurse by **MONDAY, OCTOBER 2, 2017**. This will allow **Walgreens** time to submit your insurance information for pre-approval.

Forms submitted after October 2nd cannot be guaranteed pre-approval.

For any questions, please contact Matilde Badillo, RN @ 804-594-0561.

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Curriculum Highlight

By: Bridgette Cox, Village Curriculum Specialist

Happy fall! I hope you and your children have had a successful start to the new school year. This month I am spotlighting our new World Studies program at Rainbow Station at Charter Colony. Children in classes Orange to Kindergarten will be attending World Studies class each week. Ms. Keia Shearn is the teacher leading the program.

Ms. Keia has spent time in September introducing World Studies and the concept of different cultures to students, "Everyone is the same, but unique", says Ms. Keia. Students worked on activities that led to discussions about skin tones and where we live. The focus for the month of October will be learning about Australia.

We welcome your input and would love for you to share your culture and traditions with the children and staff at Charter Colony. If you are willing to share and/ or participate in cultural events or classes please contact Ms. Keia kshearn@rainbowstationcc.org or me. We know our parents will be a strong resource for us to go to for information. We appreciate any and all help as we open up the world to our students at Rainbow Station.

Have a fun filled October!

Bridgette Cox, Curriculum Specialist

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Birthday Celebrations

Happy Birthday to Jack S, Evelyn D, Max M, Leo W, Ava T, Viviana L, Jaiden P, Jenna E, Kinsley C, Liam M, Hudson C, William C, Caleb K, Ayaan D, Nathan B, Riley H, Wyatt E & Lewis C!!!

Notes From the Front Desk:



- Please remember that tuition is due on Monday. Late fees will be applied on Wednesday.
- If your child will be out for the day (or multiple days), please let either your teacher or the Front Desk know.
- Our village operating hours are from 7:30-6:30. If you need to drop your child off prior to 7:30, please bring them to our preschool station square.
- Due to food allergies we ask that you leave outside food at home. For the safety of our students we ask that your child does not enter our building with their breakfast. Thank you for understanding the importance of this.



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