



## Holly Ridge Preschool Happenings

Holly Ridge Center · 5112 NW Taylor Rd. · Bremerton, WA 98312 · 360-373-2536

### 'Tis the Season

Cold and flu season is upon us and, although we just expect some sniffles to happen, there are things we can do to reduce the number and the severity of the illnesses that make their way into our homes. This issue is all about keeping our children safe and well.

One of the best ways to keep your child healthy is to get a flu shot before the start of flu season.

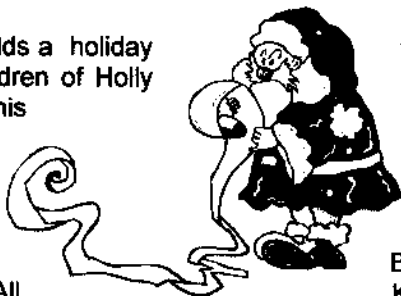
The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for children who are at increased risk of complications from influenza, including:

- All children between the ages of 6 months and 59 months
- Children who have a chronic medical condition, such as asthma, cardiovascular disease, diabetes, sickle cell anemia, HIV/AIDS or kidney disease

The CDC also recommends the flu vaccine for all caregivers and close household contacts — including siblings — of children in these groups.

### Winterfest

Every year Holly Ridge holds a holiday celebration for all the children of Holly Ridge and their siblings. This year the WinterFest will be on December 19 from 10am to noon at the center in Bremerton. There will be food, fun and Santa Claus!! All



This reduces a child's potential exposure to the influenza virus.

The flu vaccine is available in two forms:

- The flu shot, which is approved for use in children 6 months and older
- The nasal spray flu vaccine (FluMist), which is approved for use in children 2 years and older

Some research suggests that the nasal spray vaccine may be more effective than the flu shot in preventing influenza in children. Consult with your doctor about which form of vaccination may be best for your children.

Children younger than 9 years require two doses of the flu vaccine one month apart if it's the first time they've been vaccinated for influenza. This is important because only one dose does not provide adequate protection.

When your child is coming down with an illness, please keep him home. You will be reducing the spread of infection and giving your child the rest that he needs to help fight off the worst of it.

families and siblings are welcome, make sure to bring your cameras. This event is sponsored by CK Kiwanis, with assistance from the Bremerton High School Key Club.

### November/December

Volume 4, Issue 2

#### Calendar:

- November 12—Veteran's Day, no class/no therapy  
November 22, 23—Thanksgiving holiday, no class/no therapy  
December 15-January 1—Winter break, no class/no therapy  
December 19—Winterfest party 10am to noon

#### Inside this issue:

Wish list	2
Keep Germs in Check	2
Children's Issues	2
Preschool Themes	3
Toddler Immunizations	3
Songs for November	4
Songs for December	5
November Signs	6
December Signs	7

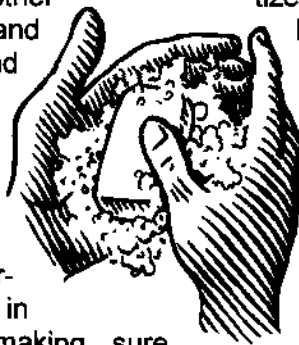
## Keep Germs in Check

Public health specialists hail convenience products that promote clean hands, but hope people aren't skipping soap and water. Here's a guide to proper hygiene:

▶ Washing with soap and warm—but not hot—water is always best, especially to remove dirt. Rub hands thoroughly for 15 seconds. Use hand sanitizer after blowing nose, shaking hands, touching

doorknobs or other public objects, and whenever soap and running water aren't available.

▶ Rub sanitizer over hands until the product evaporates. Oversee sanitizer use in small children, making sure they don't eat it. Look for sani-

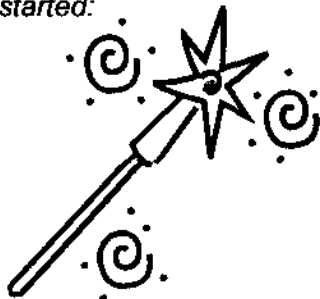


tizer with 60% to 95% alcohol content. At best, sanitizer kills many germs but not all.

▶ Germs typically spread via hands, sneezes and coughs. Cough or sneeze into elbow or tissue, not hands. Avoid touching eyes, nose or mouth with unwashed hands.

## Wish List

*Some parents ask if there is something they can do to help us out. We are always in need of supplies for craft projects. Sometimes we'll ask for an item from a store. Sometimes we'll ask you to recycle a certain item. Here are a few things to get us started:*



- Board books (new and used)
- Holiday wrapping paper
- Scotch tape
- Hand sanitizer
- Bubbles (Gazillion Bubbles is the best!)
- Foam soap in the aerosol cans
- Stickers
- Spinny, lighty, flashy toys (Six Stars has a good assortment)

## A Preview of Children's Issues before the 2008 Washington Legislature

Stars Credit Available

Presented by Rhodes Lockwood

Date: November 15, 2007

Time: 10:00 AM

Place: Olympic ESD #114

105 National Ave.

Bremerton, WA 98312

Kitsap Interagency Coordinating Council is sponsoring this informative presentation to help families and early childhood programs/agencies learn about children's issues that will be presented to the 2008 Washington Legislature

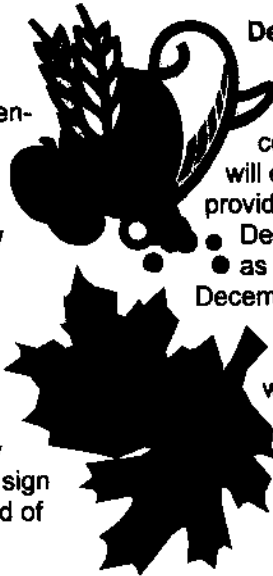
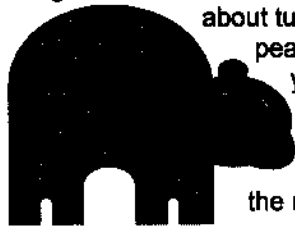


Contact Kathy Avery for more information at (360)373-2536

# Preschool Themes

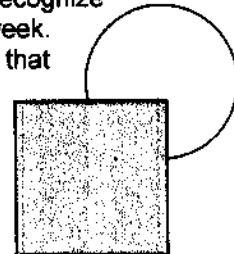
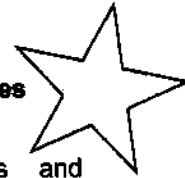
## November: Food and Fall

The focus will be on fall and food. The sensory tables will have fall favorites like autumn leaves and feathers for little fingers to explore. There will be food and grocery baskets in the dramatic play areas. We'll be singing about the falling leaves and that great outdoor activity—Going on a Bear Hunt. We'll also sing about turkeys and peanut butter—yum! Make sure to review the song and sign lists at the end of the newsletter!



## December: Colors and Shapes

The focus will be on shapes and colors. Throughout all the activities we will emphasize shapes and colors and provide a variety of matching type activities. December will be a short month, as far as classes go, but we will recognize December's holidays for one week. Some of the new songs that we will learn this month will include "Twinkle, Twinkle Little Star" and "Jingle Bells."



# Toddler Immunizations

*Every child needs immunizations during infancy and early childhood. Some of these immunizations are given in the first six months, but others are not given until the child becomes a toddler.*

### The MMR

The first toddler immunization protects against measles, mumps, and rubella (German measles) and is called the MMR (measles, mumps, rubella) shot. It is given at 15 months and 4-6 years of age. Just one shot protects against all three of these childhood diseases.

### DPT

Two of the immunizations given to toddlers—polio and diphtheria, pertussis or "whooping cough," and tetanus (DPT)—are more of the same ones your child received as a baby.

This series of immunizations is very important to protect against dangerous diseases like polio and whooping cough.

Often, doctors and clinics give the polio and DPT immunizations at 15 months of age, along with the MMR immunization. Some doctors may delay the polio and DPT immunizations until the child is 18 months of age.

Keep a record. Keep a written record of your toddler's immunizations so you can be sure she has the ones she needs. You will need to show proof that your child has been immunized before she can go to school.

The following chart can help you decide if your

child is up-to-date on immunizations. Ask your doctor for more information.

Age	Immunization
2 months . . . . .	DPT, OPV, Hib
4 months . . . . .	DPV, DPT, and Hib
6 months . . . . .	DPT and Hib
15 months . . . . .	MMR, DPT, OPV & Hib
16-60 mo. . . . .	Hib one time only (if not done previously)
4-6 years . . . . .	DPT, OPV, and MMR
14-16 years . . . . .	TD every 10 yrs. (throughout life)
	DPT Diphtheria, pertussis, & tetanus
	OPV Oral Polio Vaccine
	Hib Hib Meningitis (vaccine mandatory for all children)
	MMR Measles, mumps, and rubella

# Songs for November

## One Little, Two Little, Three Little Turkeys

1 little, 2 little, 3 little turkeys,  
4 little, 5 little, 6 little turkeys,  
7 little, 8 little, 9 little turkeys,  
10 little turkeys go Gobble, Gobble, Gobble.



## Peanut Butter and Jelly

Peanut, Peanut butter,  
Jelly, Jelly  
Peanut, Peanut butter,  
Jelly, Jelly

First you take the peanuts and you squish 'em, squish 'em.  
First you take the peanuts and you squish 'em, squish 'em.

Peanut, Peanut butter,  
Jelly, Jelly  
Peanut, Peanut butter,  
Jelly, Jelly

Then you take the jelly and you spread it, spread it.  
Then you take the jelly and you spread it, spread it.

Peanut, Peanut butter,  
Jelly, Jelly  
Peanut, Peanut butter,  
Jelly, Jelly

Then you take the sandwich and you eat it, eat it.  
Then you take the sandwich and you eat it, eat it.

Peanut, Peanut butter,  
Jelly, Jelly



## Leaves Are Falling

Leaves are falling, leaves are falling,  
On the ground, on the ground.  
Red and yellow, orange ones,  
Red and yellow, orange ones.  
Falling down, on the ground



## Bear Hunt

I'm going on a bear hunt and I'm not afraid.  
I'm going on a bear hunt and I'm not afraid.

Uh, I see a tree.  
Climb up, up, up.  
Look around. Do you see a bear?  
No Bear.  
Climb down, down, down.

I'm going on a bear hunt and I'm not afraid.  
I'm going on a bear hunt and I'm not afraid.

Uh, I see water.  
Swim, swim, swim.  
Time to dry off.  
Dry off your \_\_\_\_\_(list body parts)

I'm going on a bear hunt and I'm not afraid.  
I'm going on a bear hunt and I'm not afraid.

Uh, I see mud.  
Squish, squish, squish.  
Time to wipe off.  
Wipe, wipe, wipe.  
Are your feet clean? My feet are clean.

I'm going on a bear hunt and I'm not afraid.  
I'm going on a bear hunt and I'm not afraid.

Uh, I see a deep, dark cave.  
With 2 big eyes.  
Oh, no! It's a bear.  
Run, run, run.

Whew, we made it home. Hi Mom, Hi Dad.  
Hi Grandma, Hi Grandpa.

# Songs for December

## Jingle Bells

Jingle bells  
Jingle bells  
Jingle all the way.  
Oh, what fun it is to ride  
In a one horse open sleigh.  
Hey!  
Jingle bells  
Jingle bells



## Ring Around the Rosy

Ring around the rosy.  
Pocket full of posies.  
Ashes, ashes.  
We all sit down.

## Jack-In-The-Box

Jack in the box so quiet and still, *(on hands and knees)*  
Will you please come out.  
Yes, I will. *(spring up from the floor)*



## Twinkle Twinkle Little Star

Twinkle twinkle little star.  
How I wonder what you are.  
Up above the world so high.  
Like a diamond in the sky.  
Twinkle twinkle little star.  
How I wonder what you are.



## Tick Tock

Tick Tock I'm a clock.  
*(Bring arms up over head and back down to the sides)*  
Tick Tock It's one o'clock. *(repeat motion)*  
BONG *(pat chest)*

Tick Tock I'm a clock.  
Tick Tock It's two o'clock.  
BONG BONG

