

# THE LINK

## LINKING FAMILIES TO

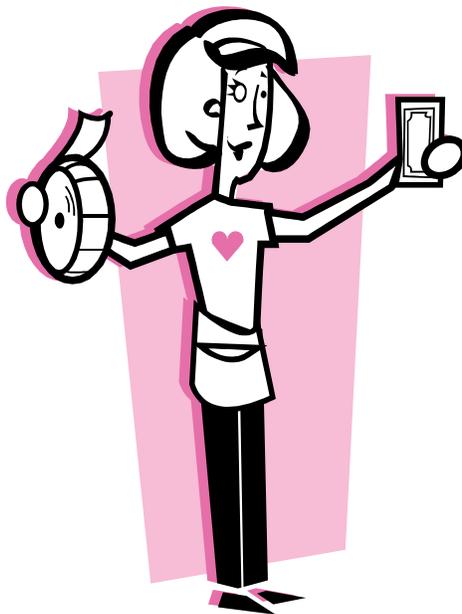
HAPPY DAY SCHOOL  
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## Thank you Staff and Families!

**With the support of families and staff, Happy Day's Annual Auction and Craft Show was a huge success! We had 24 vendors, 130+ items for silent auction, large raffle items, vendor baskets, certificates to various places throughout the county, the Kids Korner and concessions. The shoppers turned out in full force to participate in this important event and helped us raise \$5,965 towards our next levy campaign. Thank you to all who helped support the event by donations, time, or spending money. We hope to see you all here next year!**



## Making Meal Time Family Time

Holidays are just around the corner, and since most of us have family gatherings during the holidays, why not make at least one meal a day a time when everyone sits down together for good food and conversation:

“Family Time.” Here are some suggestions to get you started:

- Start meal rituals early in childhood. Even highchairs can be pushed up to a table.
- Make mealtime a priority, but be flexible. As schedules change, so can the time of the family meal.
- Actions speak louder than words-sit together at the table, turn off the TV or radio, and ignore the phone.
- Give everyone a job. Even a toddler can put napkins on the table.
- Good manners are part of the ritual, too. Make sure everyone washes their hands before eating. Teach your children to stay at the table until the meal is completed.
- Include everyone in the conversation. Ask a question about their day or share a story about yours. Make plans for the rest of the day or sometime later in the week.
- Most of all relax, talk and listen to one another, and enjoy this time together.

If you would like more information on this topic, check out Akron Children’s Hospitals “Tips to Grow By” publication.

## CALENDER OF EVENTS

11/10/2014	6:00 PM	Parent Council Meeting– Portage Industries
11/14/2014	6:00-7:30 PM	Board Eligible Family Swim– Happy Day School
11/14/2014	9:00 AM-3:00 PM	Genetics Outreach Clinic
11/14/2014	9:30-10:15 AM	Kindermusik for Infants and Toddlers
11/14/2014	10:30-11:00 AM	Kindermusik for Infants and Toddlers
11/19/2014	5:30 PM	PCBDD Board Meeting– Board Office
11/21/2014	9:30AM –10:15 AM	Kindermusik for Infants and Toddlers
11/21/2014	10:30-11:15 AM	Kindermusik for Infants and Toddlers
11/21/2014	6:00-8:00 PM	School-Age Socialization-Twin Star Lanes
11/25/2014	3:00-4:00 PM	Market Day Pick-Up
11/25/2014	6:00-7:30 PM	Board Eligible Family Swim– Happy Day School
11/27/2014-11/30/2014		Thanksgiving Break-No school
12/2/2014	6:00-7:30 PM	Board Eligible Family Swim– Happy Day School
12/5/2014	10:30-11:15 AM	Early Intervention Swim Playgroup
12/9/2014	9:30 AM	Santa Shop at Happy Day School
12/9/2014	1:15 PM	Annual School-Age and PS Holiday Program
12/9/2014	6:00-7:30 PM	Board Eligible Family Swim
12/10/2014	10:00 AM	E. I. Holiday Gathering-Multipurpose RM
12/11/2014	9:30 AM	Santa Shop at Happy Day School
12/12/2014	10:30-11:15 AM	Early Intervention Swim Playgroup
12/12/2014	6:00-8:00 PM	School-Age Socialization–Dinner & Activity

- \* SHOW LOVE AND AFFECTION
- \* WHEN NECESSARY, TAKE TIME TO COOL DOWN
- \* COMPLIMENT YOUR CHILD
- \* SET BASIC RULES AND LIMITS
- \* TEACH VALUES
- \* INTRODUCE YOUR CHILD TO BOOKS
- \* LISTEN AND TALK TO YOUR CHILD
- \* BE THE KIND OF PERSON YOU WANT YOUR CHILD TO BE
- \* OFFER GUIDANCE
- \* SPEND SPECIAL TIME TOGETHER AS A FAMILY



WORDS YOUR CHILD NEEDS TO HEAR taken from Prevent Child Abuse Ohio Brochure

- \* I'M SO LUCKY TO HAVE YOU!
- \* YOU ARE A GREAT HELPER!
- \* I LIKE IT WHEN YOU TRY SO HARD!
- \* LET'S TALK ABOUT IT.
- \* I'M SORRY.
- \* YOU'RE VERY SPECIAL TO ME!
- \* THANK YOU FOR BEING PATIENT!
- \* YOU'RE A GREAT KID!
- \* I LOVE YOU!



SHOP FOR CASH-IT IS EASY FOR SPECIAL OLYMPICS

Save your ACME receipts from September 18, 2014 to February 4, 2015. Send them to Happy Day School, in care of Gail McAlister, Special Olympics. We will make 5% of the Cash Back amount printed at the bottom of the receipt.

THANKS!



### When to Keep Your Child Home From School

You have plenty of other things to do at 6:30 in the morning than play amateur doctor, yet that's the situation many parents face when a child awakens with a health complaint and you must determine whether the complaint is serious enough to warrant a sick day. Here are some tips for deciding whether to keep a child at home:

Monitor any symptoms of illness before your child goes to sleep at night. Make time to evaluate the symptoms in the morning. Symptoms can get worse overnight. How does your child appear? Is he or she active, alert, and comfortable or slow, lethargic, whiny, irritable, feverish, or have other significant symptoms?

- Children can attend school with the sniffles as long as they feel all right otherwise. But keep your child at home if he or she has a heavy cough or a steady stream of mucus. Also keep the child home if the cough is accompanied by breathing that is rapid or labored and describe these symptoms to your doctor.
- If your child has a rash, it's important to determine its source. If it's poison ivy, for example, the child can go to school as long as the rash is being properly treated. But an unexplained rash may be the first symptom of a contagious illness. Note whether the rash is accompanied by such other symptoms as fever, crankiness, lethargy, unusual crying, or a general feeling of discomfort. Keep the child at home and describe these symptoms to your doctor. Children should be temperature free for 24 hours before returning to school.
- A common complaint is an upset stomach. This can be caused by several things, including an upcoming test or a situation in school that your child may be reluctant to confront. The pain probably isn't caused by something too serious if your child is able to play or do other activities. But keep your child home from school if the stomach pain is accompanied by vomiting, diarrhea, or fever. If the child complains of stomach pain for several days, you should call your physician for advice.
- A child who is vomiting should be kept at home. Unless the source of the vomiting is obvious (for example, a reaction to a new food), you should also check with your doctor. Diarrhea is another reason to keep your child at home. Younger school age children may not be able to prevent accidents.
- When it comes to temperature, a reading below 100 degrees is generally not cause for concern, child experts say. A fever above 100, especially when combined with a sore throat, a rash, or other symptoms, could indicate a more serious illness. Keep the child at home and then describe the symptoms to your doctor.