

Neighborhood News

The Neighborhood Learning Center's monthly newsletter

October fun is in the air!

We all love special days...days that make us smile when we see our friends, days that make us giggle when we're getting ready, and days we can be comfy and cozy. Now that we are settling into a regular school routine, we can enjoy a few of these special days together!

Make note of these special days during the month of October!

- Wednesday the 7th—**Super Hero Mask Day!** Heroes wear face masks, so wear yours to school! Ages 2 and older are encouraged by the CDC to wear face masks when they can't socially distance from others and we are committed to helping the children in our care learn how to wear masks appropriately and how they can help keep others safe and healthy. We will have extra masks for children who don't bring one.
- Wednesday the 21st—It's **Pajama Day!** Send them to school in their PJs but please make sure they're still wearing sneakers for safety.
- Friday the 30th—**Happy Halloween!** Please see page 2 of this newsletter for some Halloween costume reminders.

This Month's Highlights

October 7

Super Hero Mask Day!
Real super heroes wear face masks, so wear yours to school

October 9

Fire Prevention Day

October 12

NLC CLOSED in observance of Columbus Day

October 15

"Fill the Trunk" food drive—bring food donations during afternoon pick up to help supply Loudoun Hunger Relief

October 16

Pizza Party Day

October 21

Pajama Day—wear your PJs to school!

October 30

Halloween—Wear your costume to school!

Online streaming

Sunday worship every Sunday at 10:00 am

October Staff Birthdays

None!

This Month at School

Now that we are settled back into a bit of a routine for the fall, we are bringing back some FUN days we want to highlight, as well as some general calendar notes.

- Wednesday the 7th—**Super Hero Mask Day!** Heroes wear face masks, so wear yours to school! Ages 2 and older are encouraged by the CDC to wear face masks when they can't socially distance from others and we are committed to helping the children in our care learn how to wear masks appropriately and how they can help keep others safe and healthy. We will have extra masks for children who don't bring one.
- Friday the 9th—On **Fire Prevention Day** we will miss having our local fire fighters come visit to talk with us about fire safety and show us their fire trucks, so instead we will have a fire drill (weather permitting) and the teachers will incorporate fire safety in their daily lessons. Consider talking with your older children about a meeting spot outside your house and what to do if your home's fire alarm goes off.
- Monday the 12th—The **NLC will be CLOSED** in observance of Columbus Day.
- Thursday the 15th—**"Fill the Trunk" food drive**, sponsored by St. Andrew, to benefit Loudoun Hunger Relief. Please consider bringing a non-perishable food item to donate during pick up hours in the afternoon. The need for food donations remains high while donations have fallen. Last month's collection not only filled the trunk of the volunteer's car but also their back seat and floor!
- Wednesday the 21st—It's **Pajama Day!** Send them to school in their PJs but please make sure they're still wearing sneakers for safety.
- Friday the 30th—**Halloween!** Please see the information below.

Happy Halloween!

We LOVE Halloween here at the NLC! We won't be able to have our Trunk or Treat together with St. Andrew this fall, but we will still celebrate in style—with costumes! If your child would like to wear their costume to school on Friday the 30th please ensure:

1. No scary or gory costumes, including weapons, fake blood, etc.
2. Costumes should be put on at home and should be comfortable enough to stay in all day. Make sure your child has appropriate clothing under their costume or to change

into if they decide they do want to put their costume away for the day.

3. Send them in sneakers, even if they're not exactly what Thor or Elsa would wear. Safety first!
4. Please no candy or treats to share. We have a fun Halloween snack planned for the afternoon!



Back to School in September means lots of learning and enjoying lovely autumn weather!



COVID-19 Illness Policy – *Updated 8/5/2020*

As we approach the season of allergies, colds, and flu, we find children are exhibiting symptoms that may or may not be related to COVID-19. While our priority is to protect the health and safety of our children and staff, we understand the difficulties imposed on our families when stringent health and safety policies are unilaterally applied across all children presenting symptoms.

To help us navigate this challenging time, we have consulted the Loudoun County Health Department to provide additional guidance. Based on their recommendations our COVID-19 illness policy has been updated as follows:

1. If your child or any person within your household shows any of the [COVID-19-like symptoms listed below](#), your child will remain at home. Symptoms may appear 2-14 days after exposure to the COVID-19 virus and include:
 - Fever of 100.4 and above
 - Cough
 - Shortness of breath
 - Congestion or runny nose
 - Chills
 - New loss of taste or smell
 - Sore throat
 - Muscle or body aches
 - Excessive fatigue
 - Nausea or vomiting
 - Diarrhea
 - Headache
2. If your child shows any of the above symptoms while at the NLC, they will be separated from others, and you will be contacted immediately to collect them within 60 minutes.

When may your child return to the NLC?

With documentation from a healthcare provider – If your child or other household member is experiencing symptoms related to a non-COVID-19 diagnosis, your child may return to the NLC:

- Once a healthcare provider has determined either that your child or household member experiencing symptoms has a specific diagnosis (influenza, strep throat, etc.), or symptoms are related to a pre-existing condition.
- This documentation from the health provider must state your child is no longer/not contagious and must identify any other criteria to be met prior to your child returning to the NLC (e.g., fever free for 24 hours).

If your child or other household member has a COVID-19 test pending, the results must be received before your child can return to the NLC. Based on those results, your child may return to the NLC:

- If the test result is negative, and, if applicable, your child is fever free for at least 24 hours without medication, and other symptoms have improved.
- If the test result is positive, you must wait until ten (10) days have passed since the onset of symptoms (if asymptomatic, 10 days from positive test), your child is fever free for at least 24 hours without medication, and other symptoms have improved. (For more Info, please speak with your healthcare provider or the [Loudoun County Health Department](#), or [the CDC](#).)

Without documentation from a healthcare provider – Without documentation from a health care provider, the NLC must treat the illness as COVID-19 and your child may return to the NLC after these criteria are met: Ten (10) days have passed since the onset of symptoms, your child is fever free for least 24 hours without medication, and other symptoms have improved.

The Neighborhood Learning Center ~ Menu for October 2020

Whole milk is served to children under 2 and 2% milk is served to all others. Menus are subject to change.

*May contain eggs ^May contain milk (T) = Toddler WG = Whole Grain

		Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 28 – Oct. 2	Morning Snack	WG Cereal* Fruit Water	WG Bagel* Cream Cheese^ Water	WG Cereal* Milk	Pancakes Berries Water	WG Cereal* Fruit Water
	Lunch	Homemade Chicken Noodle Soup** Sliced Carrots Pears Milk	Hot Dog on a Bun Baked Beans Mandarin Oranges Milk	WG Fish Nuggets* Peas Cantaloupe Milk	WG Chicken Patty** Salad & Ranch Dressing^ Peaches Milk	Cheese Quesadilla** Corn Pineapple Milk
	Snack	Cheese Cubes^ Townhouse Crackers* Water	Animal Crackers** Applesauce Water	Cheese Itz** 100% Apple Juice	Yogurt^ Banana Water	Pretzels* Cheese Stick^ Water
Oct. 5 – 9	Morning Snack	WG Cereal* Water	Sausage Biscuit** Water	WG Cereal* Milk	French Toast Sticks* Berries Water	WG Cereal* Fruit Water
	Lunch	Chili ** Corn Bread** Pears Milk	WG Chicken Nuggets* Sliced Carrots Applesauce Milk	Taco Salad** Corn Roll** Peaches Milk	Ham & Cheese Sandwich^ Green Beans Pineapple Milk	Turkey Meatballs & Gravy* Peas Roll** Peaches Milk
	Snack	Sliced Cheese^ Townhouse Crackers Water	Veggie Straws Raisins Water	Yogurt^ Graham Crackers* Water	Breakfast Bar* 100% Apple Juice	Goldfish Crackers Strawberries Water
Oct. 12 – 16	Morning Snack	NLC CLOSED in Observance of Columbus Day	Waffles** Berries Water	WG Cereal* Milk	Pancake Wrapped Sausage** Water	WG Cereal* Fruit Water
	Lunch		WG Fish Nuggets* Green Beans Pears Milk	Salisbury Steak* Mashed Potatoes^ Roll* Mandarin Oranges Milk	WG Chicken Patty on a Bun** Corn Bananas Milk	Pizza Day!** Salad w/ Ranch Dressing^ Cantaloupe Milk
	Snack		WG Bagel * Cream Cheese^ Water	Animal Crackers* Applesauce Water	Jell-O w/ Fruit * Cheese Itz Crackers* Water	Pepperoni* Sliced Cheese^ Crackers* 100% Apple Juice
Oct 19 – 23	Morning Snack	WG Cereal* Fruit Water	Sausage Biscuit** Water	WG Cereal* Milk	French Toast Sticks* Berries Water	WG Cereal Fruit Water
	Lunch	Chili* Corn Bread** Pears Milk	Grilled Cheese on WG Bread** Peas Pineapple Milk	Elbow Noodles & Red Sauce* Salad w/ Dressing^ Peaches Milk	WG Chicken Nuggets* Corn Applesauce Milk	Turkey Meatball Sub** Green Beans Mandarin Oranges Milk
	Snack	Cheese Cubes Townhouse Crackers* Water	Pretzels* Cheese Stick^ Water	Yogurt^ Graham Crackers* Water	Veggie Straws* Raisins* Water	Breakfast Bar* 100% Apple Juice
Oct 26 – 30	Morning Snack	WG Cereal * Water	Pancakes** Berries Water	WG Cereal* Milk	Turkey Sausage* Croissant** Water	WG Cereal* Fruit Water
	Lunch	Beans & Franks* Roll* Pears Milk	Chicken Teriyaki* Rice* Broccoli Pineapple Milk	Meatloaf* Mashed Potatoes** Roll* Peaches Milk	WG Chicken Patty on a Bun* Corn Applesauce Milk	Chicken & Cheese Quesadilla** Green Beans Mandarin Oranges Milk
	Snack	Cheese Cubes^ WG Triscuits* (T) Townhouse Crackers* Water	Harvest Trail Mix ^ * Water	Yogurt^ Graham Crackers** Water	Veggie Straws* Raisins Water	Halloween Special Snack** 100% Apple Juice

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Themes for the month: Fire Safety/Community * Friends * Farms Fairytales/Nursery Rhymes * Pumpkins				1	2	3
4 Online Worship 10 am	5	6	7 Superhero mask day - heroes wear face masks, so wear yours to school!	8	9 Fire Prevention Day	10
11 Online Worship 10 am	12 NLC Closed in observance of Columbus Day	13	14	15 "Fill the Trunk" Food Collection 4 - 6 pm	16 Pizza Party Day!	17
18 Online Worship 10 am	19	20	21 Pajama Day! Wear your PJs to school!	22	23	24
25 Online Worship 10 am	26	27	28	29	30 Halloween Celebration- Wear your costume!	31

St. Andrew's Online Worship – Join St. Andrew for online worship every Sunday morning at 10 am! Visit www.standrew-pres.org or join them on their Facebook page where they will be streaming live.