

January, 2021

Neighborhood News

The Neighborhood Learning Center's monthly newsletter

Merry Christmas, and a Healthy New Year!

Who's tired of hearing the following: "Wear your masks! Keep your distance! Wash your hands!" We are, too!!

We all know the things we should do to keep one another as safe as possible during the Covid pandemic. So here are some reminders you might not have thought of:

1. We take the children outside to play as much as we safely can. This fresh air has several benefits—it gives them healthy exercise (which helps boost their immune systems), and it allows our air scrubbers more time to do their work in the classrooms. **PLEASE send your children dressed in layers every day: mittens, hats, an extra sweatshirt, etc.** All are vital to playing safely and comfortably outside.
2. **Keep your child to a regular sleep schedule as much as possible** to help boost their immune systems. If your child wants to sleep late one morning, consider waking them up on time so they will have a solid nap at the NLC. This helps the other children in the class sleep more soundly, as well, when their classmates are resting peacefully.

We need to maintain our vigilance both at home and at school as Covid numbers are higher than ever. We have been extremely blessed not to have a case inside the school itself, though several parents and staff have tested positive over the months (fortunately without exposing anyone else at the NLC), including cases requiring hospitalization.

Thank you for following our Covid policies. Please don't let your guard down. Check on people you have spent time with outside your home to see if they're feeling unwell. Err on the side of caution and stay home if you question whether your child should attend or not. If you have any questions please let us know—we are partners all the time with our families, and no more so than right now as we face an invisible enemy.

School Age Families—If LCPS moves to Hybrid Learning as they are planning, we will send out a survey to let us know what schedule your child needs.

If you haven't joined our "Active in the Neighborhood" Facebook group, do so! It's an encouraging space to share photos and snapshots of life inside the NLC.

This Month's Highlights

January 1
CLOSED for New Year's

January 15
National Hat Day—Wear your favorite hat to school!

January 18
NLC Closed for Martin Luther King, Jr. Day

January 19 & 20
LCPS Closed, NLC OPEN

January 21
"Fill the Trunk" Food Collection
4–6 pm

January Staff Birthdays

- 10 Ann Reger (Duck Pond)
- 14 Ann Marie Paisley (Frog Hollow)
- 17 Larkin Howard (Floater)
- 25 Kim Upperman (Owls Nest)

This Month at School

During January we learn about winter and everything that goes with it—Arctic and Antarctic animals, Martin Luther King, Jr, and how to keep warm with mittens, hats, and scarves!

- The NLC will be **CLOSED January 1st**. Happy New Year!
- Wednesday the 13th we celebrate **Snowman Appreciation Day**—there is so much to appreciate!
- On Friday the 15th send them to school **wearing their favorite hat, it's National Hat Day**, after all.
- The NLC will be **CLOSED Monday the 18th** in observance of Martin Luther King, Jr. Day.
- **LCPS is closed Tuesday and Wednesday, January 19th and 20th**, but the NLC is open. School agers normally scheduled to attend these days will enjoy school's out fun days playing games, watching movies, doing crafts, and having a good time with their friends.
- Wednesday the 20th is **Penguin Awareness Day**. Who doesn't love to learn about these fascinating winter weather masters?
- Thursday the 21st is St. Andrew's monthly **"Fill the Trunk" food drive**. Please consider bringing non-perishable food items at pick up time to be donated to Loudoun Hunger Relief. More people than ever need the help of local food banks and donations are traditionally down in January so please help if you are able.
- **Opposite Day** is a fun day to explore on Monday the 25th. Up—Down. Inside—Outside. Dark—Light. What other opposites can we learn about today?
- We end the month on the 29th with **National Puzzle Day!** Jigsaw puzzles, word searches, any sort of puzzle you can imagine, all are fair game on this puzzling day.

Vacation Credits

If your family is enrolled in a year-round full-time (meaning that your child attends the NLC every week) 2-day, 3-day, or 5-day program, and your child has been attending for at least 6 months, your family will receive:

- ◆ 1 week of vacation credit between January 1st through June 30th
- ◆ 1 week of vacation credit between July 1st through December 31st

Vacation credit is a 50% discount on the weekly tuition amount and must be used within the 6-month period it occurs. If you do not take vacation credit for the current 6 months, you lose them. Please be aware that your child cannot attend the NLC during any portion of the week the vacation credit is being used.

Inclement Weather Policy Reminders

- ***The NLC does NOT follow Loudoun County Public Schools for inclement weather-related closings or late openings. This decision is based on the safety of our students, parents, and staff.***
- During the pandemic, we have the added complication of maintaining our safe classroom pods as much as possible. Most of our staff lives west of Purcellville in the mountains and/or West Virginia where inclement weather is generally more severe. If we are unable to staff our classrooms with the normally assigned teachers, we must consider Covid safety as well as safety on the roads.
- You will receive a text from the NLC and an email no later than 6:00 am should a closure or delay be in effect for the NLC on a particular day. If a decision is made to close early due to inclement weather, parents will be notified via text and email as soon as the decision is made.



Christmas at the NLC!



COVID-19 Illness Policy – Updated 10/6/2020

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:

If your child 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

While the NLC understands many of these symptoms may also be a result of non-COVID-19 related issues, the Center must proceed with an abundance of caution during this time of pandemic. 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 is experiencing symptoms related to a non-COVID-19 diagnosis, your child may return to the NLC:

- Once a healthcare provider has determined that your child has a specific diagnosis (influenza, strep throat, common cold, etc.), or symptoms are related to a pre-existing condition (ex// allergies).
- This documentation from the health provider must state that your child may return to daycare 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 January 2021

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
Jan 4 – Jan 8	Morning Snack	WG Cereal* Fruit Water	Turkey Sausage* Croissant**^ Water	WG Cereal* Milk	Pancakes Berries Water	WG Cereal* Fruit Water
	Lunch	Mac & Cheese**^ Sliced Carrots Mandarin Oranges Milk	WG Chicken Patty**^ Salad w/ Ranch Dressing^ Pineapple Milk	Chicken Noodle Soup w/ Veggies* Crackers* Bananas Milk	WG Fish Nuggets* Peas Peaches Milk	Lasagna**^ Salad w/ Dressing^ WG Roll**^ Pears Milk
	Snack	Animal Crackers* Applesauce Water	Pretzels* Cheese Stick^ Water	WG Goldfish* Pears Water	Variety Snack**^ Water	Nacho Chips* Salsa* (T) Crackers* 100% Apple Juice
Jan 11 – Jan 15	Morning Snack	WG Cereal* Fruit Water	Sausage Biscuit**^ Water	WG Cereal* Milk	French Toast Sticks* Berries Water	WG Cereal* Fruit Water
	Lunch	WG Chicken Nuggets* Sliced Carrots Pineapple Milk	Taco Salad**^ Corn WG Roll* Peaches Milk	Goulash**^ Salad w/Dressing^ Applesauce Milk	Grilled Cheese Sandwich on WG Bread**^ Tomato Soup* Pears Milk	Pasta w/Meat Sauce* WG Roll* Salad w/ Dressing^ Mandarin Oranges Milk
	Snack	Sliced Cheese^ Townhouse Crackers Water	Veggie Straws Raisins Water	Yogurt^ Graham Crackers* Water	Bananas Cheese Itz* Water	Goldfish Crackers Strawberries Water
Jan 18 – Jan 22	Morning Snack	NLC CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY	Mini Muffins Berries Water	WG Cereal* Milk	Pancake Wrapped Sausage**^ Water	WG Cereal* Fruit Water
	Lunch		Hamburger on a WG Bun**^ Green Beans Pineapple Milk	Chicken Bake w/ Veggies**^ Mandarin Oranges Milk	Turkey Sliders on a WG Roll**^ Salad w/ Dressing^ Bananas Milk	Chili Mac* Cornbread**^ Peaches Milk
	Snack		WG Bagel* Cream Cheese^ Water	WG Wheat Thins* Applesauce Water	Pepperoni* Cheese Cubes^ Crackers* Water	Breakfast Bar* 100% Apple Juice
Jan 25 – Jan 29	Morning Snack	WG Cereal * Fruit Water	Pancakes * Berries Water	WG Cereal * Milk	French Toast Sticks**^ Fruit Water	WG Cereal* Fruit Water
	Lunch	Turkey Burger* Sliced Carrots Peaches Milk	Homemade Chicken Alfredo**^ Salad w/Dressing^ WG Roll* Bananas Milk	WG Chicken Patty on a Bun**^ Corn Applesauce Milk	WG Fish Nuggets* Peas Pears Milk	Turkey Sweet & Sour Meatballs* WG Roll* Green Beans Mixed Fruit Milk
	Snack	Graham Crackers* Yogurt^ Water	Veggie Straws* Raisins* Water	Pretzels* Cheese Sticks^ Water	Cheese Itz* Pears Water	WG Goldfish* Peaches Water

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme for the month - Winter Arctic Animals Antarctic Animals Martin Luther King, Jr. Mittens/Hats/Scarves					1 NLC CLOSED for New Year's Day	2
3 Online Worship 10 am	4	5	6	7	8	9
10 Online Worship 10 am	11	12	13 Snowman Appreciation Day	14	15 National Hat Day – wear your favorite hat to school!	16
17 Online Worship 10 am	18 NLC CLOSED for Martin Luther King, Jr. Day	19 LCPS Closed	20 LCPS Closed Penguin Awareness Day	21 Fill the Trunk Food Collection 4 – 6 pm	22	23
24 Online Worship 10 am	25 Opposite Day	26	27	28	29 National Puzzle Day	30
31 Online Worship 10 am	St. Andrew's Worship – Join St. Andrew for online Facebook Live worship every Sunday morning at 10 am! Visit www.standrew-pres.org or join them streaming live on their Facebook page.					