

## 2016-2017

### Dreamland Barbecue Fundraiser Results



Each year, HELC Parents host an annual fundraiser and the profits are used **primarily** to provide holiday gifts for many HELC employees who serve the children daily but are not one of the 2 primary classroom teachers. This year, the Dreamland Barbeque Fundraiser was so successful that the additional funds will be used in other areas to support the center. In total, the fundraiser brought in more than **\$3,400**, which is **\$1,200 more** than we raised last year!

Thank you to everyone who purchased Dreamland products and/or made a donation. A special thank you to The Barnett Family for selling the most Dreamland of any family at the Center (by nearly 2X!). Finally, thank you to Toni Kidd for organizing our fundraising efforts this year.

If you have any questions regarding the fundraiser, please contact Toni Kidd at [tgreen8311@gmail.com](mailto:tgreen8311@gmail.com).

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#### HELC Administrative Staff

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#### HELC Office Hours

7 A.M.—6 P.M.



### Parent Reminders



- Fall weather is finally here! We want your child to be comfortable during daily outdoor play times, so please remember to send a light jacket or sweater. Also, be sure the extra change of clothing left in the classroom is suitable for fall temperatures.
- Please remember, **December** tuition must be submitted **no later** than the **15th!** This may require you to change your bank draft if you use auto pay.
- **Always** use your door card when entering the front of the building. If you have misplaced your door card, it is important for you to let someone at the front desk know so we can deactivate your old card and make a new one for you. The replacement fee for a door card is \$20
- Please remember the Check-in/out Station and the Classroom Monitoring Tablet are for **PARENTS ONLY**.

### REMINDER

**HELC will be closed on November 11th for Veterans' Day**

# Tips to Keep Your Child Healthy

1. **Hand Washing**— Frequent and thorough hand washing with warm, soapy water is the best way to prevent the spread of germs and illnesses, such as the common cold. Try encouraging your child to sing “Happy Birthday” or say “Front, back fingertips, fingertips, in between, and all around” while washing to be sure their hands are truly clean. Hand sanitizer is fine to use, if soap and water is not available, but be sure to wash as soon as you are able.



2. **Disinfect Germ Hotspots**— There are many places you may not even think about being germ hotspots! Anything you touch frequently, such as your cellphone, iPads, doorknobs, light switches, water bottles, tabletops, sink and toilet handles, refrigerator handles, and the remote control, should all be disinfected regularly.

3. **Hydrate**— Drinking plenty of water can help in treating common illnesses. Also, the steam from a shower may help clear stuffed nasal passages and loosen mucus. To encourage your child to stay in the warm, steamy bath longer, try placing fun toys or shaving cream in the bathtub.



4. **Treat the symptoms**— If your child catches a cold, you can use a saline spray/drops to flush out mucus and moisturize dry, irritated nasal passages. Also, if your child is 12 months or older, you can give your child a natural cough syrup that contains honey or stir honey into warm water.
5. **Flu Shot**— doctors recommend the flu shot as the top defense against this illness, especially for children 4 and under, adults ages 50 years and older, pregnant women, anyone with a complex or chronic condition (including asthma, diabetes, and neurologic disorders), and anyone who lives with someone with these conditions.



6. **Stay Home**— It may not be necessary to keep your child home, if they have a runny nose or mild cough, but they should stay home if they have a fever, vomiting, or diarrhea. The child should be symptom free for 24 hours before sending them back to school

## Illness Policy Reminder

As we enter cold/flu season, we ask that parents be mindful of the HELC Illness Policy. As a reminder: “A child should remain at home if he or she is infectious and until he or she is **free of fever** for 24 hours after an illness, **without medication**. This would mean that a child leaving school during the day with a fever of **100.4** degrees temperature or higher would not be able to return the next morning without written permission from a physician.”

Details regarding when you may need to keep your child home or why a teacher may call you to pick your child up can be found on pages 16-17 of the HELC Parent Handbook.



For each new morning

With its light

For rest and shelter of the night

For health and food

For Friends and love

For everything thy goodness sends!

~Ralph Waldo Emerson



## 2016 Upcoming Events/Closings

**November 11--Veteran's Day, Center CLOSED**  
**November 16th — Parent Representative Meeting**  
**November 23-25—Thanksgiving, Center CLOSED**

