

# HELC NEWS

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## 2017 Dreamland Barbecue Fundraiser



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.

If you missed the first order or would like to add to your order, the Parent Rep group has emailed you another order form for any additional December orders.

Thank you to everyone who purchased Dreamland products and/or made a donation. The second pick up date for all remaining orders will be **December 8th. Please do not forget to pick up your order.**

If you have any questions regarding the fundraiser, please contact Tiffany DeGruy at [tdegruy@bradley.com](mailto:tdegruy@bradley.com).

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HELC Website  
[www.harriselc.org](http://www.harriselc.org)



### HELC Administrative Staff

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### HELC Office Hours

7 A.M.—6 P.M.



## Parent Reminders

- **Medication Forms**— please be sure we have a prescription for ANY medication that needs to be administered at school. This includes over the counter medication!
- The **Parent Representative Meeting** will be held on November 15th from 12 to 1 PM. If you plan to attend, please remember to sign up on the sheet located at the front desk. **All parents are welcome!**
- 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 the Classroom Monitoring Tablet are for **PARENTS ONLY.**



## REMINDER

**HELC will be closed on November 10th for Veterans' Day**

# Be a Healthy Role Model for Children

**You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!**

## Ten Tips for Setting Good Examples

1. Show by example. Eat fruits, veggies, and whole grains with meals or as snacks.
2. Go food shopping together. Infants and toddlers can name foods and discussions can be around colors of foods or how they help your body. Talk about how foods grow or how they are produced. Let children make healthy choices.
3. Get creative in the kitchen. Cut food into fun and easy shapes with cookie cutters. Encourage children to invent new snacks. Make your own trail mixes from dry whole-grain, low sugar cereal and dried fruit.
4. Offer the same foods for everyone. Instead of being a "short-order cook" by making different dishes to please children, plan family meals when everyone eats the same foods.
5. Reward with attention, not food. Show your love and comfort with hugs, kisses, and talks.
6. Focus on each other at the table. Talk about fun, happy things at mealtime. Turn off the TV. Take phone calls later. Try to make meals a stress-free time.
7. Listen to your children. If they say they are hungry, offer a choice of a small, healthy snack ("Would you rather have broccoli or cauliflower?").
8. Limit screen time. Allow no more than 2 hours of TV a day. Get up and move during commercials. Get some physical activity and avoid the marketing.
9. Encourage physical activity. This should be for the whole family.
10. Be a good food role model. Try new food yourself. Describe its taste, texture, and smell. Offer one new food to children at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



This and more information is available at [www.MyPyramid.gov](http://www.MyPyramid.gov)

## 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 page 16-17 of the HELC Parent Handbook.

## Fall Weather

Fall weather is finally here! As the weather changes and fluctuates in Alabama, we ask that parents swap their extra summer clothes for fall/winter appropriate clothes. We want your child to be comfortable during daily outdoor play times, so please remember to send a light jacket or sweater. You can also dress your child in layers, so they can remove a layer or two if the day warms up.



Thank you!

## 2017 Upcoming Events/Closings

**November 10--Veteran's Day, Center CLOSED**  
**November 15th — Parent Representative Meeting**  
**November 22-24—Thanksgiving, Center CLOSED**

