

## Back to School

August 30, 2021

Sprout House

Dear Parents

Great health is a luxury, and we are all entitled to it. In crazy times like these, we can and should do everything to promote it. Eat beautiful food and enjoy it slowly. Avoid refined sugar. Do at least a tiny bit of slow stretching in the morning so your joints can lubricate before you start your day. Lay on the floor and listen to your vertebrae clicking into place. Drink water. Take your children to play in the woods for fun and therapy. Swim and do water play for therapy. Take a nice bath if your legs or back hurt. Watch funny movies. Walk barefoot on a beach as often as you can. We (as every species) are electro-magnetic and can benefit from recharging as often as we can. Sleep.....sleep.....sleep.

Covid is a challenge with moving parts. As of today.....this is where we are...

If extreme weather seems likely....keep checking your email for our communication on school delays or closings. Make sure your email addresses are current.

Please follow the CDC guidelines for quarantining after travel and adhere to them as a Sprout House mandate. They are apt to change.

At the Meet and Greets, take pictures of your child's teacher, subs, office folks and familiarize your child with the faces each day before the start of the school year .

Children should enter the building with masks on. Children are encouraged to wear them indoors. Adult staff are required to wear them indoors.

Arrival time is between 8- 8:30. We cannot accommodate any lateness unless pre-arranged for a singular important event. The adults guiding children into the building are with a ratio of children at 8:31.

You will be getting an email by Tuesday (August 31) evening as to class and teacher. It will also advise on entrance location and pick-up location. Except for one class, everyone **enters** through the front door. Please be sure you line up with 6 ft. distancing. Chatting with staff is not possible at this time of morning, because of the dangers of the parking lot and the need to move the line so everyone can get to work. We will have DOJO up and running for communication, and/or email or office phone. Look for your email invitation from the teacher, sometime during the week or weekend. One class will enter through the fire lane. We will also hang a poster at the doors with this info beginning at the Meet and Greets.

We will be taking temps here. No need to do it at home.

From September 7....Please send bathing suits, SMALL towels and water shoes for outdoor water play until further notice.

All children bring lunch. Please remember our journey to zero waste.

**If anyone in a family tests positive for covid**, SH needs to be notified immediately. For that point in time, the local health department will provide guidance for quarantines and exclusions. In general, if a Sprout House child tests positive they must be excluded from the center for an amount of time determined by the local health department.

We want to do the best for our offspring. But when we do what's best for *all* families, we're doing what's best for our own offspring. Let's all remember to do what's best for the community.

Please remember to bring the 4 required forms if you haven't done so. Leslie Barry will be contacting you if that is the case.

Now I'm going to take a brief walk in the woods,  
See you soon and stay safe,

Joanne Lockwood White  
Interim Director/Founder

PS- If your child has a different last name than the parent communicating, we need to know both names in the communication. Thanks.

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### Toileting

Children can enter the 2.5-year-old program without being fully potty trained. Children learn toileting in a variety of time frames. Please don't rush it. Let your child be in control. When young children come to Sprout House, they see that other young children use the toilet. They get the idea in a natural way by observation instead of by instruction. Please do not worry about the artificial time frame of school entrance, and instead look to your child's own awareness and muscle control as a readiness marker.