



## Remember, Remember - This November

Hello families,

It is hard to believe that the first edition of our newsletter came out one year ago this month. Over the last year, we have strived to provide the best up-to-date news on our programs, community events, and behind-the-scenes work that makes MTJB so successful. We thank all of our parents who have taken the time to read our messages and send in their feedback and comments. It is this partnership between our members that strengthens us as a family.

As part of our Remembrance Day programming, this year we will be participating in the No Stone Left Alone project. This foundation provides resources for educators and students to connect to a local cemetery, learn about community and family history, and honour those who gave their lives for our freedom. Students will be creating poppy projects to be delivered to their sites' closest geographic location in time for Remembrance Day. Students will then reflect on their experience.

As the weather turns colder this month, we would like to take a moment to remind parents that MTJB puts a strong focus on outdoor play in all types of weather. We spend a minimum of one hour in the morning and one hour in the afternoon outdoors. The children are encouraged to explore their outdoor environment in a space that is safe and stimulating. We ask that parents please send their children in appropriate and labeled outerwear for optimal play, as well as with an extra set of clothes for when messes and spills happen!



Thank you.

## Welcoming our New Board Members

The Board of Directors is responsible for governing MTJB. They provide oversight, management, and accountability for the operations of all MTJB sites in alignment with the organization's mission, while aiming to meet the needs of families, staff, and communities. We are very excited to introduce our current board members:

President : Alana Smith

Vice President: Dawn Wells-Siddiqui

Secretary: Jonathan Cobb

Directors: Samantha Birtch, Nancy Duffy, Kayliah Miller, Cody Hendsbee, Anthony Vachon, Mike Nelson, Heather Thul Peace



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Thank you for your dedication to supporting our business, our staff and the children and families we serve!

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## Professional Learning Day

On October 3rd, staff from MTJB were excited to be part of the Early Learning Professional Development Day hosted by the United Counties of Leeds and Grenville in Kemptville. Over 300 childcare workers attended to participate in hands-on and informative workshops led by guests Dr. Jean Clinton, Lorrie McGee, Marnie Power, and Angelina Mighty Osborne. Presentations included topics such as Early Years Infant Mental Health, Learning Through Active Play, and Playful Mindset in Education. This was a day dedicated to inspiring connection and growing together as professional educators in our community. Our staff participated in meaningful conversations and idea exchanges that they will bring back to their respective centres in order to deliver consistent high quality learning experiences for the children and families that we serve. It is an amazing opportunity to have so many dedicated professionals come together to share their knowledge, strengthen their commitments, and showcase their passions for this field.

We appreciate our parents' patience and understanding to find alternative childcare on this day so that staff were able to participate in this event. Thank you!



Dr. Jean Clinton



Lorrie McGee



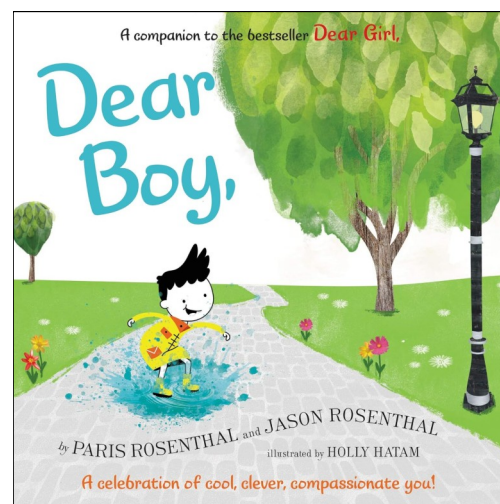
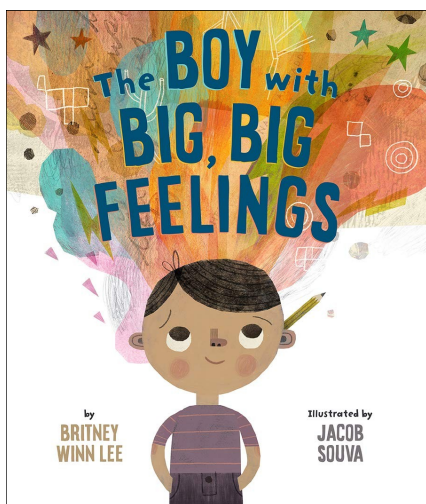
Angelina Mighty Osborne



Marnie Power

## Empowering Young Boys To Grow

In recognition of International Men's Day on November 19th, we want to acknowledge all of the amazingly talented, smart, strong, and busy young boys in our lives! One great way we love to do this is through the connection of reading! Below are some great reads that encourage our sons, nephews, and grandsons to follow their dreams, be leaders, and leave a positive mark on the world! As always, we would love to hear from our families too! Share with us the ways that you connect on a deeper level with the young men in your lives. Is there an activity they love to do with you? Email us at [mtjbariana@gmail.com](mailto:mtjbariana@gmail.com) to share your story!



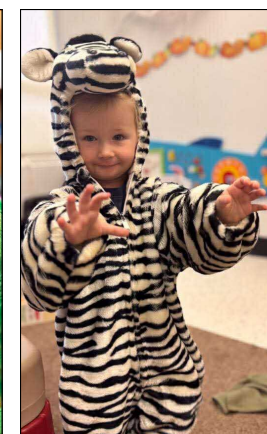
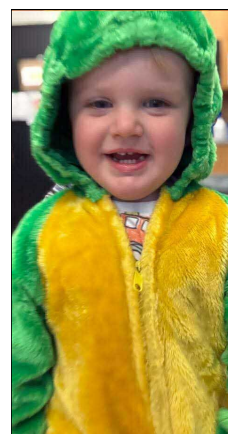
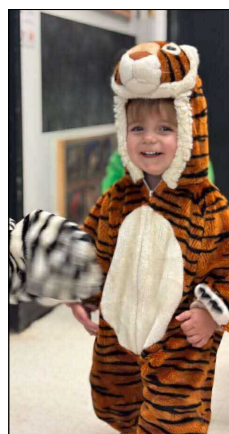
## Program Highlights - Kemptville - Main Site - Toddler Tuff Trays

We love using tuff trays in our programs! They are user-friendly, offer open-ended sensory play, and provide ample opportunity to work together, take turns, and share materials with our friends! Here, we see one of our Kemptville Toddler Programs enjoying a Halloween-themed sensory experience. The educators incorporated scoops, small jack-o-lanterns, and plastic bugs into the coloured rice to enhance their play and learning as well as help develop fine motor skills such as pouring, lifting, scooping, measuring, and grasping.



## Maynard - Main Site - Seasonal Fun

The magic of the season is strong this year with playful costumes, keepsake activities, colourful bulletin boards, and a beautiful selection of cards and center pieces donated to the Mayfield Retirement Home in Prescott for their Thanksgiving Dinner.



## Prescott - St. Mark & Wellington - Wellington House Visit

The October PA Day was a fun-filled day across all our centre's school-age programs. Our St. Mark and Wellington Programs spend their morning visiting the Wellington House Long Term Care Home in Prescott. Staff and children were excited to be involved with the residents and took part in a costume parade and activities as part of our commitment to intergenerational projects at MTJB. Our programs were welcomed in with a story, and one of the facility's staff read "Room on the Broom" by Julia Donaldson. The children then spent time getting to know the residents while mingling and colouring a variety of Halloween pictures together. To finish off the visit, the children participated in a costume parade around the home. The morning was full of smiles, laughter, and new friendships! Our programs look forward to continued visits and shared activities with the residents!



# Common Illness Fact Sheet

This time of year there are many illness that our children can contract. Below we have compiled the most common. It is important to know the signs and symptoms.



Illness	How It Spreads	How to Recognize	When it is Contagious	When to Report/Exclude
<b>Influenza (virus)</b> This disease is vaccine preventable	Contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing). Contact with objects (i.e. surfaces, toys, doorknobs) exposed to droplets from an infected person. Incubation period 1-4 days	Sudden fever, chills, headache, fatigue, muscle aches, cough, and sore throat. Children may also have upset stomach, vomiting, diarrhea, ear aches, and red eyes	24 hours before and up to 7-10 days after symptoms begin (for children)	Exclude from child care and school until fever is absent for at least <b>24 hours</b> (with no over the counter medications) and the child feels well enough to participate in regular activities
<b>Diarrhea and Vomiting</b> Gastroenteritis (norovirus, rotavirus)	Germs are found in vomit and stool (poop) of an infected person and can spread to another person's mouth usually through unclean hands. Incubation period 24-72 hours	Vomiting, diarrhea (unformed or watery stool), fever, loss of appetite, stomach pain, fatigue, headache	While diarrhea and/or vomiting are present and up to 48 hours after symptoms stop	Exclude from child care and school for <b>48 hours</b> after symptoms have stopped. Report outbreaks in child care settings immediately
<b>Pink Eye</b> (Conjunctivitis) (bacterial/viral)	Contact with eye secretions through contaminated fingers or articles (i.e. wash cloths or towels). When pink eye is caused by a cold the droplets from a sneeze or cough can also spread it. Incubation period 24-48 hours	Redness in whites of eye, scratchy feeling or pain in eye, swollen eyelids. Watery or yellowish discharge; eyelids often stick together	Assume contagious until diagnosed	Exclude from child care and school until child has seen a doctor, nurse practitioner or pharmacist. For bacterial causes, exclude for <b>24 hours</b> after the start of appropriate antibiotic
<b>Strep Throat/Scarlet Fever</b> (group A streptococcus bacteria)	Contact with secretions from the nose or mouth of an infected person (i.e. sneezing, coughing). Incubation period 1-3 days	Fever, very sore throat, headache, swollen glands, trouble swallowing, nausea, sore stomach, red throat. If scarlet fever, can have sandpaper-like rash	10-21 days or until 24 hours after starting appropriate antibiotic treatment	Exclude from child care and school for 24 hours after the start of appropriate antibiotic
<b>Ear Infection</b> Otitis Media (bacterial or viral)	Usually follows a cold (viral upper respiratory infection). Sometimes germs travel from the throat to the ear through a damaged Eustachian tube (connects the ear to the throat)	If related to a cold, may have runny nose, cough, sneezing, or fever. Complaints of painful ear, tugging on the ear, irritability (especially infants), trouble sleeping, trouble hearing quiet sounds	Not usually contagious, however if fluid is draining from the ear it may contain germs. Always wash hands thoroughly to prevent the spread of germs	No exclusion required if well enough to participate in regular activities. May require antibiotic treatment

## ECE Appreciation

October 21st marked our annual ECE Appreciation Day! On behalf of every member of our team, we want to offer a most heartfelt thank-you to every family who took the time to bring in delicious treats, thoughtful gifts, and kind words of appreciation and gratitude. Our educators wore the biggest smiles throughout the day, and the love and connection could truly be felt at each one of our centres. Each year, the staff is treated to a generous dinner courtesy of MTJB. This year, it was held on October 23rd at the Prescott Golf Club. Staff enjoyed a hearty lasagna dinner, fun door prizes, connected with their co-educators and friends, and honoured those who received recognition awards for Years of Service. Again, thank you to everyone who made this day

Our family would like to give a shout out to all the MTJB team for caring for the kids all these years now. A special mention to Donna who always has a welcoming, caring demeanour when the kids arrive each day. We'd also like to thank Carrie for her ability to make each day so fun and engaging, the kids never want to leave at the end of the day! Thanks to everyone

***The Gervais family***

Thank you for the incredible care and dedication you show every day. Our boys come home happy, curious, and full of stories — a reflection of the nurturing environment you create. We're so grateful for all the kindness, creativity, and hard work you bring to their days.

***Nick & Michelle Heykoop***

## Years of Service Awards



Amanda Mazur  
15 Years



Amber O'Reilly  
10 Years



Faren Gordon  
10 Years



Tia Lutes  
10 Years



Chelsea Gillespie  
10 Years





## MTJB EARLY LEARNING PROGRAM

PROGRAM DATES: NOVEMBER 10<sup>TH</sup> - DECEMBER 19<sup>TH</sup> 2025

8:30AM - 2:30PM

21 STEWART DRIVE, PRESCOTT, ON - MAYNARD PUBLIC SCHOOL

### What We Offer:

- Safe, nurturing environment
- Play-based learning and creative exploration
- Daily outdoor time and sensory play
- Music, movement, and story time
- Hot lunch will be provided

### Who Can Join:

- Children born between Jan. 1<sup>st</sup> and June 30<sup>th</sup> 2022
- Fully toilet-trained
- Ready to explore, play, and make new friends!

Full time spaces only - Monday to Friday  
 \$88.55/Week (\$17.71/day)  
 ONLY SIX SPACES AVAILABLE!

**REGISTER TODAY!**

[www.mtjb.ca](http://www.mtjb.ca) | 613-925-4032

**PILOT  
PROJECT**



Don't miss out on these upcoming events!

- ◆ November 2nd - Daylight Savings Time
- ◆ November 11th - Remembrance Day
- ◆ November 13th - World Kindness Day
- ◆ November 19th - International Men's Day
- ◆ November 20th - Universal Children's Day
- ◆ November 24th - CECCE / CEPEO PA Day
- ◆ November 28th - UCDSB / CDSBEO PA Day

*Upcoming*  
**EVENTS**

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 MAYNARD MS 613 925 4032 | PRESCOTT STM 613 415 6873 | PRESCOTT WES 613 246 7755