



CHILD CARE Newsletter

2020-2021 • Issue 3 • MARCH 2021

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Welcome Spring

Winter break has come and gone, and March has arrived quicker than we could keep up! Looking at the months ahead, we have outlined some important dates and program reminders, as well as an informative parent guide that takes a closer look at the fine motor skills necessary to help your child properly hold a pencil.

This month's newsletter also contains a **special feature page** with information about our focus to expand our social media presence. Today's world is digital, so we are ready to take that step! We also want to remind families, that in January, Wind & Tide just launched its second season its podcast, **Family 360, hosted by our Founding Director, Rachel Cram**. This is an incredible parent resource is focused on exploring conversations together on a variety of topics that applies to parents, educators and even caregivers. Met with high praises and ratings, we encourage all families to check it out!

On February 12, revisions were made to Public Health Guidance for Early Childhood learning facilities. The safety of our students, staff and families remain a top priority, and we are pleased to share that our pandemic protocols continue to exceed these new guidelines.

We encourage all parents/guardians to review Wind & Tide's updated Community Agreement and Protocols (SEE PAGE 5), as well as our revised Health Check form which must be completed daily for any student and guardian coming to a Wind & Tide campus or facility. Remember, if you or your child are feeling unwell, stay home and contact your health care provider or call 8-1-1.

Enjoy this jam-packed edition of our newsletter, and if you have any questions, please feel free to inquire with your child's teacher(s).

We are always happy to help!

Mark Your Calendars

Looking at the months ahead, here is a list of upcoming important dates and closures for our Childcare Campuses. **Please remember to mark these dates on your calendars!**

Friday
APR. 2

GOOD FRIDAY
All Campuses Closed
Statutory Holiday

Monday
APR. 5

EASTER MONDAY
All Campuses Closed

Week of
APR. 26

FUN FAMILY
FAIR
*In-Class Event**
*Check your child's Online Classroom Calendar

Monday
MAY 24

VICTORIA DAY
All Campuses Closed
Statutory Holiday

Wednesday
JUN. 30

PRO-D DAY
All Campuses Closed

Thursday
JUL. 1

CANADA DAY
All Campuses Closed
Statutory Holiday

Important Note about Spring Break

Although Wind & Tide Preschool & Jr. Kindergarten campuses and Development Programs will be closed for Spring Break (TWO-WEEKS IN MARCH), **ALL WIND & TIDE CHILDCARE CAMPUSES WILL REMAIN OPEN AND IN SESSION** (including Wind & Tide's Administration office).

Planning to be Away during Spring Break?

As spring approaches, it means schedules for some families may include stay-cations or extended weekends at home, especially during the weeks that are scheduled for Spring Break by local school districts.

If your child is going to be away from class for planned absences on their scheduled days, **please REMEMBER TO NOTIFY your teachers, in advance.**

Each campus location has a **form/sheet posted where you can mark down any days that your child is going to be away from the Centre.** This is truly helpful for our teachers as they prepare their lesson plans for the week. If you have any questions, or cannot locate the sheet, please speak directly to your child's teachers.

• HELLO •
Spring



Annual Receipts for 2020

ANNUAL TAX RECEIPTS FOR 2020 ARE NOW AVAILABLE ONLINE ON YOUR PARENT PORTAL.

Please note that only payments made in the 2020 calendar year (January 1, 2020 to December 31, 2020) will be included on this receipt and may include tuition payments that were made towards a 2019/2020 class and/or a 2020/2021 class.

How to Access Your 2020 Tax Receipt

1. [Login to your Parent Portal](#) and click on your name;
2. Select *Tax Receipts* from the drop-down menu;
3. Click on the **Download** button beside the tax receipt you wish to view/download.

Important Notes about Tax Receipts

Receipts for siblings, or any other child(ren) on a family's account will be attached in the same document.

- Receipts are issued in the name of the person who made the payment(s).
- If a spouse has made payment(s), they will appear on his/her statement, but either parent can claim these amounts, regardless of the name on the receipt.
- Wind & Tide's Childcare programs and School Age Care programs qualify as eligible child care expenses (*line 214*). For all other programs, families are encouraged to discuss eligible expense amounts with a tax professional before claiming them against their income tax).

Questions or Concerns

If you have any further questions or concerns regarding your issued receipt, please contact our Administration office at 604.575.0549 or email admin@windandtide.com.



Spring is a great time to recharge, so it is the **perfect opportunity to do an activity that will help to embrace and calm the mind!**

Mindfulness means paying full attention to something; taking time to slow down to really notice and focus on what you are doing. While the possibilities are endless, we wanted to share a fun, inexpensive mindfulness project we are sure both you and your child(ren) will enjoy!

ROCK PAINTING MINDFULNESS ACTIVITY

It's easy as 1-2-3! Together with your child(ren):

1. Go on a walk to gather rocks
2. Wash and dry the rocks that were collected
3. Put out acrylic paints (washable), and paintbrushes, Q-tips, or whatever utensil you want to use to paint with
4. Paint creative or simple designs and

HERE ARE SOME ADDITIONAL BENEFITS:

- *exercise fine motor skills*
- *explore different shapes and sizes of rocks*
- *inspire creativity and the freedom to play with colors and designs*
- *engage in a screen-free activity as a family*
- *can be indoors or outdoors*

For a great article including instructions, photos and list of supplies for rock painting with preschoolers, visit <https://www.sixthbloom.com/ultimate-guide-rock-painting-for-preschoolers/>



Childcare RE-REGISTRATION for 2021/2022

As we begin to prepare for the 2021/2022 school year, we just want to remind families well in advance that re-registration information for all students currently attending our Childcare Program will be emailed to all families/guardians in April.

If your child will be starting Kindergarten in September 2021, and you know the last month your child will be attending our Childcare program (ex: June, July or August), if possible, please advise our Administration office at 604-575-0549, or email admin@windandtide.com. Having the opportunity to be informed of any upcoming transitions/withdrawals is truly helpful in confirming placements for students currently listed on our Childcare waitlists.

TELL ME
AND I FORGET

TEACH ME
AND I REMEMBER

INVOLVE ME
AND I LEARN



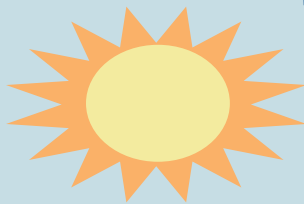
A LITTLE VIDEO MESSAGE ABOUT...

love &
kindness

Teaching empathy is modeled in so many different ways in our classrooms, and is such an important component of Wind & Tide's curriculum. Kindness builds connection and a sense of belonging, and more importantly helps children feel good about themselves.

CLICK THE IMAGE ABOVE TO WATCH MORE!

Don't forget to
Dress for the Weather



Covid-19 Protocol Updates

At Wind & Tide, we continue to follow all updated protocols and procedures as outlined by the Health Authorities, making any necessary changes or revisions to our existing pandemic policies and procedures as new information emerges.

On February 12, revisions were made to Public Health Guidance for Early Childhood learning facilities. With the safety of our students, staff and families being a top priority, it is important to share that our pandemic protocols continue to exceed the new guidelines.

The guidelines continue to include the effectiveness of control measures in infection prevention and exposure to COVID-19, which outlines each measure in order of most to least effective [*Public Health > Environmental > Administrative > Personal > Personal Protective Equipment (PPE)*]. For more information, please refer to Page 3 of the **Public Health Guidance for Childcare Settings** guide. Accordingly, Wind & Tide's policies and protocols have always placed the strongest emphasis on measures that reduce proximity and potential exposure and illness in our classrooms/Centres.

In order to align with the most recent revisions, **we have updated our Health Check, as well as made a minor amendment to our Pandemic Protocol**, providing teachers with the option to remove their face masks during certain specified circumstances (*ex: when urgent actions are required to support child safety, or when visual cueing and non-verbal communication with children is essential to their learning and development and 6 ft. distance can be ensured*).

To view the new and revised COVID-19 Documents, please click the images below:



REVISÉD Wind & Tide Health Check

Daily Health Check

This assessment should be completed prior to leaving home to determine if you or your child should attend a Wind & Tide facility that day. Wind & Tide staff member may request confirmation or inquire about symptoms upon arrival. ("You" refers to you and/or your child, as applicable in all cases below.)

1. Do you have any of the following symptoms?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to any of the above questions:

- Stay home and get tested.
- Do not return to a Wind & Tide facility until COVID-19 has been excluded and your symptoms have improved.

2. Do you have any of the following symptoms?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to any of the above questions (or any other cold-like symptoms):

- Stay home for 24 hours from the onset of the symptoms (24 hours for vomiting or diarrhea).
- If the symptoms improve, you may return to a Wind & Tide facility when you and your child feel well enough.
- If the symptoms persist or worsen, seek a health assessment by calling 8-1-1 or your primary care provider.

If you answered "yes" to two or more of the above questions:

- Stay home for 24 hours from the onset of the symptoms (24 hours for vomiting or diarrhea).
- If the symptoms improve, you may return to a Wind & Tide facility when you and your child feel well enough.
- If the symptoms persist or worsen after 24 hours, seek a health assessment by calling 8-1-1 or your primary care provider.

3. Have you returned from travel outside Canada within the last 14 days? Yes No

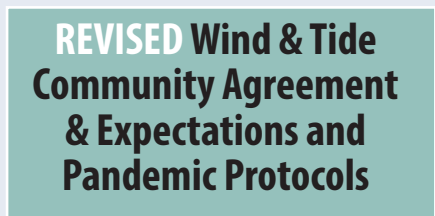
4. Are you a confirmed contact of a person confirmed to have COVID-19? Yes No

If you answered "yes" to one or both of the questions above:

- Use the Ministry of Health's COVID-19 Self-Assessment Tool (found here: <https://bit.ly/3hve7h3>) to determine if you should seek testing for COVID-19.

If a COVID-19 test is recommended as a result of a health assessment:

- Self-isolate when waiting for results.
- If the COVID-19 test is positive, self-isolate and follow the directions of Public Health.
- If the COVID-19 test is negative, return to your Wind & Tide facility once you are well enough to participate.
- If a COVID-19 test is recommended, but not done, self-isolate for 10 days after the onset of symptoms and return when your child is well enough to participate.
- If a COVID-19 test is not recommended, you may return when symptoms have improved and you are well enough to participate.



REVISED Wind & Tide Community Agreement & Expectations and Pandemic Protocols

Wind & Tide 2020/2021 Community Agreement & Expectations

Avoid the complications of the COVID-19 pandemic. Health Authorities and Dr. Bonnie Henry have confirmed and encouraged continued care within Early Childhood learning programs.

Wind & Tide has, and will continue to follow all updated protocols and procedures as outlined by the Health Authorities. These can be found at http://www.gov.bc.ca/health-services/Document/COVID_19_guidance/Guidance_Child_Care.pdf.

As we navigate the 2021 school year amidst a pandemic, it is important that all parents and caregivers are informed and supported in order to best serve our children, families and staff.

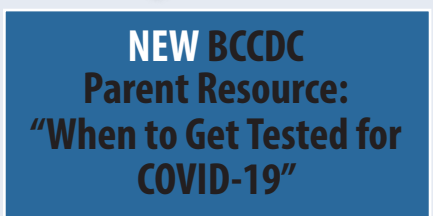
Illness and Attendance:

- Prior to coming to a Wind & Tide facility, everyone must assess their health and the health of any children attending Wind & Tide programs using the attached "Daily Health Check." A Wind & Tide staff member may require about health status upon arrival. While the purpose of this inquiry is to assess for new and/or any COVID-19 symptoms, it also involves frequent communication with regards to chronic condition/symptoms. Such symptoms will be assessed on a case-by-case basis to ensure measures are in place to monitor changes or concerns, and additional medical consultation may be required for attendance. For staff and any visiting adults, an active daily health check must be completed in line with the requirements of the Provincial Health Officer's Order on Workplaces Safety.
- Children, staff and visitors may not enter any Wind & Tide facility if they exhibit any one symptom of respiratory illness, common cold, influenza or fever. New symptoms must be observed, at home, for a minimum 24-hour period (48 hours for fever, diarrhea or vomiting). Visit https://www.health.gov.bc.ca/health-services/Document/COVID_19_guidance/2021_scg_order.pdf for additional details.
- Children, staff and visitors may not enter any Wind & Tide facility if they have travelled outside of Canada in the last 14 days OR were identified by Public Health as a close contact of a confirmed case of COVID-19. In these instances, individuals must follow the instructions from Public Health. Visit https://www.health.gov.bc.ca/health-services/Document/COVID_19_guidance/2021_scg_order.pdf for additional details.
- Individuals residing in the household with any child attending Wind & Tide are to be taking all precautions possible to limit their exposure to COVID-19.
- Fees will not be refunded due to absence, illness or required self-isolation. If a withdrawal is required, written notification must be provided to the Wind & Tide Administration Office (admin@windandtide.com) and fees will be stopped in accordance with the withdrawal policy.

Facility Capacity:

- Wind & Tide facilities are licensed under the local Health Authority Community Care and Facilities Licensing. As such, each facility has a maximum group size and specified staff ratio. The maximum occupancy of any Wind & Tide classroom shall be defined as the maximum group size + maximum staff ratio + a maximum of 5 visitors. This maximum occupancy will be posted in every Wind & Tide classroom.
- All visitors over the age of 12 are required to wear a face mask while inside Wind & Tide facilities and while on Wind & Tide property. Any visitor unable to wear a mask must contact the Wind & Tide facility prior to arrival to discuss alternate options.
- Signs in required of all facility visitors upon entry to the facility.

AMENDED: FEBRUARY 26, 2021



NEW BCCDC Parent Resource: "When to Get Tested for COVID-19"

COVID-19 When to get tested for COVID-19

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others. If you or your child have any of the symptoms listed below, follow the instructions.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> Fever (above 38°C) Chills Cough 	<ul style="list-style-type: none"> Less of sense of smell or taste Difficulty breathing <p>1 or more of these symptoms Get tested and stay home.</p>
<ul style="list-style-type: none"> Sore throat Loss of appetite Headache Body aches 	<ul style="list-style-type: none"> Extreme fatigue or tiredness Nausea or vomiting Diarrhea <p>If you have 1 symptom: Stay home until you feel better.</p> <p>2 or more of these symptoms: Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p>

If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed above: Get tested and stay home.

Check your symptoms with the B.C. Self-Assessment Tool.

If you have any questions, or the symptoms get worse, contact your healthcare provider or call 8-1-1.

* You will be notified if you are a close contact. For more information on close contacts, go to <https://www.bccdc.ca/covid-19/when-to-get-tested>

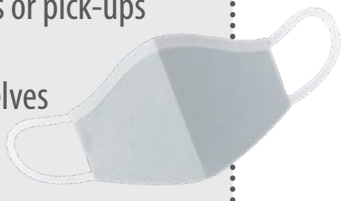
For more information on COVID-19, go to www.bccdc.ca

If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 8-1-1 or go to the nearest Emergency Department.

Friendly Reminder...

Any guardian or family member who will be attending for drop-offs or pick-ups needs to:

- complete the required health check prior to their arrival for themselves and the child they are bringing,
- wear a mask at all times, and
- be informed of Wind & Tide's Pandemic Protocols and Policies.

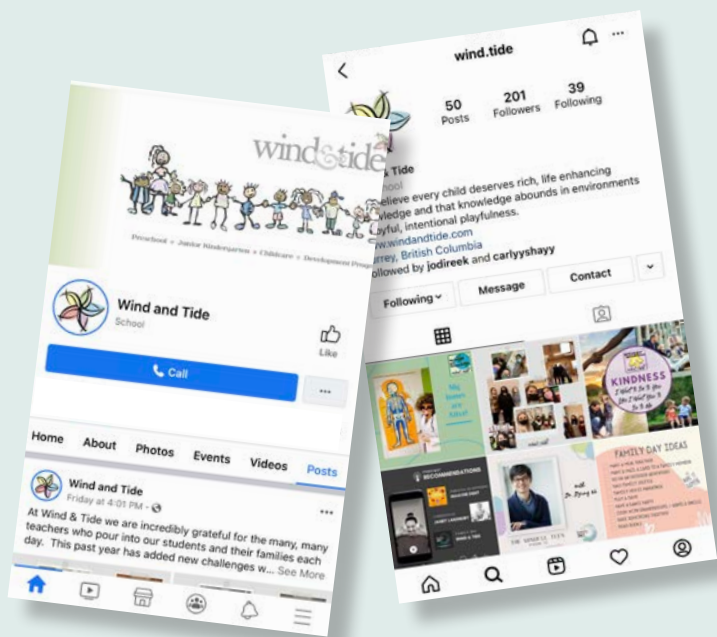


Connect with us...



WE ARE EXPANDING OUR ONLINE PRESENCE ON FACEBOOK AND INSTAGRAM!

As we kick off our 35th anniversary, Wind & Tide is focusing on broadcasting more about what makes us unique! By embracing new ways to engage with today's parents, we are excited to be able to share more about who we are as educators and an educational community, to showcase all the amazing things children are learning in our programs, to provide sneak peeks into what is taking place in our classrooms, but most importantly, to support our "village" of students and families. **Follow us on our Social Media platforms for access to important reminders and insight into what is going on in your child's classroom!**



FOLLOW US ON FACEBOOK AND INSTAGRAM!



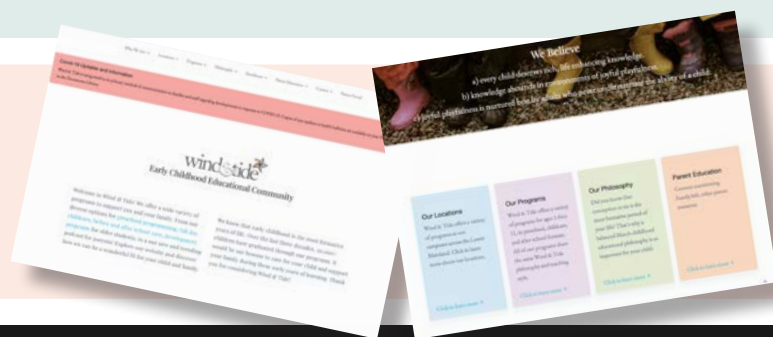
@WindandTide



@wind.tide

Coming Soon...

Stay tuned... we will be launching our **NEW** Wind & Tide website very soon!



SUBSCRIBE TODAY!

Created by Wind & Tide's Founding Director, Rachel Cram and Audio Producer, Roy Salmond, **Family 360 is a high-quality podcast** hosting interesting conversations with interesting people - Specialists, storytellers and artists sharing encouragement, education, and exploration for all our families.

To subscribe, visit family360podcast.com or **CLICK HERE!**

family
360



Help Me Hold A Pencil!

Quick Guide
for Parents



Learning to colour and write are big steps, so it is important for parents to help teach their child the correct way to hold a pencil.

Even though you may not be a teacher, or hold a pencil correctly yourself, you can still model the steps that will help your child master the proper way to hold a pencil, crayon or marker, and this special guide will help to show you how!

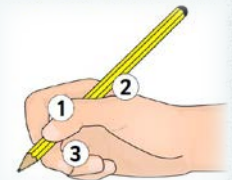
Get out the crayons, chalk or primary pencils

Around the time your child turns three years old, give them tools like chalk, crayons, or even thicker, shorter markers designed for toddlers. Something that they can hold easily with their little fingers to help them develop their fine motor skills and become familiar using their fingers.

To help your child develop fingertip control and strength and the “pinch” that is necessary to hold a pencil or crayon, have them practice the pinching motion by picking up small items or pieces of paper using their thumb, index (pointing) finger and third (tall) finger. This will help target the fingers used to hold and write with a pencil.

Show and encourage your child to use the correct grip

To start, teach your child to name the (1) thumb, the (2) “pointer” and the (3) “tall man.” Second, get your child to move them by playing little games as exercises (examples: ask them to give a “thumbs up” and wiggle just the thumb, show the “OK” hand sign, make them create a big open “O” using their thumb and fingers every time you say a certain word, or even point to the correct digit that you call out).



Next model the grip of a pencil that your child seems most comfortable with. Here are two common ways:

Left Tripod



Right Tripod

TRIPOD

Some children like to “pinch” the pencil with their thumb and pointer finger and rest the pencil on their middle “tall man” finger. This method is called the Tripod.

Left Quadropod



Right Quadropod

QUADROPOD

Some children like to use a “four pinch” method called the Quadropod. This is when a child uses their thumb, pointer finger and middle finger to pinch the pencil, as it rests on the ring finger.

Practice and have fun finding different ways to reinforce the correct way to hold a pencil!

- 1. Pick up and Drop it!** This is a fun way to practice placing the fingers correctly. Help your child pick up the pencil and place their fingers. Now... drop it! See if your child can put all the fingers back in the right place again. Repeat two or three times.
- 2. Aim and Scribble.** Make tiny stars or dots on paper. Teach your child how to aim the crayon/pencil to land on the star to make it shine and then connect it to all the other stars on the page. Once all the stars are connected, tell them to wiggle their fingers to scribble and colour in any shapes/spaces they see on the page.
- 3. Try different strokes.** Show your child how to hold and move the crayon on the page to make different strokes: back and forth, up and down, round and a round in circles, zig zag motion, and even practicing making an “X”.

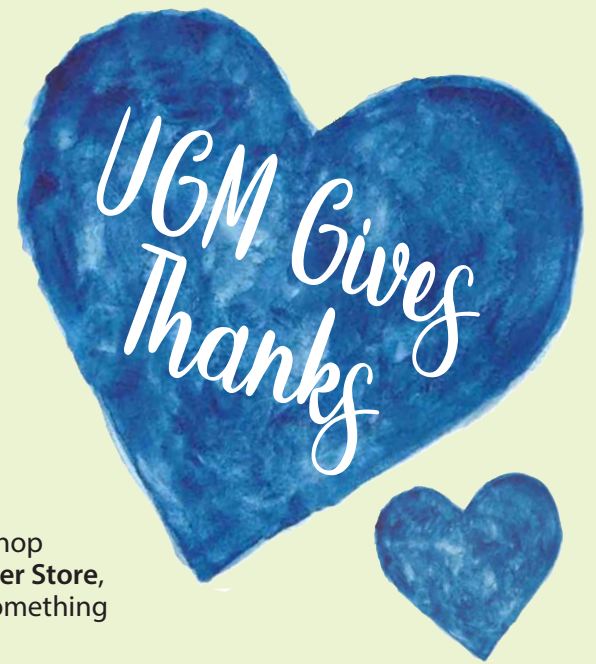
Making a Difference

During the month of February and March, our students are being introduced to Global Awareness and the importance of caring for others. As an educational community we strive to provide our students with the opportunity to give back, regardless of their age!

In November, our [Gifts of Hope Christmas Hamper](#) program in support of Union Gospel Mission (UGM) was one of “give back” initiative and it was an incredible success. Despite a global pandemic, our students, staff and families came together making a meaningful difference in the lives of those who are less fortunate during the holidays.

Because of **YOU**, struggling families and seniors had the opportunity to shop and receive food and gifts from **Union Gospel Mission’s Christmas Hamper Store**, and were able to enjoy the special traditions that come with Christmas, something more than a basic need for food and warmth.

UGM has created a special [Thank You Video for Wind & Tide](#), along with the following message to be shared with everyone!



Thank You “For a senior who may be spending the holidays alone, it is crucial that they are reminded just how important and cared for they truly are. For a parent who is struggling to make ends meet, it is dignifying to be able to provide a Christmas dinner and thoughtful gifts for their entire family. For a child who may seek to fit in with peers and struggles to connect, you help them experience the holiday season just like their friends and classmates. Thank you so much for providing items to children and families in need during the holiday season!”



Thank You for Choosing Wind & Tide

We would once again like to thank our families for your continued support and patience and for choosing Wind & Tide to care, support and teach your child(ren) during the pandemic. We hope that you have enjoyed watching your child(ren) grow and thrive in our Childcare program. As spring brings the promise of new possibilities, we are excited to embrace what is in store for the balance of this school year. We feel truly blessed and remain humbled by your continued support. Remember, if you have any questions or concerns at any time, please contact our Administration office at 604.575.0549 or email us at admin@windandtide.com.

