



DHLC PTA Newsletter

September 2009

DHLC PTA Newsletter

Ducking the Cold and Flu Starts with You!

- It's that time of year again, please help us to reduce the risk of exposure by following 4 simple steps.
1. Wash, Wash, Wash...wash hands often with soap and water. If you can't get to a sink right away, have alcohol-based hand sanitizer as that will help.
 2. Avoid touching eyes, nose or mouth as that is how viruses can spread. If you touch something that's contaminated and then touch one of those body parts you just spread the germ. Again wash hands before and after touching things!
 3. Cover your mouth or nose when coughing or sneezing to prevent those around you from getting sick. Do not cough or sneeze into your hand. Use a tissue or your upper sleeve. Again, wash hands after coughing or sneezing!
 4. If you are sick with symptoms (such as a fever or a cough) the CDC recommends that you stay home 24 hours after the fever is gone (not using any fever-reducing medication).
- Please see the office for sick policies. Please make sure to do the right thing, not only for your child, but also those around!

Meeting Agenda

September 17th

- Meet new members—It's FREE to be on our PTA
- Electing Officers All Positions Available
- Appointing Room Parents
- Discuss and plan October events

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Free Money

Harris Teeter VIC Card

Just a reminder about VIC card! Link your card now...[6290](#) is our school number.

(You can link more than one school)

The PTA is also working with Food Lion and Bi-Lo to get Discovery Harbor signed up for their store programs so be on the look out for that information.

Chick-Fil-A Nights



Chick-Fil-A gives us 10% of our sales on certain nights each month from 5:30-8 p.m.

The next Chick-Fil-A night is on the 22nd of September. Please join us then. We want to raise at least \$50.00 each time, which means we need 50 families to spend at least \$10.00!

That's easy...we can do that. Come between 6 and 6:30 p.m. that night to meet other Discovery Harbor families.

Mark Your Calendars...

PTA's Next Meeting—September 17th

Breakfast @ DHLC—September 18th

Chick-Fil-A Night—September 22nd

Parent Program—September 23rd

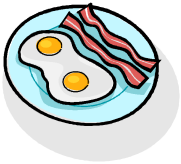
Get Outside, it's Fall

Fall is a great time to head outside and that got me thinking and reading some great articles about children and active physical play. I am happy to say that Discovery Harbor is doing the right things for our children and here is just 1 example. Children (age 2-preschool), need at least 90-120 minutes of active physical activities a day, both adult led and through free play according to the National Association of Sports and Physical Education. So after sitting down with our Director, I am happy to report that our kids not only get what the State of NC require, but are right in the above guidelines. By taking steps like these, our Center is looking out for the health of our children and that's important. Also, physical active play helps with development of not only the body but the mind and getting outside is the best way! Take time this fall to head outside with your child, explore the back yard, head to the apple or pumpkin fields, or enjoy a picnic and play date at the park.

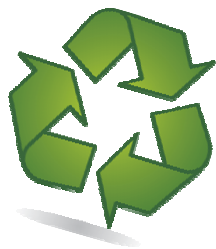


It's a great way to spend time together!

Books and Breakfast



The PTA is sponsoring breakfast on the 18th of September from 7-8:30 a.m. Please join us that morning and have breakfast with your child (Chick-Fil-A is providing the food)! In exchange for breakfast, we ask that you bring a new or slightly used book to donate back to the school. Our classrooms are always needing books and we can't say enough about how important reading with children is for development. **Please help to give back.** RSVP to your child's teacher by Wednesday, September 16th.



Going Green

This is our last paper newsletter, so please make sure that the office has your e-mail address so you can stay informed.

Also, be on the look for class/teacher e-mail. We have heard that many of you want to stay "connected" with your teacher and what's going on in the classroom, so together with the administration at Discovery Harbor, teachers will be getting e-mail! Please be looking for this to come soon.



Poll: Interested in having a FACE BOOK PAGE FOR the PTA? E-mail me at the below address to let me know, we want to heard from you!

Contact: Please contact Meredith Spencer at Meredith.spencer@wachovia.com with any questions or suggestions!

Coming Soon: Be on the look for Art week in October! Fun activities coming for the family!