



IMPORTANT DATES:

11/1: Tuition Due
11/2: NO SCHOOL – Election Day
11/7: Daylight Saving Time Ends
11/24-11/26 – NO SCHOOL – Thanksgiving Break

NOVEMBER 2021 NEWS

APPROPRIATE DRESS

As cold weather approaches, please see that your children are dressed appropriately (hats, boots, gloves, etc.). We believe in fresh air and physical activity for everyone so we will continue to go outdoors each day as the weather permits.

SPREAD THE WORD!

Like many child care providers, we are currently experiencing a staffing shortage. Word of mouth and referrals are our best resources for filling these positions, so we are asking for your help!

Please reach out to anyone you know that is great with school-age children and you think might be a good fit at CAS to let them know we're hiring. If you refer someone that we hire, you will receive a one time **\$25 tuition credit** after they have worked for 30 days. If **you** work for CAS, your child receives free care!

We are conducting interviews for Recreation Leaders (\$14/hr). Information and applications are available at www.careafterschool.com/employment
Thanks for helping spread the word!

ACTIVITY TIME

CAS activities are designed to help children develop skills, accept responsibility, assume leadership roles and have FUN! Activities are open-ended so children can explore and learn at their own pace. Supplies are provided for each scheduled activity, and creative variations are encouraged.

EMERGENCY CLOSINGS & DELAYS

Please be reminded of the Care After School policy regarding emergency dismissals. If emergency conditions such as snowstorms, facility problems, etc., cause the school day to be altered, CAS will follow these guidelines:

- ***If the schools are closed for the day, CAS is closed.***
- ***If the start of school is delayed, the CAS before school program is closed, but the after school program will be in session.***
- ***If the elementary schools dismiss at their regular time but the middle schools or high schools are dismissed early for an emergency, CAS is closed.***
- ***If the elementary schools are dismissed early for an emergency, CAS is closed.***

Cancellation information will be posted on the CAS website and an email will be sent to inform parents about emergency dismissals. Please make sure CAS has your daytime email on file and that your Emergency Release Plan has been completed and submitted. Please review this plan with your child.

CAS SNACKS



Care After School provides a snack each afternoon consisting of a fruit or vegetable, plus one other food group. Each month, a snack calendar is provided to families via email. Packing additional or alternate snacks has always been encouraged by CAS. All school buildings in the Worthington district have become 100% nut free. Please ensure your child's snacks from home follow this policy.

DAYLIGHT SAVING TIME

Don't forget to set your clocks back one hour Sat. Nov. 6th before going to bed. Remember, we do not release "walkers" after sunset for their safety.

PROMOTING TOGETHERNESS

FAMILY FUN NIGHT

The benefits of planning a weekly family night

1. It makes family time a priority.

Sometimes all the things on our to-do lists prevent us from just slowing down and enjoying our kids. Planning a weekly family night is an easy way to become more intentional and enjoy more quality time with your family.

2. It makes children feel connected.

Kids love family night not only because they are fun but also because it brings them closer to their parents. A family night is a perfect opportunity to have fun together and connect!

3. Family nights will become precious memories.

Kids grow up so fast! A weekly family night is a tradition that will bring you many happy moments that will become precious memories as the kids grow up.

Chicken Soup for the Soul

Did you know that November 12th is National “Chicken Soup for the Soul” Day? Now you know! Why not celebrate as a family? Here are some ways to have a calm, relaxing, “reset” evening together:

Watch the sunset – I know it’s setting earlier these days, but try to catch a glimpse as a family. Fall sunsets can be beautiful!

Take a walk – A refreshing walk together is a great way to have some meaningful conversations while creating healthy habits.

Color – You read that right. Get out the coloring books and crayons! A new coloring book might be in order, so everyone can find a page they’ll enjoy.

Do some yoga – Find some videos to follow along with. No matter your skill level, there’s a video to help you. Another fun way to create healthy habits!

Read together – Whether you read aloud from the same book or read separately, just doing the same activity together creates a bond. And what’s better for the soul than strengthening a bond with those you love?