

## A Message From Our Principal & Executive Director

Dear Parents, teachers, staff, and students, Welcome Back!

We cannot express enough how deeply we missed you all over the past five months. We hope all of you were able to create your own special memories despite the travel and socializing limitations.

Normally, this is a time we get to come together in person and celebrate the start of the new school year, but due to COVID-19 our welcomes will be a little different this year. Although we are restricting parent access to the centre, please know that we are here to answer any questions and concerns you might have via phone and email. We understand that this is a scary and confusing time for you and we will ensure that the lines of communication are always open and accessible, and that information is passed onto you in a timely manner.

It is with great enthusiasm that we welcome the newest addition to our CHSC team, Niamh O'Connor. Niamh is an early childhood educator who will be working in our new community childcare classroom. Welcome Niamh!

During this time of uncertainty, we are so grateful for our amazing teachers, staff, and community who have continuously pulled together. Your continued cooperation and trust means so much to us and we know that together we can weather any difficult road ahead.

Sincerely,

Dawn McKenna     Loretta Richardson  
Executive Director     Principal

# The Voice

SEPTEMBER 2020 E.D.



## A Back To School Poem

By: Aoife Driver

'Twas the night before school  
When all through the house  
Not a creature was stirring except for this  
spouse!

School-bags sat by the front door with care  
She had bathed the kids and blow dried their  
hair  
Lunches were made and shoes had been  
shined  
"I hope they don't catch it" raced through her  
mind

The children were sleeping fast in their beds  
With dreams of reunions with all their friends  
Where classes are bubbles and tables are pods  
Their safety in the hands of the "government  
gods"

When down in the kitchen arose such a clatter,  
Husband ran down to see what was the matter.  
Away to the kitchen he flew like a light  
His wife sat crying at the table  
he knew something not right  
"I want them to go but I want them to stay  
I want this bloody virus to just go away"

For the first time in months her bubble had burst  
She thought she'd feel happier but now she feels  
worse  
The 'what-ifs' were racing around in her mind  
Her husband hugged her and tried to be kind

We've waited for this day for schools to reopen  
But the mixture of change and fear had her quite  
frozen  
She feigned a smile and sipped on her tea  
And persuaded herself "I'll have more time for me"

But six months has passed  
The country none the wiser  
School-bags now packed with masks and hand sani-  
tizer

But this is a good thing, for schools to reopen  
The children deserve it, its what they've been hoping  
Children of Canada have shown such resilience  
Positive attitude and absolute brilliance!

You might feel nervous or perhaps feel okay  
To release your babies back to school today  
But whatever you feel know it's not for forever  
We'll get through this and we'll get through together

### Housekeeping

#### September 30th

- Picture Day



# Healthy Habits to Teach Your Children

Understandably, the return to school brings a whole new set of anxiety for parents. Over the past six months children have been under the care of their families, in controlled environments where their comings and goings were known and their interactions limited. Attending school brings a whole new set of challenges, but there are things parents can do to mitigate that risk and in turn reduce their concerns. The government of Canada has released a number of [resources](#) for parents to address COVID-19 with their children. Here are some of their resources that can help you better protect your child when you can't be with them.

1



## Stay Home When Sick Cough & Sneeze Into Elbow

If your child is sick please stay home.

Do a daily check in with them to see how they are feeling. Encourage your child to cough and sneeze into their elbow or into a tissue rather than their hand aka [Dracula Sneeze \(cough\)](#).

3



Encourage your child to cough and sneeze into their elbow or into a tissue rather than their hand aka [Dracula Sneeze \(cough\)](#).

2



## Wash Hands Often Make Social Distancing Relatable

Encourage your child to wash their hands frequently with soap and water for at least 20 seconds.

To ensure they're scrubbing their hands long enough get them to sing a song like ["Tops & Bottoms"](#)

4



Keeping 2 meter distance might not make sense to small children.

Put it in terms they will understand such as 2 bicycle lengths distance or pick their favourite toy and use that as a unit of measurement.

## Unmasking The Mask

To a child a face mask might seem scary. If they're 2 years of age or older they may have already had to wear one.

If you decide your child should wear a mask, here are some [tips](#) to help them wear their mask safely and effectively.

Encourage them to ask an adult for help putting on their mask and taking it off.

Instruct them to wash their hands before putting on their mask and after taking it off



Encourage your child to not touch or move the mask around once it's on.



Emphasize that they do not share masks with anyone.



# Parent Resources

With the increasing spread of COVID-19 there has been an uptick in the use of face masks. While face masks are an effective tool to prevent the spread of germs to other people, they have posed some challenges for individuals in the deaf and hard of hearing community.

The [Moog Centre for Deaf Education](#) has conducted a study investigating the effects of various face coverings on speech perception. They compared 4 different face coverings to a baseline condition of no face covering and no remote microphone (**RM**). **Figure 1** illustrates the 4 different coverings tested.

Each mask was tested under two conditions: on their own, or paired with an RM system.

The study found that both the face shield, cloth mask, and window mask when paired with the RM system produced favourable results, with the face shield and RM system being comparable to baseline conditions. Interestingly, the least performing condition was the full Clear Mask paired with the RM system. Although it is conducive for lip reading, it was hypothesised that the signal underwent greater distortion under this condition.

The Full study can be read [here](#). The main takeaway is that educators of children with hearing loss need to consider the type of face covering used in order to minimize speech perception errors.



**Fig 1.**

## Additional COVID-19 Resources For Parents

It might be difficult to talk to your child about what's happening. There is a lot of uncertainty and new developments seem to spring up with increasing frequency. Children may also be hearing a lot about the situation in the news and other media outlets that their parents are following. The return to school can also be bringing up feelings of anxiety.

Here are some useful resources you can turn to that may help your child understand what's going on.



Anxiety Canada Has a great site with a lot of COVID-19 mental health resources including an article about [Talking to Kids About COVID-19](#).



Social Stories 4 Kids has released six free COVID-19 related stories that touch on various topics like social distancing and returning to school. The [books](#) are in PDF format and are well suited for young children. With large illustrations and minimal text they are perfect for the 3-5 age group.



The Government of Canada has several [resources](#) for parents and children that focus on safety and mental health.



# Kids Corner

## Colour the butterfly.

1. Print a copy of the butterfly bellow
  2. Colour it in and be as creative as you'd like.
  3. Bring it into school and give it to your teacher or ECE
  4. We will hang them up around the school!
- 

