Dear Families,

As you prepare for the beginning of the school year, normal back-to-school worries might be colliding with fresh uncertainties about the ongoing COVID-19 pandemic. Elizabeth Reichert, a professor at Stanford University, offers several tips for helping kids with back-to-school jitters:

- **Start talking about going back to school**—and listen to what your child has to say. What are they most looking forward to? What are they nervous about?
- **Engage your child in the fun components** of heading back to school, such as picking out school supplies or a new outfit—something they can get excited about.
- **Walk or drive by the school together to build excitement.** Or spend some time at the school's playground to help them get used to the environment and build their confidence.
- **Get back in the habit of going to bed and waking up earlier,** especially if bedtimes have shifted during the summer months. Try to reestablish other school year routines that worked well for the family.

According to Professor Reichert, if your child is still nervous, listen to and acknowledge their concerns. Ask questions and work together to figure out a plan while also communicating to your child that it’s their job to go to school. Children are remarkably resilient and adaptable. After a period of adjustment, many will find their groove.

Finally, remember that our staff know this is a big transition for your child, and we’re always here to help while also prioritizing their health and safety!

Sincerely,

Pearl Tokar

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**October Payment is Now Due**

The October 2021 payment for your Cub Care Zone participation is now due. Full payment must be made by September 15, 2021. If you have made your payment, thank you! If you have authorized us to charge your credit card, that payment will be processed soon.

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**Cub Care Zone Daily Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 p.m.</td>
<td>Check in, snack and physical activities/outside</td>
</tr>
<tr>
<td>2:45</td>
<td>Homework, reading and quiet activities</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>Physical activities/outside Arts, crafts, manipulatives Scheduled events</td>
</tr>
</tbody>
</table>

Activity schedules will vary based on attendance.

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**Site Supervisor:**

PM – Maureen Coon

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**October Non-School Days**

Cub Care is available at the Good Shepherd Building.

- October 11, 2021 Colombia Day

Registration deadline is September 27, 2021. Non-School Day fee is $45/child/day.
After school pick-up

Cub Care end time is 6 p.m.

To arrange for your child to be at the designated pick-up zone, please call the site cell phone 15 minutes before arrival. Call (585) 353-2324.

- Allow ample time to pick-up your child.
- Upon your arrival, drive to door #5; stay with your vehicle; your child will be brought outside the door.
- Both parent and child are required to wear a mask during pick-up.
- Any adult picking up your child must be designated on the enrollment paperwork, and must provide identification.
- No parents will need to enter the building.
- Once a child has left the building, there will be no re-entry for that day.

Masking Requirements
Cub Care Zone students and staff must wear a mask while at Cub Care.
Mask breaks will be given.
Send a spare clean mask with your child each day.
Wash used masks daily.

Each student must bring the following required, labeled items with them to Cub Care each day:

- Water bottle
- Change of clothes
- Hat or visor for outdoor play
- Lotion sunscreen (no spray sunscreens)
- Proper footwear, such as sneakers, for outdoor activities (no open-toed shoes, crocs or sandals allowed)
- Do NOT bring toys or electronics from home.