

# Blossom Nursery News



Who's ready for the  
spooky party??



## Halloween/Fall Issue

21<sup>st</sup> October 2010

### Blossom News In Brief

Dear Blossom and Blossom Village Parents,

In this week's issue we will be focusing on our chosen charity for this year's Halloween/Fall Celebration. We are very much looking forward to having a BIG party at Blossom Village (only 10 days to go!) and raising lots of money for those in need. All the details of this year's charity are contained within this edition.

Numerous fun activities have been organized for all the children (and parents!). Remember to come in your spooky gear!

Most importantly in this edition we would like to update all parents on our 'When to keep your child home policy' as well as introduce our new parents to the school nurses' – Miss Inoka & Miss Caress. They are keeping a close eye on all the little ones to ensure a healthy and happy environment for all.

We would like to take this opportunity to thank all the staff and children for a fun-tastic sports week! We all had a great time and have captured some highlights for you to see...

Have a great 2 weeks ahead!

Kind regards

*The Blossom Management Team*

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## Médecins Sans Frontières



MSF, Médecins Sans Frontières (Doctors without borders) is an international independent medical humanitarian organisation that delivers emergency aid in more than 60 countries to people affected by armed conflict, epidemics, natural or man-made disasters or exclusion from healthcare.

MSF was founded by doctors and journalists in 1971 and is now a worldwide movement with offices in 19 countries and an international coordination office in Geneva, Switzerland. In 1999, MSF was awarded the International Nobel Peace Prize, "in recognition of the organisation's pioneering humanitarian work on several continents." The award honoured the work of MSF relief workers bringing medical assistance to people in more than 80 countries.

As an independent and self-directed organisation, MSF's actions are guided by medical ethics and the principles of neutrality and impartiality. This means that MSF offers assistance to people based only on need and irrespective of race, religion, gender or political affiliation.

MSF strives to ensure that we have the power to freely evaluate medical needs, to access populations without restriction and to directly control the aid we provide giving priority to those in most grave danger. MSF does not take sides in armed conflict and insists on unhindered access to patients. In emergencies and their aftermath, MSF rehabilitates and runs hospitals and clinics, performs surgery, battles epidemics, carries out vaccination campaigns, operates feeding centres for malnourished children and offers mental health care. When needed, MSF also constructs wells, dispenses clean drinking water and provides shelter materials such as blankets and plastic sheeting.



Through longer term programmes, MSF treats patients with infectious diseases such as tuberculosis, sleeping sickness and HIV/AIDS and provides medical and psychological care to marginalised groups such as street children.

When MSF is witness to massive and neglected acts of violence against individuals and groups; we may speak out publicly based on eyewitness accounts, medical data and experience. The work of MSF is carried out by over 25,000 health professionals, logistics experts and administrative staff who run projects in approximately 65 countries around the world.



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## Médecins Sans Frontières (Cont.)

In the words of Dr Christopher Fournier, MSF International Council President:-

**“For Médecins Sans Frontières, an organisation that has specialised in responding to emergencies as well as working in fragile and unpredictable contexts, no two years are the same. There is of course the ongoing work carried out by our thousands of staff around the world, who provide healthcare where it’s lacking and deal with diseases that continue to take a high toll on populations. But over and beyond the more constant medical activity, each year brings new challenges to our organisation.**

**The continued contribution of millions of people who support MSF financially is key to our ability to bring medical assistance to those who need it urgently, and for keeping interference from political, military or economic agendas at bay. We are immensely grateful to all donors who make MSF’s works in over 65 countries possible.**

**Thank you”**



**\*Please find our ‘Participation form’ attached to show us how you can help.**

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## When to keep your child home

Below is our 'child illness policy' for our new and old parents to review.

We encourage all parents to be vigilant in all the preventative measures to stop infections and viruses spreading within the nursery.



### Miss Inoka – Registered Nurse

Miss Inoka is a registered nurse and is licensed by Dubai Health Authority (DHA) and is on hand at Blossom Nursery should any of you require any advice about preventative measures or concerns you may have about your child's health.



### Miss Caress – Registered Nurse

Miss Caress is also licensed by DHA and is a full time member of staff at Blossom Village. She is very caring with the children and is always on hand to assist with illness or injury.



If your child is ill, you might be struggling with a decision of whether or not to send him to school. You don't want him to miss school, but sending a sick child to school is not only unhealthy for your child but other children as well. Below are a few guidelines to follow if you are not sure if your child should stay at home or go to school.

**\*FEVER-** A fever is an important sign and key factor when deciding whether to send your child to school or not. It is essential to take your child's temperature correctly:

1. Always take the temperature *before* giving any medication.
2. Use an oral (mouth) thermometer. Place it under the tongue and have your child close his mouth. (Taking a temperature under the arm or feeling the forehead is not as accurate)
3. Do not check the temperature right after having something cold or hot in the mouth.

A temperature over 100.0F or 37.7C is an important symptom. Your child could be carrying something contagious. Keep him at home and provide lots of rest and fluids to let the body fight the illness. Don't send him/her back to school until the temperature is normal for 24 hours without the aid of fever-reducing medicines such as Panadol or Tylenol

**\*RINGWORM-** Ringworm is a fungal infection found on the skin or the scalp. Your child should see a doctor and use an anti-fungal medication. Your child does NOT have to stay out of school as long as the areas can be covered. However, your child will need to stay out of the pool.

**\*CHICKEN POX-** This is a childhood disease that is very contagious. If your child has a fever and itchy pink or red spots with a blister in the center, there is a good chance it is chicken pox. Let the school know and keep your child home 7-10 days or until all of the spots have dried or formed scabs. There is a vaccine available to prevent chicken pox.

**\*FLU** – Flu is an illness caused by influenza viruses. Flu is different and more severe than a cold. Flu symptoms are high fever, shivery feeling, headache, aching body and tiredness. A dry cough, sore throat and stuffy nose are also common with Flu. Flu is highly infectious and spreads through touch, coughs and sneezing. Flu lasts about a week and rest and regular fluid intake is important. Secondary infections like pneumonia, bronchitis, ear infections and sinusitis may follow. Monitor for this and keep your child away from nursery until they are 24 hours free of all symptoms.

**\*HAND, FOOT & MOUTH INFECTION-** The hand, foot, mouth syndrome (HFMD) is a common acute illness, affecting mostly children, which is characterized by fever, blisters in the mouth and on the tongue. The hands and feet are involved with small, tender cutaneous lesions. Similar lesions are also seen on the buttocks and (less commonly) genitalia.

The illness usually resolves in two to three days without complication.

HFMD is moderately contagious; infection is spread by direct contact with nasal discharge, saliva, blister fluid, or stool of infected individuals. Infected individuals are most contagious during the first week of the illness. However, the viruses that cause HFMD can persist for weeks after symptoms have resolved, most commonly in stool, allowing transmission following resolution of symptoms. Exclusion of children from group settings is appropriate during the first few days of the illness in the setting of open lesions in the mouth or on the skin. This may reduce the spread of infection but will not interrupt transmission completely.

**\*DIARRHOEA and/or VOMITING-** These are very uncomfortable symptoms and may be signs of a more serious illness. If your child has one or two loose stools it is not necessary to keep him home unless there are other signs of illness. However, if your child has frequent diarrhoea or it is accompanied by a fever and or abdominal cramping it is best to stay at home. Remember to replace the fluids lost with juices and water. Children will at times vomit due to stress or excess activity. If your child is otherwise feeling fine he can come to school. If the vomiting is accompanied by nausea and/or your child is unable to keep food down it is best to stay home.

**\*SORE THROAT-** If your child complains of a sore throat check his temperature. If there is no fever it may be sore because of cold/dry air conditioning or a blocked nose. Have your child eat breakfast and have something to drink. Gargling with salt water or mouthwash may also help. If there is a fever the throat is red and it is very painful see a doctor. If it is diagnosed as strep throat, keep your child at home until s/he has been on antibiotics for 24 hours or as advised by your doctor.

**PINK EYE or CONJUNCTIVITIS**- This is a highly contagious and uncomfortable infection of the eye. When your child complains of an eye burning or itching and the white of the eye is red and/or there is a discharge present, consult your physician. He may prescribe special drops for the eye. Keep your child home until the doctor has OK'd your child's return to school and eyes are clear of discharge. If your child presents with these symptoms at school you will be asked to take him home until medication has been started and the doctor has OK'd his return to school.

**THE NURSERY WILL** – Call parents immediately if any cases are suspected. Parents are requested to pick up their children especially in cases of high fever.

Please note only medication that has a prescription can be administered here at the nursery after a written permission slip is filled out by parents. No off the counter (excluding Calpol) or anti-histamines are allowed in the nursery.

If at any time a child has a suspected visible case of head lice the parent will be informed immediately by telephone. Parents/carers will be informed by letter-e mail/notices on the parent's notice boards when there is an infection in the nursery.

While we want all students to be able to come to school every day, there are times when it is important to the health of your child and the community to stay home. If the above guidelines are followed it will help keep your child and others healthy this school year.

## Upcoming Events

- 26<sup>th</sup> October : **Dr Rita Visits**
- 31<sup>st</sup> Oct : **Halloween / Fall Festival @ Blossom Village**
- 9<sup>th</sup> Nov : **Dr. Ashee the Dentist Visits**
- 14<sup>th</sup> – 18<sup>th</sup> Nov : **Academic Half Term**
- 16<sup>th</sup> – 17<sup>th</sup> Nov : **Eid Al Adha\***
- 24<sup>th</sup> Nov : **Homes & Harvest Festival**
- 25<sup>th</sup> Nov : **Report Cards issued**
- 29<sup>th</sup> – 30<sup>th</sup> Nov : **Parent / Teacher Day**

\*Islamic holidays to be confirmed

\*All events are also noted in the nursery

## Recyclable items

As we continue to prepare for our big Halloween/Fall Festival we will be doing lots of arts and crafts to create some lovely decoration for the nursery.

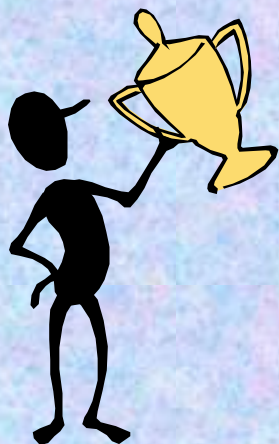
If you have any of the following at home, **do not throw away**. Please collect them and bring them to us here at the nursery;

- Toilet Roll Tubes
- Newspaper and magazines
- Old Greeting Cards/Wrapping paper
- Fabric Materials, Sequins, Glitter
- Coloured card and boxes
- Old books



# Blossom Sports Week Highlights

Blossom Nursery



Blossom Village