



MACFEAT LABORATORY SCHOOL NEWS
WINTHROP UNIVERSITY
September 2022



WELCOME

DIRECTOR'S MESSAGE

Wow! What a magnificent start to the school year we have had! We cannot tell you how happy we are to see you inside the school building. That face-to-face contact inside the classrooms is a valuable way for us to establish trust and rapport with one another. Thank you for being so incredibly supportive as we work together to create the very best learning experience for your children. Spending time in the classrooms is a valuable gift to me and I look forward to watching your children learn and grow this year!

~ Mrs. Sanders

IMPORTANT DATES

Monday, Sept. 7th- Labor Day
(No School)

Tuesday, Sept. 20th- Picture
Day

Monday, September 26th-
Vision Screening

Friday, Sept. 30th - Returning
Family Applications Due

Friday, Oct. 14th- Monday, Oct.
17th- Fall Break (No School)

REMINDERS

**Just a
reminder...**

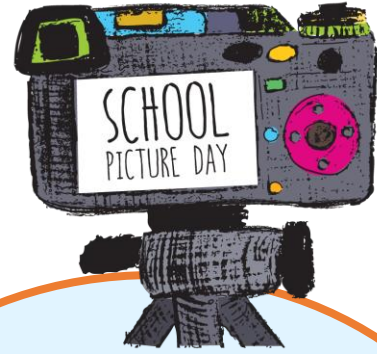
Please remember to send a water bottle that fully closes every day that is labeled with your child's name. Also, make sure only water is in the bottle as children use these all day and other drinks like milk could go bad throughout the day. Thank you!

Please be sure to apply sunscreen and bug spray in the morning before your child comes to school each day. If permission is granted, teachers can re-apply sunscreen but do so on an as needed and/or requested basis.



**2022-2023
MACFEAT SCHOOL APPLICATION**

An email was recently sent to you regarding the Macfeat application process for the 2022-2023 school year. If you wish to have your child enrolled in Macfeat next year, please read this important email and complete the returning family application before September 30th, 2022. Beginning October 1st, the application will be open to the public.



SCHOOL PICTURES

Save the Date! LillySnaps is coming on **Tuesday, September 20th** to take school pictures! Be on the lookout for more information to be sent home soon.

SAY CHEESE!



PARKING AT PICK-UP/ DROP-OFF

When picking up or dropping off at Macfeat, please park at the loop in front of the school. Occasionally Campus Police check parking tags and we do not want you to get a parking ticket, and parking in the school loop will help deter this.

MACFEAT ADVISORY BOARD



In the coming week, you will receive an email from the Macfeat Advisory Board President, Lisa Brett inviting you to join the Macfeat Advisory Board. Please consider joining us! This group provides important guidance for our school.

FYI

Vision screenings will be Monday, September 26th- Vision Screening beginning at 8:30am. Additional information will be sent home closer to the date.

NUTRITION GUIDELINES

First, we would like to thank you all for your patience and effort to meet the nutrition guidelines. We understand that children can be very picky eaters and meeting these specific guidelines, although necessary, may be challenging. Below is a guide with a link to a very helpful website that can help provide some additional information and offer healthy snack and lunch ideas.

One way you can help your child during lunch and snack time is to please not send any items that are high in added sugar or solid fats. We must meet the nutrition regulations, and if a child brings an item that is not part of the five approved food groups (seen below on My Plate), we have to remove it and provide a healthier option. As you can imagine, this understandably makes the children very upset, but can be avoided by not sending these items to school.

Finally, if you are currently thinking to yourself, “my child eats like five things and packing a lunch is so difficult!” I assure you, this is understood on a personal level. My oldest son went through years of feeding therapy and finding healthy foods he would accept was one of my greatest parenting hardships for many years. What I have learned first-hand and observed as an educator in the classroom is there is great power in social situations which can be used for the benefit of your child. Children are more likely to try new foods when they observe their peers eating it too.

We provide a snack in the morning and afternoon each day, and even though your child may not have liked the item in the past, it is a great idea to encourage them to try it as you never know what they may like now or what they may be willing to try when all of their peers are having the same item. The same is true for lunches. Try packing a small portion of a new fruit or vegetable. Their friend may love that food or have the same item packed, which could encourage your child to try it and maybe they will discover a new food they enjoy!

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.

ChooseMyPlate.gov

Keep on Moving!
You need at least **60 minutes** of physical activity **each day**. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!

FRUITS Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

VEGETABLES Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

Learn more about nutrition guidelines and tips for healthy living by visiting <https://www.myplate.gov/life-stages/kids>

COVID-19 UPDATE



As you are well aware, this pandemic continues to be an ever-changing situation. We are using current local data and child care guidance from the CDC and DHEC as listed below:

Preventive Measures- Continuing to promote the importance of being [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. Protection provided by the current vaccine against symptomatic infection and transmission is less than that against severe disease and diminishes over time, especially against the currently circulating variants. For this reason, it is important to stay up to date, especially as new vaccines become available. In addition, frequent handwashing and self-monitoring are additional measures useful in preventing the transmission of COVID-19.

Exposure- The CDC has recently updated its guidance for people who are not up to date on COVID-19 vaccines on what to do if exposed to someone with COVID-19. This is consistent with the existing guidance for people who are up to date on COVID-19 vaccines.

- The CDC recommends that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day 5.

Testing Positive- If you test positive for COVID-19, you should stay home for at least 5 days and isolate yourself from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.

Mild Illness or Asymptomatic- If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.

- Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
- You should wear a high-quality mask through day 10.

Moderate to Severe Illness- The CDC recommends that if you had [moderate illness](#) (if you experienced shortness of breath or had difficulty breathing) or [severe illness](#) (you were hospitalized) due to COVID-19 or you have a weakened immune system, you need to be isolated through day 10.

- The CDC recommends that if you had a [severe illness](#) or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

After you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

***** Please be sure to notify Mrs. Sanders ASAP if your child tests positive for COVID-19*****