



The Bon View School

FOR EARLY CHILDHOOD EDUCATION



March 2021

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**The Bon View School
for Early Childhood
Education**

1645 Buford Road
N. Chesterfield, VA 23235
804-320-7043

bonview@bonviewschool.com



Director's Notes

February was filled with love here at Bon View. The classes had a great time exchanging Valentine cards with their friends! We also focused on kindness during the past month. The classes showed kindness to others in many ways. These included making cards for a local retirement home, helping friends at school and expressing gratitude to those who help out at school. Learning about kindness and helping others is important as children start to learn empathy for others. Kindness abounds here at Bon View!

It is Bunny picture month! Each child has had a picture taken with the bunnies this week. The proofs will be back within the next two weeks and will be sent home in the child's folder. Please note that we did not have the photographer take group photos. These will be taken by us near the end of the school year and sent to each parent.

We are looking forward to the arrival of spring. Thank you to everyone who has made contributions for our playground. We are still collecting stumps, wagons, and old paint buckets if you have any. No need to purchase anything new--used is fine :)

Thank you for your continued support this year! We are so thankful for each of our Bon View families!

Lisa Zambito

Registrations Now Due

Enrollment contracts and deposits for next year are now overdue. If you have not submitted yours to the school office, please do so immediately. Contracts are necessary to guarantee your child a space for next year. Please contact Lisa Zambito if you have any questions or changes.

Picture Opportunity

At the end of April, Meghan McSweeney will be at Bon View to take photos of the children (www.meghanmcsweeney.com). Her photos will be taken outdoors and on the playground and will be more candid than our pony/bunny pictures.

Once she has finished the photos, Meghan will email each family a personalized link to view and purchase photos of their child(ren) on-line. In order for this to happen, we will supply her with an email address for each child. Your email address will not be used for any other purpose. The pictures will be delivered to school and sent home with the children.

Please let us know by no later than March 31 if you wish to opt out of the photos taken by Meghan and we will not include your email address. If we do not hear from you by the 31st, we will assume you wish for your child to be photographed and you are giving permission for us to give Meghan your email address.

Camp Bon View News

We are excited to announce that we are planning to have Camp Bon View this year! Our theme will be Nature Camp: Mudpies and Magic. Our campers will be immersed in a fun, hands-on day that will allow them to learn, move, think, explore, engineer and above all PLAY! This camp will be primarily an outdoor camp (depending on weather) and will include cooking, art, music, literature, as well as lots of socialization for our campers in the great outdoors.

Parents will have the option to register for one or both weeks of camp. However, in an effort to lesson potential exposures, preference will be given to those families electing to attend both weeks. Due to staffing and COVID precautions, spaces will be very limited and enrollment is on a first come first served basis.

Camp will be held June 7th – 11th and June 14th – 18th. The hours are 9:45-12:45 each day. All currently enrolled Bon View students are eligible to attend camp even if they are not potty trained. Registration forms will be sent home in children's folders in March.



Common Food Allergens and Reactions

A child could be allergic to any food, but these eight common allergens account for 90% of all reactions in kids:

1. Milk
2. Eggs
3. Peanuts
4. Soy
5. Wheat
6. Tree nuts (such as cashews and walnuts)
7. Fish
8. Shellfish (such as shrimp)

In general, most kids with food allergies outgrow them. Of those who are allergic to milk, about 80% will eventually outgrow the allergy. About two-thirds with allergies to eggs and about 80% with a wheat or soy allergy will outgrow those by the time they're 5 years old. Other food allergies are harder to outgrow. Only about 20% of people with allergies to peanuts and about 10% of those allergic to tree nuts outgrow the allergies. Fish and shellfish allergies usually develop later in life and are even more rarely outgrown.

Food allergy reactions can vary from person to person. Some can be very mild and only involve one part of the body, like hives on the skin. Others can be more severe and involve more than one part of the body. Reactions can occur within a few minutes or up to a few hours after contact with the food.

Food allergy reactions can affect any of the four following areas of the body:

1. skin: itchy red bumps (hives); eczema; redness and swelling of the face or extremities; itching and swelling of the lips, tongue, or mouth (skin reactions are the most common type of reaction)
2. gastrointestinal tract: abdominal pain, nausea, vomiting, or diarrhea
3. respiratory tract: runny or stuffy nose, sneezing, coughing, wheezing, shortness of breath
4. cardiovascular system: lightheadedness or fainting

A serious allergic reaction with widespread effects on the body is known as anaphylaxis. This sudden, potentially life-threatening allergic reaction involves two or more of the body areas listed above.