



Dear Sunshine Families,

October 9, 2020

Happy Friday! The children and teachers have been enjoying this marvelous fall weather. There have been trips to “the bridge,” outdoor Yoga classes, bubble machine dance parties and tons of field and playground time! As the weather may change at any moment, it’s important to make sure your child is dressed appropriately each day for outdoor play. Many teachers have already had you update your child’s spare clothing. Feel free to add to their cubby or the change of clothes bag at any time. There is an old Scandinavian maxim that says, “**there is no such thing as bad weather, just bad clothing choices**”, and we agree. We love to be outside!

If you hear mention of a new playmate or see a new face on the playground, you’ll know why: we have **three new students** joining us, one in each classroom in the next few weeks. Though we are loving our small groups, we are not “full” even by the EEC requirements of 42 sq feet/child.

There may be some sharing of the playground as well, as more children wish to stay until 3pm. Rest assured, we are taking all precautions, disinfecting the playground frequently and washing hands or sanitizing before leaving or entering the building. Just a reminder, if your child is involved in other group activities after school and on the weekends, we ask that you remember to keep the groups small, practice social distancing, mask wearing and frequent handwashing even while away from Sunshine. Our actions in and out of school affect the wellbeing of our entire SNS community.

Our friend Michael Lozier from **Northeast School Pictures** is coming on Wednesday, October 21 to do both individual and group (masked) photos. As he is not allowed in the building, he will be setting up a tent in the parking lot. Children who do not attend on Wednesday are welcome to come between 9:15 and 10 to be included in the photos. A flyer will be included in your backpacks soon.

**Community Service:** As in the past, SNS is helping out our neighbors. **Arlington Eats** is a vibrant local organization with an important mission: *to eliminate food insecurity by providing nutritious and culturally appropriate food in a respectful and compassionate manner to any Arlington resident in need.* Each month we will be collecting donations for this important cause. For October, we are asking families to donate:

\*Cereal (especially Cheerios!) in regular-sized boxes (not jumbo or single serve)  
If you wish to donate, please bring cereal into Sunshine (basket near Check-In Table) by Monday, October 26. If you are interested in volunteering to deliver our donations to St. John’s Church (74 Pleasant Street) please let us know.

Our first day of **Outdoor Yoga** with Mrs. Ronga was a tremendous success! It was a beautiful day and the children all participated in some way (we did have some “observers” but that’ll change next time!). She will return for more “Yoga Play” on Wednesday, October 28th.

**Reminder about travel and state requirements:** As the long weekends and holidays approach, the likelihood of travel does as well. Please remember that your travel affects the entire Sunshine Community. If you or a family member travels out of state remember to visit <https://www.mass.gov/forms/massachusetts-travel-form> for an update on any travel restrictions to and from Massachusetts. From the website:

“All individuals arriving in Massachusetts by any means or mode, including Massachusetts residents who have left the state for anything more than transitory travel, are covered by the Massachusetts travel rule. Accordingly, even travelers not required to complete the form should act in compliance with the rule.

The rule requires that you **MUST quarantine for 14 days** unless you:

1. are coming from a **lower-risk state** or
2. can produce, on request, **proof of negative test result for COVID-19 from a test administered on a sample taken not longer than 72 hours before your arrival in Massachusetts,** or
3. **meet the exemption criteria.**

[You] **MUST quarantine** until you receive the negative result. You may obtain a test at your own expense after your arrival in Massachusetts but you **MUST quarantine until you obtain a negative result.** Individuals who fail to quarantine are subject to a \$500 fine per day.”

Finally, with the cold and flu season upon us, we are already seeing lots of symptoms. Unfortunately, many of these common cold symptoms are also symptoms of the Coronavirus. As you know, these regulations are state-mandated and there is really no wiggle room. We are so grateful that everyone is erring on the side of caution and keeping their children home when any symptoms appear. If you are unclear please don’t hesitate to call.

If you’d like to see more from Sunshine, follow us on Instagram [@sunshinenurseryschool](#). Please let me know if we should exclude your child from these postings (no faces, no names).

We are off to a great start...entering week #5! Thank you again for all of your donations, your patience and understanding, your love and support. We feel it! For reference I have attached a handout created by the MA Chapter of the American Academy of pediatrics Task Force on School Reopening.

Enjoy the long weekend,

Jenn