

HEALTHY HABITS REMINDERS



As an early childhood center we do our best to limit the spread of germs but sometimes those suckers are hard to catch!

We can all take precautions such as providing good nutrition (particularly foods rich in Vitamin C), good and routine hygiene and cleaning practices and getting plenty of sunlight.

Ultimately, we want all children to feel well while at school so that they are able to absorb all the education and have fun! Here are some health reminders we have been sharing with your child at Ka Hana Pono & we know that with the help of our parents we can have more school days where everyone is in attendance.

If you have questions about our sick policy or have general health questions please don't hesitate to ask. Thank you for helping us all stay healthy!!

When do we wash our hands?

- After going to the potty
- Before and after eating
- Before coming inside from playing outside
- After sneezing or blowing our noses



No sharing of food or snacks at meal times.



Mouths and tongues are for talking, eating and drinking only – especially at school.

Extra clothes and blankets can not be shared and stay in our cubby box for nap time.

Keep Me Home If...



If your child is sick please contact Ka Hana Pono by:

Phone call / Text to Aunty O @ 808-699-9945 or

Complete the online absence form at www.KaHanaPonoHaleiwa.com

When Your Child is Sick:

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.