

# Futureways



## Dear Parents:

A new year coming soon and we will be doing more fun activities together as a group.

It was a great success with PALS. Children get to experience with therapy dogs and cat. There are lots of children that step out of their comfort zones and had a great time with the pets. In the future, I am hoping to arrange more visits from PALS and they are great beneficial to children too!!

Also, I want to THANK every parents with their **GREAT** helps. Children are more happy and success with their parents involvements and participations.

This coming January, we will be focusing on hygiene. It will be broken down to 4 different categories: everyday hygiene, personal hygiene, food hygiene and hygiene and pets.

We will teach children hygiene through different activities such as washing germs and cleaning group activities.

# 2009



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## Upcoming Events

- This month  
**Hygiene Module**

Soap Experiment

- February:

**Bullying Module**

Visiting Police Museum

Jordan's Birthday

- March:  
**Daily Living Skills**

Trip to the Library



# PALS VISIT

## Welcome to



Pictures will be posted on parent board in the NEW YEAR!!!!

## Hand Hygiene Products

### PRODUCTS

### HANDHYGIENE INGREDIENTS

Hand hygiene products come in many forms – each having its own benefits. Look for easy, convenient, portable, and refillable packaging options. Select the form that best suits your needs.

- **Bar Soaps:** Designed to clean the skin by removing dirt and oils.
- **Hand Sanitizers:** Designed to kill germs on hands that are not visibly dirty, without the need for water or towels.
- **Liquid or Foaming Hand Soaps:** Designed to dispense a single “dose” for cleaning hands.
- **Wipes:** Designed to wipe away dirt from hands.

Ingredients may be listed on product packaging. The following are common ingredients used in many hand hygiene products. Not all products contain all ingredients.

- **Cleaning Agents/Surfactants:** Lift dirt and soil and help *remove* germs from hands.
- **Moisturizers:** Leave hands feeling soft and smooth.
- **Fragrances:** Give consumers a choice of pleasing scents.
- **Antibacterial/Germ-killing**

**Agents:** Help *kill* germs that may cause odors or illness. Some of the more frequently used ingredients are:

- Triclocarban – used in bar soaps
- Triclosan – used in bar and liquid soaps
- Alcohol – used in hand sanitizers and hand wipes
- Benzalkonium chloride – used in hand sanitizers and hand wipes
- Benzethonium chloride – used in hand sanitizers and hand wipes



# All About Puberty

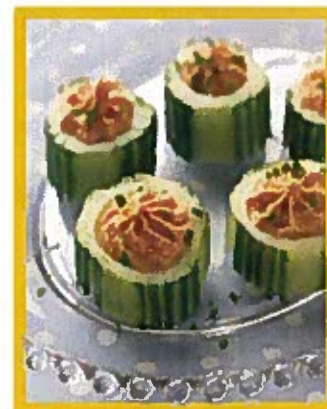
During puberty the body goes through some very important changes increasing the need for a regular regime for maintaining personal hygiene. Many teenagers and indeed parents find these changes embarrassing to discuss and many teenagers can be left in the dark about what they need to do and the products available to them.

## Body Odour

Puberty causes the body to produce greater quantities of oils and sweat that can clog up the pores leading to spots acne or sores. This coupled with increased activity

can lead to foul smelling and offensive body odour. This subject should be discussed in an informal and gentle manner so as not to make a big issue of it. Teenagers should be able to have free and private access to the bath or shower and by allowing them to choose their own cleansing products, and be encouraged to bathe regularly.

Parents should discuss the variety of anti-perspirant deodorants available and explain why they are needed; many teenagers believe they can simply spray deodorant as an alternative to washing. Parents or carers must explain that temporarily masking odours does not stop the problem.



## Cucumber Cups

Ingredients:

- 6 medium cucumbers
- 1 (8 ounce) container red pepper hummus
- 1 (8 ounce) container lemon hummus
- Chopped chives for garnish

1. Create decorative stripes on the sides of the cucumbers using a vegetable peeler (for wide stripes) or a citrus zester (for thin stripes). We did a combo of the two, as shown above.
2. Cut the cucumbers crosswise into 3/4-inch-thick rounds. Using a teaspoon or melon baller, scoop out the seeds to form a well, about 1/3 inch deep, in each slice. (A great job for kids!)
3. Spoon about 1/2 tablespoon of the red pepper hummus into the wells of half of the cucumber cups, mounding it slightly. (For a fancier look, use a pastry bag fitted with a large star tip and pipe in the filling.) Repeat the process with the lemon hummus and the remaining cups.
4. Sprinkle all with chopped chives. Serves 20 (makes about 64 cups).

## More Resources

In our Parent's Book Corner, we have resources and information about personal hygiene.

[Recommend:](#)  
[Personal Hygiene:](#)  
[What's that got to do with me?](#)

[Website:](#)

<http://www.hygiene-educ.com/>

<http://kidshealth.org/index.html>



# The Family & Community Resource Centre



## Free Courses

**Jan 19, 2009**

Taking the Power Out of Power Struggles

1030–1200

Emmanuel Christian Reformed Church

2020 51 Street SW

(ext:109)

**Jan 27, 2009**

Parenting a Child with Disruptive Behaviour

630–800

Learning Village Family Place

Cappy Smart Elementary School

Please Check our more courses on  
our Parent Board

For More Information, Contact

Hilda Lam: 403-262-9445

You can also register online at:

[www.fcrc.sacyhn.ca](http://www.fcrc.sacyhn.ca)

## Reminder to Parents

- Please sign in your child every workshop, attendance will be taken.
- Toys from home should stay home or in their lockers.
- Bring:
  - Winter Gear
  - Indoor Shoes
  - Snack
  - (if your child does not eat our snacks)

**PLEASE CONTACT HILDA IF  
YOU ARE NOT ATTENDING  
CLASS**

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