



Family Handbook

*****Please sign, date, and return the last page of this handbook*****

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Dear Parents,

We warmly welcome you and your family to Northern Lights School! This school year seems much like the last as we continue to prioritize the health and safety of our children, teachers, and staff. However, this year we are stronger and our procedures have been vetted as we continue to move through this public crisis. This handbook will provide information about our commitments to you and your child, our educational philosophies, goals and policies. It will inform you about your responsibilities to the school and your child, and give you some insight into the daily life of the children at school. We hope that this information will answer many of your questions about the school and its procedures. Should you have any further questions please feel free to ask.

Please sign, date, and return the parent attestation on the last page of this handbook to acknowledge your review and agreement to our policies and procedures. We look forward to a rewarding school year full of joyful learning and growth.

Sincerely,

The Faculty and Staff of
Northern Lights School

Our Mission

The mission of Northern Lights School is to nurture young children and their families through play and nature-based childcare and educational programming. This approach supports each stage of development with academic, artistic, physical, and social activities that draw forth each child's unique capacities. Our philosophy meets the challenges of an ever-changing world with education that addresses the whole human being. Our purpose is to provide a harmonious balance in the development of the child's mind, body, and spirit. Each child will begin to build a solid foundation within; to give purpose and direction to their life as they learn the skills needed to be a productive, independent, responsible and caring human being. We believe that children, given the support of our school, parents, and friends will become confident and free-thinking adults—able to create new solutions to the problems of our age and impart purpose and direction to their own lives.

In establishing the Northern Lights School we seek to provide a center for parents and friends to share in the artistic and social elements of the school. In building our community, we hope to provide support for the children, offer opportunities for individual growth and encourage constructive social change. We hope to enrich family life by building festivals, by deepening the relationship between children and their parents, and assisting parents in understanding their children's development.

The Responsibilities of Our Program To You and Your Child - At a Glance

The faculty, staff, administration, and board of trustees are committed to provide a safe environment where each child can be nurtured in each being of their existence, head, heart, and hands. Through the story and circle times of the day, we offer children rich vocabulary and imagery and song and dance. During ample unstructured play time indoors and out-of-doors, we give each child the opportunity to develop their social and emotional skills as well as their physical being through climbing, running, jumping, raking, digging, shoveling, sledding, and so much more. Teachers provide guidance as children learn to navigate social interactions. There are opportunities for quiet activity and artistic and craft projects. Life skills are offered during the preparation of snacks, caring for the classroom and garden, dressing, and outdoor work that is modeled by each teacher. Snacks are wholesome, nutritious, and hearty. All of these offerings meet or exceed the New York State Office of Children and Family Services (NYS OCFS) daycare center regulations for a safe and healthy learning environment. These regulations can be found at: <https://www.ocfs.ny.gov/programs/childcare/regulations/418-1-DCC.pdf> Our licensing representative in Albany, NY is Nancy Nicsevic. She can be reached at 518.486.6923 or Nancy.Nicsevic@ocfs.ny.gov.

We commit to providing parents regular communication regarding their child and with opportunities for learning through daily or weekly written observations, seasonal newsletters, 2 scheduled parent-teacher meetings each year, parent evenings, and social gatherings celebrating the seasons.

Responsibilities of the Parent - At a Glance

A healthy, happy, and successful childcare experience is a collaborative journey between parents and caregivers. In order for this to be a productive journey for all of us, we ask for communication that is respectful, thoughtful, regular, and confidential. We ask parents to bring their child to school each day when they are healthy and show no signs of sickness as detailed in the section on **Health Policy** and to adhere to the **Infectious Disease/ COVID-19 Health Policy**. Please bring your child to school properly dressed for the weather (layers for warmth) and provide several sets of spare clothing. We have limited amounts of extra clothing and expect all borrowed clothes to be washed and returned. If your child is staying until 4:00 pm, we ask that you send your child with a healthy lunch and afternoon snack. Water will always be available and offered. In addition, if there are any changes in your homelife that might impact your child's behavior, please communicate this with your child's teachers. If you have arranged for someone other than the parent to pick up your child, you must communicate that to the school and inform us in advance and they should also be listed on their emergency contact form. Lastly, we ask that your child be picked up on time and that your bills be paid in a timely manner.

Our History

Our School began as a parenting and playgroup concerned about educational opportunities for their children. The parents involved desired a school that was truly excellent—a school that would treat their children with respect, recognize their individuality, nurture their natural curiosity and creativity, and at the same time give them a rigorous foundation in not only the basics of reading, writing, arithmetic, history, geography, and the sciences, but also in art, music, drama, creative movement, and practical skills. They wanted a school that would educate the whole child and leave them with a lifelong love of learning and a solid foundation to make their own way in the world. Finally, they wanted their children to become self-confident, purposeful, to be able to work well with other people, and to be respectful of the natural world around them and of other peoples and cultures.

After three years of study, a core group of parents committed themselves to providing Waldorf-inspired education for their children and the greater community. The parents who originally organized the Northern Lights School and those who have continued to work for its growth and development are convinced that the Waldorf School movement comes closer than any other educational philosophy to realizing these ideals in their children. Out of this conviction, dedication and perseverance the first preschool, kindergarten, and grades 1-5 opened its doors in Wilmington in September of 1996.

Our school moved to Saranac Lake in 2005 to the basement of the First Presbyterian Church on 57 Church Street. In 2010, we became a Universal Preschool provider with the Saranac Lake Central School district. Our grade school declined in numbers as the population of the Adirondacks as a whole declined. In 2017, we became a licensed daycare provider through the New York Office of Children and Family Services as part of a requirement to continue to participate in the Universal Preschool program. In 2018, we began to recognize the great

need of families for infant and toddler care, as such in 2019 we shifted from offering a grades program to offering an infant and toddler program using the Continuity of Care model of our licenser. Only a few years later our path changed dramatically when we had the opportunity to purchase the Old Lake Colby Elementary school building in 2021 with overwhelming support of our community.

Our Programs

Nestling Nursery and Morning Garden Continuity of Care classrooms serve children from 3 months to 3 years old from 9:00 am to 12:30 pm or 4:00 pm with lead teacher Miss Vannesa and Miss Kim, respectively.

The basic tenants of the Continuity of Care class are to provide care for one group of children from 3 months to 36 months with the same teachers (as much as possible), until the child turns 3 and is ready to transition to the preschool class. This is a wonderful opportunity for children to learn and grow with and from each other. The stability of the same classmates and teachers promotes attachment and security for the child and parents by allowing for the development of these meaningful relationships. The Continuity of Care class welcomes breastfeeding mothers to be in the room together with the teachers and other children. We are proud to offer free Pregnancy, Childbirth, and Newborn Care classes, and a New Parent Support group that meets monthly in addition to our normal school programming which includes care for infants to preschool and aftercare for school aged children.

The Nestling Nursery teachers:

The lead teacher of the is Miss Kim. Email: vannesa@northernlightsschool.org

Vannesa Houghtlin: Vannesa has been with our school almost since its inception. She has worn many hats at NLS. She served on the Board and was Board President for a term, held teaching assistant positions and has led our Parent-Tot Little Dippers program, Childbirth Classes, and new parent support groups. Vannesa's three children attended Northern Lights. She holds a BA from Carleton College, is a certified Childbirth doula and has many years of experience as a childcare provider.

Madeleine Webster: Madeleine is in a Bachelor's degree program in History and Philosophy at the University of Wisconsin, Madison. She was a volunteer at a daycare in London, England and was immediately drawn to our school philosophy.

Savanna Donaldson: Savanna is a graduate of SUNY Potsdam with a degree in Psychology. Before coming to Northern Lights School Savanna has been a camp counselor for the Whiteface Lodge and a private babysitter since 2018.

Nicole Crist: Nicole came to Northern Lights 2017. Previously she was a teaching assistant at the Children's Corner. Nicole is completing her Childhood Development Associate Degree Certificate and is a certified Level II Teaching Assistant. Nicole holds a BS in Biology from the University of Maine.

The Morning Garden teachers:

The lead teacher of the Morning Garden is Miss Kim. Email: kim@northernlightsschool.org

Kim Holmlund: Kim has been a teacher with the school since 2004, worked in the office and served as Faculty Chair for many years. Kim serves on the Board of Directors. Her three children attended Northern Lights. Kim holds a BS in Industrial Arts Education from SUNY Oswego and a MS in Outdoor Recreation/Education from SUNY Cortland. Kim has a diverse background in experiential education and has worked with every age group from toddlers to elders in various outdoor settings and colleges.

Florence Collins: Florence hails from France and has a background as a special education paraprofessional and a certified nursing assistant for 18 years in Wisconsin and the North Country. She joined our team in spring of 2022 in the Morning Garden room.

Kelly Fuller: Kelly is one of our Morning Garden Aftercare teachers. Kelly has a BS degree from Paul Smith's College in Recreation, Adventure Travel and Ecotourism and a MS degree in Counseling from SUNY Plattsburgh. Kelly comes to us with many years of experience as a child counselor and experiential educator. Kelly is the mother of two NLS alumni.

Abby St. Onge: Abby has a BA in Human Ecology from the College of the Atlantic. She has worked with children in both home and school settings including therapeutic riding and camp counseling. Abby is a certified yoga instructor. She is one of the Aftercare Teachers in the Morning Garden room.

Madeleine Webster: Madeleine is in a Bachelor's degree program in History and Philosophy at the University of Wisconsin, Madison. She was a volunteer at a daycare in London, England and was immediately drawn to the Northern Lights philosophy.

Savanna Donaldson: Savanna is a graduate of SUNY Potsdam with a degree in Psychology. Before coming to Northern Lights School Savanna has been a camp counselor for the Whiteface Lodge and a private babysitter since 2018. She started at Northern Lights School in October of 2021.

Preschool serves children from 3 – 5 years old from 9:00 am to 12:30 pm or 4:00 pm with lead teacher Miss Rebecca **Email:** rebecca@northernlightsschool.org

The Preschool room is a mixed age classroom. This mix of students creates an environment of energy and learning through circle, story, play, and absorbing the activities around them. Children learn self care skills and help to teach the younger children in the class. There is a nice balance between structured and unstructured play, both indoors and outdoors.

Rebecca Ciraulo: Rebecca holds an AA in Liberal Arts and Social Sciences from Hudson Valley Community College and a BA in English from The College of Saint Rose with a minor in Elementary Education. Rebecca has been teaching and caring for children since 2003. She has been with Northern Lights for over a decade and has a son who attended Northern Lights. Rebecca serves as Faculty Chair and sits on the Board of Directors.

Nicole Crist: Nicole came to Northern Lights in 2017. Previously she was a teaching assistant at the Children's Corner. Nicole is completing her Childhood Development Associate Degree

Certificate and is a certified Level II Teaching Assistant. Nicole holds a BS in Biology from the University of Maine.

Charles Chauncey: Charlie has a BS in Environmental Studies from SUNY Fredonia. He is a Level 3 certified Teaching Assistant and in addition to assisting has served as a Teacher's Aide, Substitute TA and Lifeguard/Swim Instructor. He recently worked at Lake Placid Elementary School and is pursuing his Childhood Development Associates credential.

Inspiration from the Waldorf Philosophy

The uniqueness of the Waldorf curriculum, upon which we base our curriculum, lies in how the child is taught. The belief that education is an art is fundamental to the Waldorf approach. In the nursery and preschool child, the imagination is cultivated and exercised. The rich and powerful imagery of folk and fairy tales, offered through storytelling and dramatics, enfold the child. Fostering the imagination enriches the capacity for later creative thought. This model inspired our philosophy and guides us in supporting our curriculum. More information can be found at <https://www.waldorfearlychildhood.org/wecan.php>

Diversity, Equity, and Inclusion

The teachers, Board and staff of Northern Lights School are committed to continually examining and learning how we can create a more diverse, equitable, and inclusive school community. We commit ourselves to learning how to foster anti-bias and disrupt racism and other "ism's" through our policies, curriculum, relationships, classrooms, and actions. We recognize the position we are in to help form young minds and deepen our commitment to use that power wisely. We strive to be an agent of change.

Northern Lights School aims to awaken the child's reverence for the wonder and beauty of life. Children develop an inner attitude toward the majesty and spiritual foundation of the world. Our school *does not* teach religion. Students from all religions, ethnic, and cultural backgrounds are welcomed to the school, and all backgrounds are celebrated and respected. Please share your unique ethnic and cultural background with us.

Anti-Discrimination Policy

Northern Lights School is an equal opportunity employer in that we do not discriminate and will take active measures to ensure against discrimination in employment, recruitment and advertisement for employment, compensation, termination, promotion, and other conditions of employment against any employee or job applicant on the basis of race, creed, color, national origin, religion, sexual orientation, or gender identity. Likewise, this policy extends to the

admission of students and families in that we welcome and admit students without regard to race, creed, color, national origin, religion, sexual orientation, or gender identity.

Firearms Policy

Northern Lights School does not permit any firearms, shotguns, or rifles on this property.

Confidentiality Policy

The teachers and staff at Northern Lights School adhere to the ideals of the NY OCFS operating requirements relating to confidentiality of any personal information relating to our students. Information may not be disclosed to anyone other than the NY OCFS, the teachers of the student, the Director, or the Head of School without the written consent of the parents. This holds true even in the case of service providers who come into the classroom. A special consent form (OCFS-5014) will be completed by the parent and the service provider before services begin.

The School Structure

Administration. Our school is administered by the Interim Head of School and the Faculty Chair. The faculty is responsible for the pedagogical endeavors of the school. Faculty and staff meetings occur weekly and include study and artistic endeavors as well as business. The Board of Trustees is made up of members representing our faculty, parent body, and community. It carries the overall vision and direction of the school and oversees the legal and financial health of the school. Board meetings are held once a month and parents are encouraged to attend.

Volunteerism. Volunteerism has been and remains a vital part of Northern Lights School. Our school community consists of a warm circle of teachers, staff, parents, and community members. It is the children who stand in the center, embraced by our gifts of example and love. We work together to give the children the best education possible and provide them with a beautiful, safe, and nurturing environment in which to learn. Just as a child has many growing needs, so does our school. There are many opportunities for all of us to meet needs associated with events and facility upkeep. We all have gifts and talents to share – there is a place for everyone to contribute. We have many committees where we hope you will find interesting and rewarding work (or even fun!) that is so important to our school. We have parent committees that are always looking for volunteers. Please contact the Head of School to inquire.

To Whom Should I Speak?

Communication between all members of our school community is essential. Please ask if you have any questions or concerns regarding the school, what a Waldorf-inspired curriculum means, or your child.

General questions - Questions including those about enrollment procedures, school events, financial issues and the general operation of the school should be directed to Interim Head of School, Polly Kelting. You may call at 518.891.3206 or email her at info@northernlightsschool.org if you do not find her at her desk.

Teacher contact- The early morning time before and during the student's arrival is very sacred to the teachers. It is a time of preparation and focus and sets the tone for the day. Therefore, if you need to speak with your child's teacher, please make every attempt to do so *after* the class has been dismissed for the day. Our teachers are very diligent in their observation and interaction with each child. These observations are documented and shared with parents on a regular basis throughout each month. In addition, there are two scheduled parent-teacher meetings each year that you are encouraged to attend.

Concerns about your child or their classroom – Questions about your child or the program they are enrolled in should be taken to the Lead Teacher of the program. Your child's teacher will inform you when they will be available to answer questions and/or meet with you once the school year begins. If after discussing a situation with the teacher(s) involved you feel that a problem still remains, you can speak to the Faculty Chair, Rebecca Ciraulo, rebecca@northernlightsschool.org. If you still need to pursue a particular issue further, you may contact the Board of Trustees President, currently Julia Goren email jgorenster@gmail.com.

Tuition statements – Please contact Polly Kelting, info@northernlightsschool.org with questions about tuition contracts/statements and other invoices as needed. Tuition invoices are emailed to the email address provided at the end of each month. Extended care costs (\$10 for before 8 am and \$10 for after 4 pm) are included in the tuition statement. Payment terms are net 30 days, before late fees are added. Please let Polly know if you would prefer paper invoices to be mailed to your home address or if you would like to use Paypal to pay your tuition. If you choose to pay via Paypal, you are responsible for the 2.8% processing fee which should be paid by check or cash and cannot be paid with Paypal.

Questions concerning our curriculum –Information about Waldorf-inspired education and our play-and nature-based curriculum or the role of the Waldorf philosophy in our curriculum can be asked of any lead teacher, Miss Vannesa, Miss Kim, or Miss Rebecca. Parent evenings are most helpful in this regard as well.

Feedback, ideas and suggestions? Please discuss these with any of our staff or Board members. We will have various parent events and opportunities to gather throughout the year that will give you the opportunity to share ideas. Also, if you wish to provide written anonymous

feedback, you may put the paper in the black mailbox in the office area where tuition payments are made.

Board of Trustees

Northern Lights School is overseen by the Board of Trustees. The following is a list of our Trustees, if they chair any committees, and their contact information.

Julia Goren, President, jgorenster@gmail.com

Scott McKim, Treasurer, tambournes@hotmail.com

Chris Newcomb, Secretary, chrisbnew@gmail.com

Rebecca Ciraulo, Faculty Chair, Preschool Lead Teacher, rebecca@northernlightsschool.org

Ann Armstrong, armstrong.usu@gmail.com

Emily Foppert, emilyfoppert@gmail.com

Ben Hamelin, Social Media and Marketing Chair, ben.hamelin@yahoo.com

Kim Holmlund, Morning Garden Lead Teacher, kim@northernlightsschool.com

Rachel Lamb, Silent Auction Chair, rachel14lamb@yahoo.com

Carina Moore, Events and Fundraising Chair, carinamoore21@gmail.com

Elle Terreberry, Buildings & Grounds Chair, elletterreberry@gmail.com

Ashley Wheaton, ashley.a.wheaton@gmail.com

Practical Information

Arrival and Dismissal

Please note that the start and end times are subject to change. Children attending our programs should arrive at school by 9:00 am. Promptness is important. Beginning the day together as a class helps establish the rhythm, which is the foundation of the school day and helps create a smooth transition from home. If you find that you are in need of child care before 9:00 am please contact the Head of School. In light of our commitment to the health and safety of everyone, we ask that families conduct a health screening on their child at home and before arriving at school. You attest to this by signing the “NLS Annual Acknowledgement Form for Health Screening”. Please do not bring your child to school if they are showing any symptoms of illness. We will conduct an additional screening at school. All children and adults are asked to wash their hands upon arrival inside the building.

Dismissal from the morning programs is at 12:30 pm. It is very important to be here promptly at pickup time. If you are unavoidably delayed in picking up your child, please call the school so that arrangements and reassurances can be made both for your children and our staff. For the children’s safety it is essential that the school be informed of changes in pickup time, or a

change in the person picking the child up. Only individuals identified on your emergency card are authorized to pick up your child. If you find you need to add someone to that list, please contact Polly or your child's teacher.

Extended Care

Extended care includes care before 9:00 am start and After 4:00 pm pickup. Before 9:00 am and after 4:00 pm care can be arranged for an additional charge of \$10 per day. If you are late picking up your child, you will be charged \$10 until 5:00 pm. After 5:00 pm pick up, you will be charged an additional \$10 for each 15 minute increment that you are late.

Carpools

Families in surrounding communities often form car pools. A brief gathering at the beginning of the school year is helpful to make sure that every family understands plans and schedules. If your child will be leaving the school with someone other than a parent, names of individuals who are permitted to pick up your child need to be indicated on the Emergency form.

Bus Pick-up / Drop-off

Bus service to and from Petrova and Bloomingdale Elementary Schools may be available for students and their older siblings living within the Saranac Lake Central School. Please contact the Saranac Lake School District bus garage to make arrangements for drop off at the school. Also, please inform our Head of School so that our afternoon teachers are aware of the schedule. The bus contact is Lenny Barker at 518.891.2859 or email: slcsbusinfo@slcs.org.

Parking Lot Safety

Arriving and departing from school is a busy time. Please be mindful of the parking signs posted and traffic within the parking lot. Parking spaces along Clark Rd are reserved for Head Start employees and their families. If parking along Clark Rd, please leave a car length between any driveways and intersections. Close supervision of your child is strongly encouraged. Cars are not to be left running or with keys in the ignition.

Building and Fire Safety

In order to ensure the safety of all our children, teachers, and service providers, we have a video/buzzer entry system for parents and visitors to use to enter the building. Upon arrival, we ask that visitors sign the visitor log book in the entryway, consider if they are healthy before entering the building, and use hand sanitizer.

Each room is equipped with a fire extinguisher, an exit sign, two egresses, and an evacuation map next to each exit. The evacuation map shows the path out of the building and where the primary and secondary safety meeting points are located outside of the building. Each month, a fire drill will be executed by the Director. The drills may vary with the time of day and the mode of exit, either primary or secondary. Children will immediately stop what they are doing and follow their teacher in an orderly way out the nearest exit. Teachers will account for each

of their students and take the classroom emergency bag with them to the safety spot identified on their evacuation diagrams. The Director will check all areas of the building and then also check with each teacher to make sure that all occupants are accounted for. The time it takes for everyone in the building to evacuate is recorded and any improvements or obstacles will be noted and corrected.

As there may be times when there is an emergency need to exit the building, there also may be times when there is an emergency or unsafe situation developing when children are outside and need to come inside for their safety. This could include dangerous weather conditions, such as lightning, threats to our school or in the area, or a prisoner escape. In order to practice for these potential instances, we conduct what is called Shelter in Place Drills. Every classroom has a designated space for occupants in each classroom to reside while the Shelter in Place drill is happening. The director will check the play yard, with each class, and the visitor log to ensure that every occupant is accounted for. The drill will last for 15 minutes. Shelter in Place drills will happen twice per year.

Calendar

The school calendar lists all holidays, and school vacations for the year. Notices of festivals, arts days and special events will be shared via email, NLS website and Instagram and Facebook. Please be aware the calendar may change but every effort will be made to notify you well in advance. We follow the Saranac Lake Central School District calendar. https://drive.google.com/file/d/1rwZJ_KMkr8cO0OsHGLkHm5C53b8kRaIW/view Some Gap Days, days where we provide care at an extra charge are offered on unusual district holidays, such as Superintendent Conference days in October and March, or one week of the 2 week spring break. Summer care begins right after the Fourth of July holiday and runs through part of the third week of August, depending on the days of the week.

Health Care Policy for COVID-19

Please conduct a health screening for your child before you leave the house for school, according to the NLS Annual Acknowledgement Form for Health Screening and the Infectious Disease/COVID-19 Health Policy. Please contact Polly at info@northernlightsschool.org if you did not receive these documents. Once at school if we find that your child is exhibiting symptoms of sickness or registers a fever, we will ask the parent or emergency contact to come and get the child from school. All adults and children over the age of 2 are required to wear a mask to be in the building. As a licensed daycare provider with NY OCFS, we follow our licensors guidance and NYSDOH for our COVID-19 and Health Care Policies.

https://www.franklincountyny.gov/residents/covid-19_guidance/index.php

A child who tests positive COVID-19 - Isolate

Isolation is for individuals who have been infected with COVID-19, even if they don't have symptoms. Isolation is also for people who are suspected of having COVID-19 because of the symptoms they exhibit. You isolate in order to prevent spreading the virus to others.

Under 2 years of Age

If your child tests positive, please report it to the administrator, to your doctor and the county department of health for the county in which you live.

- The child must be isolated for 10 days, as this age group of children are unable to wear a mask.

Over 2 years of Age

- If the child has been fever free without medication for 24 hours, and can wear a mask properly and consistently, the child can return to school after day 5.
- If the child has symptoms, is not fever-free, or cannot wear a mask consistently or properly, the child can return after day 10.

Day 1 in the count starts on the first full day of symptoms or the last day there was contact with the infected person. Please see the quarantine and isolation guidelines from the New York State Department of Health which we follow. <https://coronavirus.health.ny.gov/new-york-state-contact-tracing#guidance---faqs>

Exposed children who are in class with a child who tests positive for COVID-19 - Quarantine

Quarantine is for someone who has had exposure to COVID-19 but who does not have any symptoms of COVID-19/has not tested positive COVID-19. Exposure to COVID-19 occurs when Person A has close contact with Person B, who has COVID-19. It is considered close contact if Person A and Person B share the same household or if they were within 6 feet of each other for 15 minutes or more over a 24-hour period while Person B had COVID-19.

Under 2 years of age:

- For children who are exposed to a child who tests positive for COVID-19, every child in the class is considered exposed to the virus and will quarantine for 10 days because of the inability of this age group to mask.

Over 2 years of age:

If the child is over 2 years old, the quarantine will depend on: 1) if the child is fully vaccinated; 2) if the child can wear a mask properly and consistently; and 3) if the child sits within 6 ft of each other unmasked at snack or meal time, and vaccination status.

- Children who are fully vaccinated or who have had COVID within the last 90 days do not need to quarantine if they can mask consistently and properly.
- All children in the class with the child who is positive and who are unable to mask well, as observed by their teachers, must quarantine for 10 days when there is a positive case in the classroom.
- Children who sat within 6 ft of the child who tested positive unmasked at snack and meal time will be considered exposed and must quarantine for 5 days.
- If a child develops symptoms, they should isolate for an additional 5 days.

A negative test is required to return to school. Home tests are permitted, but must show 2 negative tests taken 24 hours apart.

Day 1 in the count starts on the first full day of symptoms or the last day there was contact with the infected person.

Health Care Policy - Procedures for illness other than COVID-19

Northern Lights School does not have a school nurse and as such cannot care for unwell children. Please notify the school of the symptoms that your child or you are experiencing and keep them home until:

- 1) Symptom free for 24 hours, or
- 2) There is a note from the doctor stating the child can be in a social setting while presenting symptoms. The doctor must provide a detailed account of the symptoms, when we should expect the symptoms to resolve even if the symptoms are seasonal/chronic, and COVID-19 test results if the office required them. The doctor's note is valid for the duration of the symptom. If the symptom stops for a period and starts again, a new note or 5 day test regiment is required.

If your child's *only symptom* is a runny nose (i.e. no cough, irritable behavior, etc) and no one else in the household is sick, please administer a home test for 5 consecutive days, submitting each result to Polly at info@northernlightsschool.org following the procedures below.

1. Write the date your child's initials or name on the test tray or strip with the negative result. If it is a positive result, stay home and begin isolation procedures.
2. Take a picture of the marked test tray or strip and email to info@northernlightsschool.org

If your child's symptoms are resolved for at least 24 hours and you do not have a note from the doctor, we will accept COVID-19 home test results. Two tests must be taken at least 24 hours apart.

Each COVID-19 home test result may be submitted by writing the date and name on the test on the test tray, and taking a picture of each negative result. The picture may be emailed to Polly at info@northernlightschool.org, 518.891.3206. We reserve the right to not allow your child to attend school if you do not have these documents.

The following is a list of symptoms and conditions that warrant a child to stay home from school, as prescribed by NYS OCFS:

- The child is too ill to participate in program activities.
- The illness results in a need for care that is greater than the staff can provide without compromising the health and safety of other children.
- An acute change in behavior – this could include lethargy/lack of responsiveness, irritability, persistent crying, difficult breathing, or having a quickly spreading rash.
- Fever:

- Temperature above 101°F [38.3°C] orally, or 100°F [37.8°C] or higher taken axillary (armpit) or measured by an equivalent method.
- Sore throat, rash, breathing difficulty or cough, congestion, and/or viscous yellow/green runny nose.
- Under 6 months of age: Unexplained temperature above 100°F [37.8°C] axillary (armpit) or 101°F [38.3°C] rectally (caregivers are prohibited from taking a child's temperature rectally) should be medically evaluated.
- Under 2 months of age: Any fever should get urgent medical attention.
- Diarrhea: More than 3 soft, runny stools in a 24 hour period.
- Diapered children whose stool is not contained in the diaper or if the stool frequency exceeds two or more stools above normal for the child.
- Toilet-trained children if the diarrhea is causing soiled pants or clothing.
- Blood or mucous in the stools not explained by dietary change, medication, or hard stools.
- Confirmed medical diagnosis of salmonella, E. coli, or Shigella infection, until cleared by the child's health care provider to return to the program.
- Vomiting more than two times in the previous 24 hours, unless the vomiting is determined to be caused by a non-infectious condition and the child remains adequately hydrated.
- Abdominal pain that continues for more than two hours or intermittent pain associated with fever or other signs or symptoms of illness.
- Mouth sores with drooling unless the child's health care provider states that the child is not infectious.
- Active tuberculosis until the child's primary care provider or local health department states the child is on appropriate treatment and can return.
- Streptococcal pharyngitis (strep throat or other streptococcal infection), until 24 hours after treatment has started.
- Head lice until after the first treatment (note: exclusion is not necessary before the end of the program day).
- Scabies until treatment has been given.
- Chickenpox (varicella), until all lesions have dried or crusted (usually six days after onset of rash).
- Rubella until six days after the rash appears.
- Pertussis until five days of appropriate antibiotic treatment.
- Mumps until five days after onset of parotid gland swelling.
- Measles until four days after onset of rash.

- Hepatitis A virus infection, until the child is approved by the health care provider to return to the program.
- Any child determined by the local health department to be contributing to the transmission of illness during an outbreak.
- Impetigo until treatment has been started.

The above list was adapted from *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Edition.

In addition, we will be attentive to the health of our teachers and staff, asking them to please not come to work if they are exhibiting symptoms of sickness. As such, we may have to cancel a class from time to time as we do not have enough substitutes to cover classes. This is just an unfortunate circumstance of the time in which we live. Thank you for your patience.

Absences and Attendance.

Each and every child is important to us at Northern Lights School. We ask that you call us to let us know that your child will be late or absent by 9:30 am so that we can have “peace of mind” as to their welfare. If possible please refrain from scheduling regular doctor and dentist appointments during school hours. Family vacations should coordinate with school vacations when possible. Other arrangements should be discussed with the class teacher.

Cancellations and Snow Day Policy.

Our school follows the school closings of Saranac Lake Central School in the event of inclement weather. If there is a *1-hour* delay, classes will begin at 10:00 am and we will not offer before care. If there is a *2-hour* delay, classes will begin at 11:00 am and there will not be before care. When there is a school delay, afternoons will run as regularly scheduled from 12:30 pm to 4:00 pm. When the school district issues an early dismissal or a cancellation of afterschool programming, we will close within the hour of that announcement and ask that parents pick up their children as soon as.

Northern Lights School closings or delays will be communicated through school email and Instagram and Facebook and follow the Saranac Lake Central School District cancellation protocol. Closings and delays will also be announced on WPTZ television, WLPW 105.5FM, NPR (WSLU) 90.5, 91.7, 88.3 FM by approximately 6:30am. Remember if you do not see Northern Lights School listed, simply follow the instructions for Saranac Lake Central School District. If due to the location of where you live, you do not have access to the resources listed above, please inform your child’s teacher.

Emergency Telephone Numbers

Upon enrollment, an emergency form with parents' and other identified trusted individuals' home and work telephone numbers were submitted. It is important that the school be informed of any changes in these numbers and that at least one person on the emergency contact list is available at all times during school hours. It is also important that the people on your list will be available to retrieve your child at any time.

Enrollment

Northern Lights School has a rolling enrollment based on a reservation and deposit system. The contract year is from September to June or August, depending on needs for summer care. The tuition contract, medical forms, child history, and other enrollment forms are required before the child begins school.

Medical Requirements for Enrollment

All medical forms **must** be submitted before a child can attend school. These forms include the following:

1. A Child in Care Medical Statement or current physical, within the last 12 months. If you have a doctor's appointment, please be sure to bring a blank child in care statement for your doctor to complete. This statement must be updated at each well-child visit.
2. A copy of an updated immunization record. Religious exemptions are no longer accepted in place of the immunization record, according to NY State Law. Children will have 2 weeks after the start of school to ensure their immunizations are complete. Please remember to ask your doctor for an updated immunization record.
3. Topical Consent form for the administering of a natural sunscreen, bug spray, Neosporin ointment, and diaper cream as needed.
4. Authorization for Medical Treatment Form
5. Emergency Card with emergency phone numbers. Emergency contacts should be available to retrieve the child within the hour of the call.

Northern Lights faculty and staff **cannot** administer any medications. If your child needs medication during school hours, please make necessary arrangements with the teacher to come into school to administer the medication to your child.

Clothing

Children need to come to school dressed neatly and warmly, in clothes that are appropriate for both indoor and outdoor play. The children play outdoors every day—rain or shine. Children will probably be running, playing in the sandbox and with water, and gardening. Dressing in layers will assure your child's comfort as the temperature changes during the day. Students should have a labeled bag at school with at least 2 complete changes of clothes such as extra hat, mittens, shirts, underwear, pants, socks, and shoes. All children will need a pair of indoor shoes to wear in the classroom. (We recommend light "tennis" shoes that will provide support and protection during fire drills and that will stay on during the day.) Labeling all personal items with the first and last name of the child helps to prevent someone else accidentally taking something home and is also a requirement. Please check your child's extra clothing frequently and replace any items that have been soiled. In addition, update sizes as your child grows. We ask that clothes and shoes remain simple. In particular, children are asked not to wear clothes with images of a violent, sexual, or drug-related nature or that depict cartoon characters (super heroes, Disney, television or monster characters).

Snacks and Lunches

The school provides the major components of our healthy morning snack for all classes. Parents will be asked to help provide fresh produce and/or dairy products on a monthly basis. We aspire to provide a variety of fruits and vegetables for good nutrition, but also to have the opportunity to talk about them, how they grow, what they look like, how they taste, and what they provide nutritionally for us as human beings. Snacks and lunches start with lighting a candle, saying a verse of thanks, and a short song. Children either recite the verse and sing along or are quiet during this short, but reverent time.

Children participating in the aftercare program should bring their own lunches. Attention to nutrition is particularly important after a full morning. A wholesome lunch containing whole grains, protein, vegetables and fruit builds healthy and wholesome children. We ask that parents not pack junk food items such as soft drinks, candy, and food/drinks that contain a lot of sugar, hydrogenated fats (ex. processed cookies), dyes or preservatives. Please make the school aware of any food allergies or special dietary needs that your child may have.

Obesity Policy

Northern Lights School prides itself on offering nutritious snacks, including fruits, vegetables, whole grains, and cheese. Parents are asked to provide healthy lunches and we assist in helping them make better choices as needed. At the snack table and at lunch time, our teachers model nutritious choices by what they bring to school for their own lunch. Sugary snacks are discouraged and birthday celebrations have a special honey cake and fruit. Water is the only beverage served at school and parents are encouraged to provide their children with water or 100% juice. Physical activity is naturally part of any obesity prevention plan. We aim to provide our children with at least 2 hours each day with outdoor gross motor activities that involve running, jumping, digging, swinging, walking, sledding, crawling, anything that promotes movement. In addition, we have access to an indoor gymnasium for days when children are extra wiggly or there is inclement weather.

Upon review of each child's medical statement, if it is found that a child is at an unhealthy weight, the teacher will consult with the parents to determine how we can help bring the child to a more healthy state under the direction of the parents or guardians. Teachers are asked to participate in obesity prevention training once every 2 years.

Breastfeeding Policy

Northern Lights School is committed to supporting mothers who wish to breastfeed their children at our school. We unfortunately do not have a separate private room to offer at this time, but there is room in the office and the administrator will happily leave if the mother would like privacy. In addition, breastfeeding mothers are also welcomed in any classroom and we feel it important for children to understand this natural and healthy process. Our teachers are trained to handle breast milk and it will be stored in a full size refrigerator. Parents and caregivers of breast-fed infants communicate regularly on when to begin including formula or other solid food on a feeding form that is reviewed quarterly or as needed.

Tuition Payment and Re-enrollment Policies

The principal expenses for the school are fixed on a yearly basis, and the tuition fees are budgeted accordingly. Tuition payments are paid monthly, semi-annually, or annually. Monthly tuition invoices will be emailed the address on file at the beginning of each month. Emails will be from Intuit E-Commerce and not from the Northern Lights School email address. Monthly tuition bills that are not received in the office within 30 days are subject to a \$25 late fee on each occurrence and increase thereafter. There will be a service charge of \$20.00 for any check returned unpaid. Accounts in arrears over 60 days that have not made payment arrangements may be sent to a collection agency and further services to the family may be terminated.

Tuition/fees as stated in the tuition contract remain unchanged by absences (legal or illegal) or withdrawals. Students who begin a semester are obligated to pay for the entire semester at the rates stated in the contract, even if the student officially withdraws from Northern Lights School during that semester. Families may be excused from payment only if there is a loss of job, they move outside of the area (>35 miles), death, or divorce.

As the pandemic has shown us, sometimes we will have to close for reasons due to illness, as required by the local health department if there is an outbreak of public health concern, or quarantines and isolation. It is good practice to have back up childcare plans in the event of an unforeseen closure. As a small daycare center, we still pay our employees during closures so that they will be with us when we can be open. We appreciate and expect monthly tuition payments to continue to be paid. If this proves to be a financial hardship, please inform Polly at info@northernlightsschool or 518.891.3206. Some years we may have enough tuition assistance to support some families through this time.

Tuition Assistance

We feel that no child should be denied enrollment strictly for financial reasons. However, the work of the teachers and the costs of running the school are dependent upon the tuition and fees charged. Northern Lights School relies almost entirely upon the parent body and fundraising endeavors to cover our expenses. To enable more children to have access to our creative, quality education, Northern Lights School has set up a Tuition Assistance Program that is funded through grants and fundraisers from and within the local community. Decisions for admission to the school and tuition assistance are made separately. To apply for assistance, one must first enroll their child and then complete the application for assistance. Tuition assistance is given for a specific contract year. Parents wishing to continue their participation in the tuition assistance program must submit a new request and new financial information each year.

The Waldorf-inspired Curriculum: Nestling Nursery, Morning Garden, and Preschool Programs

“When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than any talent for abstract, positive thinking.”

Albert Einstein

The Nestling Nursery and Morning Garden classes (3 months to 3 years) and Mixed Age Preschool (3 years to 5 years) programs are based on the conviction that imitation of what is meaningful and true in life is the most important activity for strengthening and nurturing the young child. These early childhood programs provide a warm home-like atmosphere and an opportunity for children to learn through imitation and activity. The basic daily rhythm is repeated in each classroom so the children find comfort in knowing the routines from a very young age. The rhythm of the week is also carefully planned. There is dependability that the children can rely on knowing that bread baking occurs each and every Monday or that painting each Wednesday.

Learning is acquired through consistent caregiving routines and observation in the Nestling Nursery and Morning Garden continuity of care rooms. Babies and toddlers are given ample time to move about freely, roll, and explore different objects both indoors and outdoors. Teachers sing, recite verse, read, and share short puppet stories. Breastfeeding mothers are welcomed in the classroom and will have a place to nurse her infant.

Play and exploration of objects and social interaction is a child's real true way of learning. Stories, creative activities, sharing of tasks, individual activities, and group play are balanced in the rhythm of the day in the Mixed Age Preschool. These young ages are the best time for the child to live in their imagination. During play time the children become engaged in creating houses from silks and play stands and performing puppet shows. Some groups build with simple items such as sticks, stones and shells, while others are animal families, and still others plan grand dinners in the play kitchen. It is also the time to develop social skills with playmates and teachers: the children learn to listen, to share, to help and to respect each other.

Structured time, like circle time, is a time for traditional verses, poems, and beautiful seasonal songs and games, is also a part of the early childhood experience. All circle activities are learned through imitation. Through the rhythm of word, music, and creative movement, we work towards the integration of the whole being of the child, right down to the fingers and toes. Bathrooms are available to the children at any time, though there are times where children must wash their hands. Such times include, upon arrival inside, after toilet use, before snack, and after snack. Snack is an adventure in conversation and is served in a family style with a candle and a verse after which quiet time gives everyone a chance to relax and breathe out. Folk tales and nature stories are told in an artistic way that captivates the children and engages their imaginations. Our day ends with rousing outdoor play, which often includes climbing over and under logs, sliding/rolling down hills, digging in the garden and running through the yard with friends. Morning only children then say goodbye to their friends and teachers and the children who stay for the afternoon prepare for lunch, rest, and afternoon activities and play.

Discipline and Suspension Policy

Northern Lights School's goal is to provide a positive, safe and supportive environment for students, employees and community members when they are on our campus or on a supervised field trip. However, there will on occasion be some children who are enrolled in the program, whose emerging educational needs cannot be met within the context and resources of this small school.

As part of the admissions process, Northern Lights School assesses the fit for each child. Northern Lights School requires applicants to share information regarding prior assessments, special education services, individual education plans, or therapies that the child has received in the past at enrollment. This helps us to assess whether or not the child's needs can be met by our school.

NLS has put procedures and regulations in place to facilitate excellent communications with families and childcare professionals so as to assess and respond to emerging needs.

If it becomes clear that Northern Lights School cannot meet the child's needs within the classroom environment, or that the child's behavior is regularly compromising the safety of other children or the effectiveness of the teachers, Northern Lights School will communicate with the parents that their child can no longer be enrolled in the school.

Festivals

Festivals have always marked the passage of time and change of seasons, underlining the human's sense of place in the universal order of events. Our thoughts and feelings often mirror nature's rhythmically changing face. At Northern Lights School festivals play an important part in the education of our children. We celebrate festivals that originate from a variety of cultures and faiths around the world and encourage parents to share with us any other traditions and celebrations that are honored in their homes. This year we will evaluate the public health environment before hosting our in-person festivals and determine if it is safe to host them. Of course, we will continue to honor the change in the seasons and traditional stories in the classroom.

Autumn. Once the days grow colder and the leaves begin their vibrant transformation, the children's attention is brought to the Harvest Festival. This is an all-school harvest celebration in which we acknowledge the end of summer, the arrival of fall, and the coming of winter. As the days of autumn are filled with glorious color we are reminded of the cold, dark winter ahead. We are drawn to stories that highlight courage and are inspired to gather our own strength and prepare for the months ahead.

As the days grow shorter in November we sing songs about kindling our own inner lights and sharing our glowing warmth with others. The children make simple lanterns in preparation for our *Lantern Walk* in early November. We bring light to others during our Lantern Walk as we sing to and visit with the residents of Will Rogers although this year. For us Thanksgiving is a time of giving thanks for nature's gifts and is celebrated in different ways in each classroom through stories, songs, and other special activities.

Winter . Winter solstice is a time for a celebration of light and look toward when the days will grow longer and the light will grow stronger. We gather together for our Garden of Light celebration. Pine boughs are laid in a spiral pathway that leads to a large candle in the center, the place of light. Each child walks the spiral with their family, holding an unlit candle. At the

center, the family lights their candle and walks back through the spiral pathway, leaving the candle along the way. As the sunlight gradually fades, the effect is a group light, a spiral of lights, shining into the winter darkness. This is a festival especially important for younger children. Its impact rests largely in the atmosphere created by the soft music and candlelight. It is a lovely and quiet ceremony.

Spring. In Spring nature breathes out, plants rise, and we experience budding life of plants and animals. The natural renewal of life in the spring offers the hope and courage required to face the chaos and destruction affecting all humanity. In our classrooms, colored eggs, flowers, planting, and stories of new life in nature delight the children, and are symbolic of humankind moving from darkness into the light.

Summer. Summer is the celebration of warmth, growth, flowers, bees, and babies. The fullness of life is putting on its best display. Light fills the days and life feels more easy. Summer care is a relatively new opportunity for care for our school. The typical summer program runs for 6-7 weeks starting the week of Independence Day, after a week or so after the traditional end of school. There is an opportunity to reserve a space for the summer weeks in our annual contract. Indicating your needs early helps us to plan accordingly.

Special Events

Fundraising Events. Various fundraising events may be held throughout the year, such as: the annual spring silent auction, Mayfaire, pizza nights, raffles, High Mowing Seed orders, flower bulb sales, Hannaford Helps Schools program, etc. The specific fundraising events vary each year according to the needs of the school and the parent body. Families play a significant role in the fundraising needs of the school. If you have an idea, want to chair a fundraiser or just want to volunteer in one, please contact any Board Member of the Director.

Parent Evenings. We will be offering parent evenings about different topics throughout the school year. Watch for information from your child's teacher and on social media. With the public health crisis, these evenings may be hosted virtually.

Birthdays. Birthday celebrations are important moments in our classes. For the teacher, the birthday provides an opportunity to celebrate the child by having parents share a few stories and pictures. We also share a special snack.

Responsibility for Children at School Events. Every school day, the children pass from the hands of their parents to those of the teacher and back again. This is how it should be, with the children constantly under the loving eyes of those who have responsibility for them. But what of those times when it is unclear who is carrying the responsibility, such as at a school event or festival? Accidents are more likely when adults are not fully conscious of the children's actions.

Parents are responsible for their children at all events, except when the faculty is with the children as a class.

Parents and Northern Lights School

By enrolling your child at Northern Lights School you have joined a community dedicated to nurturing children and providing them with the healthiest and best early childhood education possible. Parent participation is invited and encouraged. The concepts of independence and self-government demand participation by the parent body for on-going operational and special tasks. Of course, parents provide most of the financial backing for the school, but shared time, skills and creative ideas are needed as well in the areas of fundraising, festivals and community events. Parent evenings, study groups, meetings with teachers, education events and workshops provide you with a rich source of information about the pedagogical and philosophical background of our school. Our school library is full of valuable resources about child development and Waldorf education. Stop in to the Director's office or ask your child's teacher for specific titles. Great pleasure can come from seeing how the curriculum is so wonderfully in tune with the physical and emotional development and needs of your child. We encourage you to read and attend as many of our educational events as possible.

Volunteers in the Classroom. Northern Lights welcomes all volunteers. If volunteers wish to come in our classrooms and volunteer during program hours they must have a full background check by NYS OCFS, agree to participate in 30 hours of continuing education covering all required NYS OCFS training topics.

Supporting Our Curriculum at Home

The first step in providing a supportive home life is becoming familiar with our curriculum so that you can actively support what is happening in school. This can be done by reading about our curriculum and philosophy and attending our educational opportunities and events.

A rhythmic home life harmonizes with the school experience, strengthens the child and makes life easier for the whole family. Creating a rhythmic and calm ordering of the day can provide you and your child with a true sense of well-being, especially in today's hectic and fast-paced world. Providing regular meals and bedtimes and having simple chores that are carried out each day are ways to begin establishing a family rhythm. Small gestures such as bringing candlelight and a verse to mealtime and bedtime can change these times from being chaotic and draining to being calm and healing. Simple rituals help to mark the milestones of the school day – for example, a morning verse, transition songs when going from one activity to the next, and a poem to close the day. Are there special verses or songs you can incorporate into your daily home rhythms? Also allow plenty of creative playtime both indoors and outside with raw materials for creating, building and pretending. For younger children, having things for school laid out by the door the night before is a big help and makes getting off to school more pleasant. Many children, initially tired or anxious at school, will settle down as soon as a routine of early bedtime/early rising is in place, thus avoiding all haste in the morning.

Waldorf-inspired education stresses the rhythm of the day, the week, the seasons of the year and the festivals that mark their change. Today, as parents and teachers, we walk nature's

daily, weekly and yearly path with different levels of consciousness. It is our task to reawaken our interest in nature and create ever more meaningful celebrations for our time. In this uncertain and fast-paced technological age, the return to recurring celebrations can give our children a sense of security and teach them a love and respect for nature. As your family becomes acquainted with the many festivals of our school, you may want to incorporate more celebrations into your home-life. Your own family heritage and observations of nature can be your inspiration. Your children will love decorating a room, baking treats, learning special songs or listening to seasonal stories with you.

Children and the Media

There are many noticeable physiological and developmental effects of television, radio, and feature length movies on young children: shortened attention span, reduced perseverance, less initiative, and flight away from the inner imagination. It can sap the child's creative energy, interfere with healthy social development and weaken academic performance. A child's imagination is the vehicle for learning and growth, and children need opportunities to develop this critical capacity. The television watcher is hindered in the ability to form and create their own images, for they are passively implanted. Television watching is a parental decision, and parents must decide what role it will play in their children's lives. In addition, too much television, electronic games, and social media take time away from doing other activities, such as playing outside with friends, going for walks, and other physical activities that are so important to the healthy development of a child. The American Academy of Pediatrics recommends no TV or social media with children under the age of 2, and only 1 hour of such screen time for children between the ages of 2 and 5 years old.

<https://publications.aap.org/pediatrics/article/138/5/e20162591/60503/Media-and-Young-Minds>

The process of weaning your children from these influences takes courage and creativity. Those parents who have done it find that their children learn to live richly in the drama of their imaginations and spend many hours absorbed in highly creative pastimes. Many parents in our school are very helpful in suggesting alternatives to television and would be happy to share their experiences with you.

Community Resources for Families

The resources listed below are for your convenience.

Child Care Coordinating Council of the North Country

<https://www.cccnc.org/>

Family Resource Centers in Plattsburg (518.516.4999), Malone (518.481.7281), Tupper Lake (518.359.8167)

-Offers parent-child groups, parent support groups, education classes, developmental screenings, more

Susannah Burgess

Infant and Toddler Mental Health Program

Child Care Coordinating Council of the North Country

Ages 0-36 months

sburgess@cccnc.org

(518)-566-3474

Early Intervention

Early Intervention referrals are made through your local health department - please contact your local health department at these numbers:

Clinton County Health Department - (518) 565-4848

Essex County Health Department - (518) 873-3522

Franklin County Health Department - (518) 481-1709

North Country Kids Inc

Early Intervention and Preschool Agency serving Clinton and Essex Counties

Requires travel of parent and child to Plattsburgh to be evaluated at this time.

<https://www.nckidsinc.com/>

Saranac Lake Central School District Resources

Committee on Preschool Education - CPSE - Age 3-5

Suzanne Nicholas, Director, Saranac Lake Central School District

nicholasuz@slcs.org

Lisa Gallows 518.897.1410

Committee on Special Education - Age 5+

<http://www.slcs.org/pupil-personnel-sped/special-education-2>

Dave Francis, Petrova Elementary School Psychologist

francisdav@slcs.org

518.897.1560

Private Mental Health Practices

Jeanne Brown, LMHC, RPT-S, CATP

Adirondack Family Counseling

Elizabethtown, NY

www.adirondackfamilycounseling.com

(518) 873-4175

Danielle Carr, Licensed Mental Health Counselor

Adirondack Community Counseling, Inc.

<http://www.adirondackcommunitycounseling.com/danielle-carr-lmhc>

daniellecarr@adkcounseling.com

518-788-9488

Vanessa Funfsinn, Licensed Marriage and Family Therapist
Wild Butterflies Therapy
www.wildbutterflietherapy.com
vanessa.lmft@gmail.com
518.882.3900

Dr. Maria Rheaume, PSYD
Stepping Stones Psychological Services, PLLC
Elizabethtown, NY
<https://steppingstonespsych.clientsecure.me/>
(518) 412-2066

Erin L. Velsini, LCSW-R
Essex County Mental Health
Elizabethtown, NY
www.co.essex.ny.us/MentalHealth.asp
(518) 873-3670

General Information

NY Association for Infant Mental Health (NYS-AIMH)
<https://www.nysaimh.org/more-about-babies/>

Area Groups and Places of Interest for Young Families

ADK ArtRise
62 Main St
Saranac Lake, NY 12983
(518) 354-8089
<https://www.adkartrise.com/>

- art classes

Dewey Mountain Recreation Center
NY-3 across from TriLakes Humane Society
Saranac Lake, NY 12983
<https://www.deweymountain.com/>

- Lil Shufflers Youth Ski League and Summer Youth Programs

Lake Placid Center for the Arts
17 Algonquin Ave.
Lake Placid, NY 12946
(518) 523-2512
<https://www.lakeplacidarts.org/>

- children's theater productions, art classes, dance and tumbling classes

MOPS-Mother's of Preschoolers Group, Lake Placid

- A group meets in Lake Placid once a week;-search for them on Facebook.

Mount Pisgah Recreation Center

92 Mount Pisgah Ln

Saranac Lake, NY 12983

<https://www.saranaclakeny.gov/index.php?section=playing-mt-pisgah>

Saranac Lake Free Library

109 Main Street

Saranac Lake, NY 12983

<https://www.sfl.org/>

- Children's story hour, children's library room, summer reading program

The Wild Center

45 Museum Dr.

Tupper Lake, NY 12986

<https://www.wildcenter.org/>

- Children's activities, trails, canoe trips, bird walk, otters, and more

Parent Attestation

Please return this signed document acknowledging that you have read and understand the contents of this Parent Handbook.

I _____, have read and agree to abide by the policies and procedures contained in the Parent Handbook.

Signature of Parent/Guardian

Date _____