

November 2024

# Bear Creek K8

Red Rocks SACC November Newsletter

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## Celebrating Fall, Fun and Gratitude

I can't believe how quickly this year is flying by. We hope everyone had an awesome Halloween and is excited for the time of year where we give extra thanks. This month we have a lot of fun games and activities planned for your students and we will be travelling around the world to places like Asia, South Africa and Europe during our STEAM projects and gym games!

**Professional Development Day Fee:** As we move into November, please be aware of an additional \$33.00 which will be applied to your account for our professional development day fee.

**Cold Weather:** As the weather begins to get cooler out, please send your students with layers. We go outside every day and recommend jackets, boots, hats and gloves as the temps really start to drop. If it is cold or snowing, we will ask students have appropriate gear before going outside.

### IMPORTANT DATES

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#### NOV. 1

Full day of care at Kendrick Lakes.  
Sign up online by 10/18

#### NOV. 25-27

Thanksgiving Break: Full day of care at Kendallvue.  
Sign up online by 11/11.  
CLOSED 11/28 & 11/29

#### DEC 23-24 & JAN 2-6

Winter Break: Full day of care at Bear Creek.  
Sign up online by 12/9.  
CLOSED 12/25-1/1

# The Digital World

Teaching children about internet safety is essential in today's digital age. Kids should know not to share personal information online, avoid talking to strangers, and report anything that makes them uncomfortable. According to the American Academy of Pediatrics, supervising online activity and setting clear guidelines help keep children safe in digital spaces.

Limiting screen time is equally important. Excessive screen use can lead to sleep problems, reduced focus, and less physical activity. The American Heart Association suggests keeping recreational screen time to 1-2 hours a day. Balancing screen time with other activities helps children stay healthy and engaged in the real world.

*American Heart Association: Screen Time and Children*

*American Academy of Pediatrics (AAP): HealthyChildren.org - Internet Safety*



## Contact Us:



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### SACC Administrator:

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### Accounting:

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### Website:

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### Program Hours:

6:30-8:50am & 3:50-6:00pm

## JeffCo Weather Closures & Late Starts

### Weather Closures

Please be aware that if Jefferson County issues a snow day, late start, or early release due to weather, we will adhere to those guidelines, and this may affect your scheduled care.

For example, if JeffCo issues a 2-hour delay, RRCC SACC will open 2 hours late, at 8:30am, for all families registered for morning program.