

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

AUGUST 2026 NEWSLETTER

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SPECIAL DAYS

August 3 - CLOSED - Heritage Day

August 5 - Hawaiian Day

August 10 - Mr. Matt music program

August 12 - Water Fun Day

August 14 - Yoga with Ms. Lisa

August 18 - Library visit for preschool room
with Ms. Petra

August 19 - Ice Cream Treat Day

August 21 - CLOSED - Professional
Development Day

August 26 - Colour Explosion Day (painting
outside with a variety of paint)

HAPPY BIRTHDAY

Mya - August 14 - 3 years old

Ms. Birinder - August 17

FROM THE OFFICE

A new school year is getting very close, and the office will need the kindergarten schedules and busing information if taking buses to and from daycare. Please update the office as soon as you have all the information.



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PARENT CORNER

National Eye Health Month

August is the perfect month to get your child's eyes checked, before they start school!

80%
of what a child learns is through their eyes.

So children should have eye exams at:

6 Months 3 Years Every School Year

To test for:

- Nearsightedness
- Astigmatism
- Eyelid health
- Focusing
- Farsightedness
- Misalignment
- Color vision
- Lazy eye

FOCUS ON CHILDREN'S EYE HEALTH

The eye health of a child is crucial as untreated vision problems can impair development, affect learning, and possibly lead to permanent vision loss.

Parents, caregivers and teachers should watch for these **CLEAR** (and sometimes **NOT SO CLEAR**) signs of possible vision loss in a child:

90%
of the eye injuries that children sustain could have been prevented!

LASER POINTERS ARE NOT TOYS!
Looking directly at the light beam of a laser pointer - even a quick glance - can cause temporary vision loss and even permanent damage to the retina.

DIGITAL EYE STRAIN
is caused by frequent/prolonged use of computers, phones and tablets. To prevent DES, you and your children should practice the **20/20/20 Rule**: Every 20 minutes, take 20 seconds and look at something 20 feet away.

CLEAR

- Headaches
- Frequent eye rubbing
- Squinting
- Holding books too close to face

NOT SO CLEAR

- Difficulty watching 3D movies
Viewing this kind of content requires eyes to process information as a team.
- Short attention span
Children may lose attention if having to focus on things that are too close/far away.
- Difficulty playing ball
Lazy eye can impact depth perception making it difficult to judge objects in front of you.

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SOURCES:
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