

Hello Families,

We are excited to announce that we will be going to **Hemlock Ravine** on Monday afternoon, weather-permitting! We will be looking at the autumn changes, and explore our new meeting area in the woods. We are sure that your child will come home bursting with stories to tell.

Please ensure that your child is dressed in appropriate footwear and outerwear. As the weather gets colder, they may need hats, mittens, boots, and rainpants. They will be sitting on damp logs and rocks, so **waterproof rainpants** are recommended to keep them dry and comfortable.

Please dress your child in **long socks**. They should be tucking their pants into their socks to prevent tick exposure. Sadly, ticks and Lyme disease have become serious concerns in Nova Scotia. Any time you or your children are in the woods or at the sea shore, pants should be securely tucked into your socks and tick checks should be very thorough. Please make sure to do a **tick check** on your child Monday night, and every day that your child plays outside, even in your backyard or field.

**It's Lyme Time!**  
**Be Tick Aware!**

- 1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2 Wear a hat, tuck in hair, if possible.
- 3 Wear a long-sleeved shirt fitted at the wrist.
- 4 Wear shoes, no bare feet or sandals.
- 5 Wear long pants tucked into high socks or duct tape around pants.
- 6 Consider child appropriate repellants.
- 7 Wear white or light-colored clothing to make it easier to see ticks.
- 8 Do tick checks immediately and 3 days after outdoor activity.
- 9 If you find a tick, ask an adult to remove it carefully and consider saving it for testing.

Lyme Disease is transmitted by a tiny tick, most often the size of a poppy seed.

Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

California Lyme Disease Association  
[www.lymedisease.org](http://www.lymedisease.org)

Lyme Disease Association  
[www.LymeDiseaseAssociation.org](http://www.LymeDiseaseAssociation.org)

Ms. Warren's family was touched by Lyme , and we have adopted a "new normal" for our daily adventures. We do **tick checks any time temperatures are above 7C**; ticks were found in Nova Scotia even in the snow. We tuck our pants into our socks, and spray insect repellent on our shoes and legs. Upon returning home, all clothing, and even our backpack, goes immediately into the dryer on hot, tick checks are given, and showers follow. Many people are bitten without knowing, and many people do not exhibit the bulls-eye rash. Adult ticks are pretty easy to see if you are looking, but nymphs can be tiny, the size of a small poppy seed. Nymphs are out and about right now. Please be aware and careful, even in your own backyards and parks. While being active in nature is so very important, and we want you to stay safe.

We appreciate your time to read through this note, and your support with the items above. Thank you, Ms. Warren and Mrs. Klyne