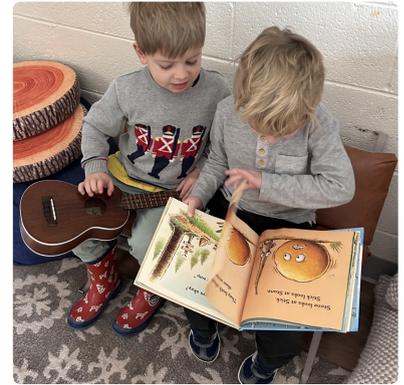


# Bon View News

March 2026

## Director's Notes

February was filled with love here at Bon View. The classes had a great time exchanging Valentine cards with their friends! We also focused on kindness during the past month. The classes showed kindness to others in many ways. These included making birthday cards for church staff, helping friends at school, and expressing our gratitude to those who help out at school. Learning about kindness and helping others is important as children start to learn empathy for others. Kindness abounds here at Bon View every day!



We are looking forward to spring field trips starting next month. The children will be visiting The Richmond Zoo, VMFA, Lewis Ginter and Maymont! We love this time of year where we can make the home-school connection with our families.

We are looking forward to the arrival of spring. Thank you to everyone who has made contributions for our playground. We are still collecting tree stumps and tree cookies. We also would love your old flowers or herbs. No need to purchase anything new—used is fine!

Thank you for your continued support this year! We are so thankful for each of our Bon View families!

Corey C. Posey, M.Ed., Director



## Registrations Now Due

**Enrollment contracts and deposits for next year are now overdue.** If you have not submitted yours to the school office, please do so immediately. Contracts are necessary to guarantee your child a spot for next year. Please contact Corey Posey if you have any questions or changes.

**March is Music in the Schools Month**

Did you know that March is Music in the Schools Month? Music is truly a special thing for children and our wish is to expose them to different instruments and types of music. We would love to have you join us to share your musical talents with your child's class. Please reach out to your child's teacher if you are interested. We would be so grateful to have you share your passion for music with our Bon View children!



## Spring Pictures

We are very excited for our Spring Pictures on March 11, 12, and 13. Feel free to dress your child in their spring outfits.

If you have siblings enrolled at Bon View and would like them to be photographed together, you are welcome to have sibling pictures taken prior to the start of school. Sibling pictures will begin at 9:15 am in the Church Commons (park at the rear of the school and enter through the double red doors by the school courtyard). We will begin our class pictures promptly at 9:45, so please plan on arriving early for sibling pictures. If you have twins that are in the same class, the teachers are happy to have them photographed together during their scheduled class time.



## Carpool Reminders

Thank you for your continued support during carpool. We have a couple of reminders to help it continue to run safely and efficiently. In our morning carpool, please have your children stay safely buckled inside the car. In our afternoon carpool, please place your child's carpool number on the passenger visor so that we can clearly see it. Thank you!



## Common Food Allergens and Reactions

A child could be allergic to any food, but these eight common allergens account for 90% of all reactions in kids:

1. Milk
2. Eggs
3. Peanuts
4. Soy
5. Wheat
6. Tree nuts (such as cashews and walnuts)
7. Fish
8. Shellfish (such as shrimp)

In general, most kids with food allergies outgrow them. Of those who are allergic to milk, about 80% will eventually outgrow the allergy. About two-thirds with allergies to eggs and about 80% with a wheat or soy allergy will outgrow those by the time they're 5 years old. Other food allergies are harder to outgrow. Only about 20% of people with allergies to peanuts and about 10% of those allergic to tree nuts outgrow the allergies. Fish and shellfish allergies usually develop later in life and are even more rarely outgrown.

Food allergy reactions can vary from person to person. Some can be very mild and only involve one part of the body, like hives on the skin. Others can be more severe and involve more than one part of the body. Reactions can occur within a few minutes or up to a few hours after contact with the food.

Food allergy reactions can affect any of the four following areas of the body:

Food allergy reactions can affect any of the four following areas of the body:

1. skin: itchy red bumps (hives); eczema; redness and swelling of the face or extremities; itching and swelling of the lips, tongue, or mouth (skin reactions are the most common type of reaction)
2. gastrointestinal tract: abdominal pain, nausea, vomiting, or diarrhea
3. respiratory tract: runny or stuffy nose, sneezing, coughing, wheezing, shortness of breath
4. cardiovascular system: lightheadedness or fainting

A serious allergic reaction with widespread effects on the body is known as anaphylaxis. This sudden, potentially life-threatening allergic reaction involves two or more of the body areas listed above.



## Staff Highlight

Our staff is incredible, and they deserve to be recognized for their commitment to the field of early childhood education! Part of our teaching requirement is that our teachers receive 20 hours of

training in early childhood every year so that we stay up to date on the latest information. This ongoing training comes right back into the classrooms to benefit you and your children! This month we'd like to highlight our amazing Music/Spanish teacher, Sharry Fidler!



"I have been a music teacher for over 20 years! At least 16 of them have been in Early Childhood, which is by far my favorite. I love the enthusiasm and energy that little ones bring to the classroom. My goal with young children is to make music making fun for them. Preschoolers learn the most when they are engaging their whole body. Therefore, our music classroom time is spent playing games, dancing, and incorporating simple percussion instruments that are appropriate for 2–6-year-olds."

## Tax Time!

For those of you using your child's tuition payments as child care deductions, our Federal Tax ID number is 54-0630771.

If you need a printout of your 2025 expenses, please contact our Business Administrator, Jaime, at [jspringston@bonviewschool.com](mailto:jspringston@bonviewschool.com).



## Lost & Found

Please make sure to visit our Lost and Found if you are missing jackets, mittens, cups, etc...It is located in the vestibule just inside the red double doors.

## BAUMC Vacation Bible School

Bon Air United Methodist Church will be hosting Vacation Bible School June 22-26 from 9:00-12:00. Click this link for more information and to register! <https://www.myvbs.org/rainforest-falls-vbs-2026-at-bon-air-umc>

## Contact Us

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**Cori Fitzgerald**

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