

Generations Connected at Perley Health



Sharing news about the Intergenerational Child Care program

Edition 5
December 19, 2025

Welcome to the fifth edition of our **Generations Connected** newsletter, created to keep the Perley Health community updated on project schedules, safety measures, programming information and opportunities to support.

Perley Health Intergenerational Child Care, a Program of Andrew Fleck Children's Services, is a partnership between Perley Health, which provides a continuum of care and services for Seniors and Veterans; the Perley Health Foundation, which raises and manages funds to support programs, services, and capital needs at Perley Health; and Andrew Fleck Children's Services (AFCS), a non-profit organization that operates childcare centres across the region.

Read recent updates and visit our webpage: PerleyHealth.ca/generations-connected

Health and Safety Practices for Early Learning and Care Centres

By: Samantha Pemberton, RECE, FNP, Program Supervisor,
Fifth Avenue Child Care Centre



Promoting health, safety, and sanitary practices in our childcare centers is essential for fostering a positive environment at Andrew Fleck Children's Services. Our approach relies on clearly defined policies, individual responsibility, and a commitment to maintaining a consistently clean environment. We are dedicated to creating a safe workplace for our employees while actively supporting families through our programs.

To achieve this, we have developed Workplace Health and Safety Policies in accordance with guidelines from Ottawa Public Health (OPH), Infection Prevention and Control Canada (IPAC), and the Child Care and Early Years Act (CCEYA). Adhering to these requirements is crucial for protecting employees, children, and families, from infectious diseases, including seasonal flu and enteric illnesses.

Our Illness Policy

Our illness policy provides clear criteria for exclusion and re-entry. We encourage our employees to prioritize their health by staying home when unwell. We ask that children remain at home when they show symptoms of illness or are generally unwell and unable to fully participate in the program. Educators complete a daily well-being visual check to ensure children are healthy enough to participate in the regular activities of the program. If a child shows signs of illness, they will not be able to attend. If a child becomes ill while at the center, we will notify families to arrange for their pick-up as soon as possible. Based on specific symptoms, such as a rash, eye infection, or certain communicable diseases, children may need to be temporarily excluded for 24 to 48 hours as required by OPH. Re-entry into the program may involve consultation with a medical professional and proof of having been on antibiotics or prescription medication for at least 24 hours. To protect everyone's health, we kindly remind families that fever-reducing medications are not permitted to be given at Andrew Fleck Children's Services. Children must be fever-free for 24 hours without medication before returning.

Outbreaks

In the event of an outbreak, if more than 15% of children or employees exhibit similar symptoms, we will inform OPH. They will provide guidance and assistance in assessing the situation. Our follow-up procedures will include careful tracking of absences and symptoms, alongside enhanced cleaning protocols.

During periods of increased illness, families will be notified through in-person communication, email, communication boards, or on our online communication platform, Storypark. During an outbreak, OPH provides letters with information and guidance. The centre must share this information with families using more than one of the communication methods listed above and post it at the entrance door.

Cleaning and Disinfection Plan

Regular and thorough cleaning practices are vital for minimizing the risk of infection. Our cleaning schedule and checklist clearly outline cleaning responsibilities and frequencies. Housekeeping and custodial staff will conduct daily cleaning of the facility, while program staff will also maintain cleanliness in their environments, including toys and materials, each day.

During outbreaks, we will follow OPH guidelines, which will require increased cleaning efforts and the removal of porous items, such as pillows and stuffed toys.

Use of Personal Protective Equipment (PPE)

To ensure safety, we provide access to Personal Protective Equipment (PPE) for both employees and families. We recommend that employees wear masks upon returning from illness or during an outbreak. Additionally, staff are always required to wear gloves when handling bodily fluids, such as during diaper changes or tending to minor injuries. We also supply gowns and other equipment for use when caring for unwell children at the center.

Handwashing

Handwashing is the best defence against illness. We post hand washing instructions for all staff and children. We emphasize the importance of regular and thorough handwashing, especially after using the restroom, before and after meals, and after coughing or sneezing.

Optimizing Air Quality and Ventilation

To enhance air quality, we use air purifiers and encourage opening windows, especially during periods of increased illness or outbreaks.

Immunization Policy

Our immunization policy requires that all employees, students, volunteers, and children be up to date on vaccinations before employment or attendance at the childcare center. We follow the Ministry of Health's (MOH) publicly funded immunization schedule for required vaccines. Furthermore, we recommend and encourage our employees to receive flu and COVID-19 vaccinations.

For individuals or families with medical or non-medical objections to the MOH mandated vaccines, we request that a standardized exemption form approved by the Ministry of Education be completed.

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Immunization records will be reviewed by our agency and the ministry, and we will conduct thorough annual reviews of all children's vaccinations in collaboration with OPH.

Resources

<https://www.afchildrensservices.ca/wp-content/uploads/2025/05/Glebe-10-Fifth-avenue-Early-Learning-Centre-Family-Handbook.pdf>

<https://www.ottawapublichealth.ca/en/professionals-and-partners/outbreaks-in-child-care-centers.aspx>

<https://www.ottawapublichealth.ca/en/professionals-and-partners/cd-guidelines-ccc-schools.aspx>

<https://www.ottawapublichealth.ca/en/professionals-and-partners/immunization-requirements-childcare-centres.aspx>

<https://ipac-canada.org/resource-centre/infection-control-resources/guidelines-standards/>

Perley Health Foundation Update

The sound of progress fills the air as our vision becomes reality, and we couldn't be more excited about what's taking shape. Thanks to your incredible generosity, we've raised \$1,428,962 – reaching just over 71% of our \$2 million goal!

If you're planning a community event, or any gathering, we'd be honoured if you'd consider making Bridging Generations your beneficiary. Fundraising events like these make a tremendous impact on our mission. Whether you contribute \$25 or \$25,000 every gift makes a difference.

Together, we can complete this impactful initiative and open the doors to a brighter, more connected future.

To continue supporting the Bridging Generations campaign with your donation, please visit PerleyHealthFoundation.ca/bridging-generations, call 613-526-7173, or visit the Foundation office Monday – Friday between 8:00 am and 4:00 pm. Thank you!.

Thank you!

Registration Continues

Thank you to all Perley Health staff who have already registered for the new Intergenerational Child Care Centre. The response has been terrific, and we are thrilled to see such strong interest from our team!

If you haven't had a chance to apply yet, registration remains open, but January 9th is fast approaching.



Generations Connected at Perley Health

Details

- **Registration Closes:** 5:00 pm, Friday, January 9
- **Waitlist Status:** Internal priority registration is currently active.

Why Now?

This program, operated by Andrew Fleck Children's Services, is set to open in Spring 2026 on the first floor of the Perley Centre. By joining the temporary internal waitlist now, you ensure your application is considered before the list closes on January 9.

- **Total Spaces:** 49 (10 infant, 15 toddler, 24 preschool).
- **Priority:** Spaces are allocated based on your Date of Hire at Perley Health.
- **Eligibility:** Open to all permanent Perley Health staff.

How to Apply

Complete the short application form here: https://form.jotform.com/AFCS_Parent/PerleyWaitlist

What Happens Next?

- **Initial Offers:** Expected in March 2026.
- **City Requirements:** Families who accept an offer must also register on the City of Ottawa waitlist once it becomes available.
- **For more information, visit our FAQs:** PerleyHealth.ca/generations-connected

Questions? For specific waitlist inquiries, please reach out to the Andrew Fleck Parent Navigator, Nicole, at PN@afchildrensservices.ca.

Your Safety is Our Top Priority

Your safety is paramount throughout this construction project. Please help us keep everyone safe by paying close attention to all signs and following all safety directions in and around construction areas.

Free hearing protection is available from the Support Services offices on the second floor of the Perley Centre for anyone affected by the noise disruptions construction may cause.

Stay Informed

We frequently produce two newsletters: one provides construction updates and the second is dedicated to all topics related to the child care centre.

Print: Copies are available throughout the Perley Health community.

Online:

1. Visit our Generations Connected webpage for updates, FAQs and more: PerleyHealth.ca/generations-connected
2. Access the Construction Newsletter: PerleyHealth.ca/public-announcement

For questions or concerns, please contact info@PerleyHealth.ca.