

### This Month

**March is here! Hard to believe it is almost Springtime! We are excited for warm weather! In February, we had a fun month! We learned about Valentines, Kindness, and Feelings. We made a Kindness Pizza that we finally filled up with heart peperoni. We had a pizza party to celebrate. We focused a lot on numbers and letters. We had a number scavenger hunt. The kids looked for numbers around the classroom. When they found a number, they read it out loud. We made a feelings puzzle and feelings chart. We made some fun crafts that are displayed in the hallway. We also have had fun using our music box. Each child got to pick a song card. We sung each song together. This was fun to do during transitions to lunch and to get book bags. In March. we will be learning about Dr Seuss, St. Patrick's Day, and Weather.**

### Upcoming Events

- 3/2- Parent-Teacher Conferences/ No School**
- 3/3- Parent-Teacher Conferences/ No School**
- 3/17- Professional Development Day/ No School & St. Patrick's Day 🍀**
- 3/20- 3/24- Spring Break/ No School**
- 3/27- School Resumes**
- 3/29- Policy Council @ 5:30 p.m.**
- 3/30- Family Center Parent Committee @ 5:30 p.m.**



### Pyramid Model News

**We have really focused on Social-Emotional learning and will continue that in February . We will continue practicing friendship skills like asking a friend to play, taking turns, sharing, and working together with a partner.**

### 6 Tips to Keep Children Healthy During Cold and Flu Season

- 1. Have kids wash their hands frequently at home and school.** Since kids often touch their mouths and faces, parents should make sure their kids' hands are washed with soap and water to remove germs before eating, after using the bathroom, and when they come inside from playing. Hand sanitizer can be used for times it's not possible to wash.
- 2. Indoors or outdoors, get active.** Kids should get regular, moderate exercise to boost their immune systems. Studies have shown that being active can help reduce cold and flu episodes.
- 3. Get plenty of sleep.** Children need between 9 and 14 hours of sleep a day depending on their age. Sleep deprivation can weaken the immune system and increase the risk of getting sick.
- 4. Eat a well-balanced diet.** Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems. Look for foods rich in vitamin C and vitamin D, and avoid foods high in additives, preservatives, and sugars.
- 5. Decrease stress.** Elevated stress hormones can lead to decreased immunity. Give kids plenty of down time for rest and creative play to help lower their stress levels and keep them from getting sick.
- 6. Avoid germ sharing.** Sharing is good for kids, but many commonly shared items can be breeding grounds for germs. Teach children to never share straws and cups, caps and scarves, or anything that comes in contact with their mouths and faces.