

March News

This Month

This month we will start to focus on spring and some fun spring activities. We will also be doing dinosaurs. The kids always love this theme. I will be doing different activities each day and will keep you posted on those activities and what they will be as we move closer to our dinosaur week.

I have been using Learning Genie to communicate and send reminders. Please check your parent app regularly to see if there have been any messages.

Please send in extra clothes for your child. With spring coming we will be going outside a lot and sometimes they get wet or muddy and need to be changed.

Please remember to return your child's completed weekly Learn At-Home letter.

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

I have attached an article in this month's packet about helping young children with behavior and disappointment, as well as added the link:

<https://challengingbehavior.org/document/helping-young-children-control-anger-and-handle-disappointment/>

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.