

March News

This Month

Spring is just around the corner, and we can't wait to be able to get outside again! All of the kids have cabin fever and are itching for the nice weather.

This month, we will be learning about Spring and St. Patrick's Day! The kids love when the leprechaun comes and does his tricks!



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.

HAPPY BIRTHDAY!

6th – Kaylyn turns 4!

13th - Carter turns 4!



Pyramid Model News

What is positive descriptive feedback?- Positive descriptive feedback is a practice we are using to help children learn what is expected of them during different classroom activities. Positive descriptive feedback tells children exactly what they have done and encourages them to use that behavior in the future.

Tips for using Positive Descriptive Feedback- While riding in the car, let your child know what behavior is expected. For example, "I like the way you are playing quietly with toys while I drive".

When your child is playing nicely with friends, say "I saw you taking turns with your friends when you were playing with the trucks and cars! Sharing toys makes for good friends!"

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.