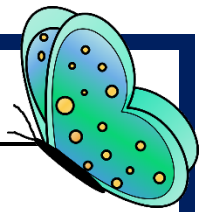


Miss Shannon, Miss Britney & Miss Kaeli



# March News

## This Month

We have been having so much fun learning about pets that we are going to continue with that in March. We are even planning to get a hermit crab as a class pet!



We are all ready for Parent-Teacher Conferences and can't wait to meet with you!

We are still working on writing our name and recognizing letters and their sounds. We are also going to be doing some fun activities to learn about shapes and colors.

Continuing with shapes, we will start a fun pizza unit! We have all kinds of activities planned and we will even make our own mini pizzas together 😊

We are also excited to be celebrating St. Patrick's Day and we are ready for Spring break and hopefully some warmer weather! Please don't forget to be sending your child in appropriate clothing to go outside!

## Upcoming Events

3/2- Parent-Teacher Conferences/ No School

3/3- Parent-Teacher Conferences/ No School

3/14- Hensey, Robein, and Creve Coeur Parent Committee @ 5:30 p.m.

3/17- Professional Development Day/ No School & St. Patrick's Day 🍀

3/29- Policy Council @ 5:30 p.m.



## Pyramid Model News

While learning about pets we are learning how to take care of them. We must make sure we always keep the pet safe and work together as a team to feed it and care for it. If you have pets at home, you can give your child some responsibility in caring for your pet. If you do not have a pet, you can still talk about pet care and practice with a neighbor or family members pet or even a stuffed animal! Don't forget to send us pet pics!

### 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.