



# March

## Monthly News

### Miss Tammy & Miss Alexis



#### This Month

For March, we will start with Spring Conferences to discuss your child's development. We will have our Spring Break this month so please be sure to look at the upcoming dates on your child's calendar. With warm weather approaching, remember we will be going outside in the morning. This may cause the temperature to fall below the high for the day. If your child does not have extra clothes in their bookbag, please be sure to put some in their bag, including shoes. We are going through several items here as a program and would like your help! ☺

#### 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.

**RSVP for meals & Babysitting**

#### Pyramid Model News

Daily we work to be SAFE, KIND, and A TEAM! For March, we will continue to focus on all our expectations. These expectations come from the Pyramid Model used throughout the program to help teach problem-solving and social-emotional skills.

#### 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 germy 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.