



## March News

### This Month

We can't wait for warmer weather and being able to play outside everyday in the warm sunshine. The month of March comes with the promise of this and we will take every advantage that it offers us. We are having a great time with shapes and are working on what are 2D shapes (cones, spheres, cubes, and pyramid). If you hear them using these words when they talk about a cup, box, or a ball, then they are learning more about shapes. We plan to do STEM projects that will help us problem solve what we could make with an assortment of different shapes. We will also see what shapes can create a new shape like 2 triangles and 2 rectangles can make a square. We will be doing simple origami to figure this out. March will be about "shaping up with shapes"!

### 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** 

**3/20- 3/24- Spring Break/ No School**

**3/27- School Resumes**

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



### Pyramid Model News

We have been discussing gentle hands in play and what we can use our hands for (counting, making shapes, and clapping in a pattern.) We have also been using it to practice breathing. Here is a great video link to a breathing technique using hands. <https://www.youtube.com/watch?v=1eGzcUxREbE>

**Happy Breathing!**

### 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.