

March News

This Month

We are talking about recycling and how it helps the planet we live on. We will do activities about how and what we can recycle and discuss saving energy and water.

We will also talk about the weather and how rain, thunder, lightning, wind and tornados happen. We will do activities on weather and discuss weather safety at home and school.

We will be introducing spring towards the end of the month and learn about trees and animals.

Upcoming Events

3/2- Parent-Teacher Conferences/ No School

3/3- Parent-Teacher Conferences/ No School

3/16- Miss Beth from the library is coming to read to the children.

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

3/22- Pekin Parent Committee 5:15 pm



Pyramid Model News

We are working on problem solving and our program expectations with our Head Start Superhero's; We are Safe, We are Kind, We are a Team. You will see certificates in your child's bookbag.

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.