



March News

This Month

We are beginning to explore diverse types of clothing. We had a large box of fabric donated for the children to use as they create clothing to dress their poster board cut out. We will also learn about the uses of different types of clothing. Our activity to celebrate all we learn will be making tie dye shirts!

St. Patrick's Day is coming. We are planning some fun activities for that day!

We are looking forward to seeing you all for your conference.

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 @ Family Center 5:30 pm



Pyramid Model News

Take time with your child to look at old magazine pictures and find people that have a good mix of facial expressions. Then ask, "What do you think happened, and how can their problem be solved?"

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 is 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.