



## March News

### This Month

Happy March everyone! What a busy month this will be. Parent-Teacher conferences are coming, and we are excited to share with you all the great things your child has been learning.

Family service will also be contacting those of you with returning children this month to make sure you all get re-enrolled for next school year.

Those children going to kindergarten should make sure they contact their child's school district to make sure they are prepared for Fall also. Our Spring Break is also this month, we will be sending home a few fun activities they can do while on break. We are going to continue to celebrate Dr. Seuss for the next couple weeks and work on our rhyming skills. After break we will be talking about recycling, if anyone has any ideas they would like to share please let us know. Enjoy your break and Welcome Spring!!

### 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 @ Family Center 5:30 pm



### Pyramid Model News

In the classroom we have been talking about the word respect. We are working on respecting others by listening to them when they speak. By respecting each other and listening we are showing them how important they are and what they have to say is also important. In the classroom when too many friends are talking at once or interrupting, we remind them of how important their words are to us and then ask them what respect means. They have learned that respect means 'listening'.

### 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.