



Miss Beka, Miss Lindsey & Miss Carol

March News

This month

It's hard to believe that the first day of spring is on March 20th! Please be sure to dress your child for the weather, we will be going outside to enjoy the fresh air as much as we can; weather permitting. Our weekly themes this month are:

1/6 – Dr. Seuss

1/13 – Colors/St. Patrick's Day

1/20 – Spring

1/27 – Plant

Dates to Remember

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



Birthdays



Aria – 25th

Pyramid Model

This month we are still focusing on emotions and learning ways to calm down when we get angry or frustrated. We learned that we could STOP our bodies takes some breaths and think of a solution.

Health or Nutrition News

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.