

### This Month

We are learning about our amazing bodies this month. We will start out the month learning about our 5 senses. First, we will learn about our sense of taste and how different areas of the tongue help us taste our food. When learning about the sense of hearing, we will learn about how our ears transmit sound so we can hear. We will also smell different scents and learn how our brain helps us understand what we are smelling. For the sense of touch, we will touch different textures to learn vocabulary words like rough, smooth, soft, hard, fluffy, course, sticky and bumpy. Lastly, we will learn how our eyes work. The children will learn that what we see is sent to our brain and that we can use our eyes to look and our brain to remember what we are seeing. We will then move onto learning about our bones, heart, lungs and brain.

The leprechaun will visit us the week before St. Patrick's Day. He will be playing tricks on the kids and may even bring them a pot of gold chocolate coins. We will set traps to try to catch him as well, but he is pretty tricky and can just slip away.

### 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**

**3/29- Policy Council @ the Family Center 5:30 pm**



### Pyramid Model News

**Use the Tucker Turtle book and puppet sent home at conferences to help your child practice tucking like Tucker. Tucker helps your child learn to stop, take 3 deep breaths and then think of a solution to the problem.**

### 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.