



# Miss Dee, Miss Michele, and Miss Melissa

## February News

### This Month

Oh my goodness, we can't believe we are in February all ready. As the month begins, we will be working on a water unit. We are planning lots of ways to experiment with water and better understand why and how water is so important. We will also be working on our kindness skills. We have placed a kindness tree by the cubbies that will show ways the kids are being kind throughout the day. Once we have the tree full, we will be having a kindness celebration. We would love for any families to come join us on this day and will be sending more information home as we get closer. Don't forget to look each day at pick-up to see if your child has a new heart on the tree that tells what they did that day that was kind. Also, as a reminder, you are always welcome in our classroom, and we would love to have you join us.

### Upcoming Events

- 02/02 Groundhog Day
- 02/02 Give Kids a Smile Day at the Family Center
- 02/09 No School- Professional Development Day
- 02/14 Valentine's Day
- 02/15 Sweetheart Dance 6 pm - 7 pm at Family Center
- 02/19 No School- President's Day
- 02/22 Eureka Parent Committee at 5:30 pm
- 02/27 Policy Council 5:30 pm
- 02/29 and 03/01 No School- Parent Teacher Conferences



### Pyramid Model News

We are working on kindness skills. This is a great time to teach children about how others feel and how their actions can make others feel. One way to teach this is my modeling to children your feelings with words. When they have done something helpful expressing how kind that was, or when doing something hurtful, explaining how that felt. Using words to label our feelings helps build self-esteem and problem solving skills.

**FAIRY DUST FOR YOUR BRAIN** KEEPING KIDS CALM IN THE *Dentist's Chair*

**Dentists WANT YOUR KIDS TO HAVE A GOOD EXPERIENCE (trust me).** HAVE YOUR DENTIST EXPLAIN THE EXAM TO YOUR CHILD.

**Get those ZZZs!** A GOOD NIGHT'S SLEEP OR A NAP BEFORE THE APPOINTMENT CAN DO WONDERS.

**Music Soothes THE SAVAGE-BEAST KID,** SO PROVIDE **EARPHONES** IF THE DENTIST DOESN'T MIND.

**HUNGRY KIDS ARE NOT HAPPY KIDS, SO ENJOY A HEALTHY SNACK PRE-APPOINTMENT.**

**PRAISE YOUR CHILD FOR A JOB WELL DONE and LET THEM KNOW HEALTHY TEETH ARE WORTH MORE.**

Take the poll. Get more tips. [OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com) **DELTA DENTAL**