



Miss Debbie, Miss Alexis and Miss Carol

## February News

### This Month

**We will be learning about heart healthy habits.**

**We will also be having some Valentine Fun. (more info coming later)**

**We are excited about our next bulletin board project called "Future Head Start Heart Breakers." Please send one baby picture of your child that we can use. You will get the picture back at the end of the month.**

**We are also planning to do a study of "Water." With this, we will be experimenting with ways to use water and learn about its properties and how important it is.**

### Upcoming Events

**02/02 Groundhog Day**

**02/02 Give Kids a Smile Day at the Family Center**

**02/09 No School Professional Development Day**

**02/13 Parent Committee 5:30**

**02/14 Valentine's Day**

**02/15 Sweetheart Dance 6 pm - 7 pm at Family Center**

**02/19 No School President's Day**

**02/27 Policy Council 5:30 pm**

**02/29 and 03/01 No School**

**Parent Teacher Conferences**



### Pyramid Model News

**Please talk with your child each day after school. By asking questions like "Who did you help today?" "What was something you did today that was kind?" "Did you make someone smile today?" This will help reinforce the social skills we work on every day.**

### Health & Nutrition News

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

**Dentists WANT YOUR KIDS TO HAVE A GOOD EXPERIENCE (trust me).** **Get those ZZZs!** A GOOD NIGHT'S SLEEP OR A NAP BEFORE THE APPOINTMENT CAN DO WONDERS.

**HAVE YOUR DENTIST EXPLAIN THE EXAM TO YOUR CHILD.** **SO PROVIDE EARPHONES** IF THE DENTIST DOESN'T MIND.

**Music Soothes THE SAVAGE-BEAST KID,** **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**