



# Miss Sarah & Miss Kira

## February News

### This Month

**This month, we will be learning about **WATER!** We will explore water using our 5 senses, where to find water, and all that we can do with water. We'll do different science experiments with water as well!**

**Parent teacher conferences are quickly approaching! Be on the lookout for a sign-up sheet to pick a day and a time that works best for you. Also, don't forget to check Learning Genie for different activities posted weekly which counts towards IN-KIND.**

### 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 Family Center 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 will be working on problem-solving! To get there, we will discuss our big emotions we feel, ways to calm our bodies down, and what a problem is. Some deep breathing exercises we do in our class together are the balloon, the STAR, the drain (perfect for our water exploration!), and the pretzel. Ask your child about each of these and see if they can teach you how to do them! 😊**

**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.  

**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) 