

## Important Dates

If you haven't already received one, be sure to grab the March calendar for important dates at the center. It is Dr. Seuss's birthday on Monday, March 2<sup>nd</sup>!

## Reminders:

Spring Staff In-Service Day (Friday, April 10, 2020); Fall Staff Work Day (Monday, August 31, 2020)

## Sick & Tired of Being Sick & Tired????

Although there are many ways to avoid winter illness, here are a few suggestions. Rest and fluids are the best!

- **Home humidifier:** This seems to be SUCH AN IMPORTANT illness deterrent!! Many viruses can only live in low humidity environments. Putting more humidity in your house can narrow your chances of getting sick. If you can't get a whole house humidifier, get the smaller versions (vaporizer) for the bedrooms.
- **Wash hands regularly:** This is a simple solution that seems to be the most effective. Avoid physical contact whenever possible and wash your hands frequently. When you touch a grocery cart handle, gas station nozzle, door handles and elevator buttons, etc. wash your hands right away or use hand sanitizer. These objects have lots of people touching them all day and who knows what germs are being spread on them!
- **Hand Sanitizers:** There are many products on the market that are inexpensive and made in convenient shapes and sizes. You can use them sparingly and with supervision on children. Buy some, put them in your pockets, purses, backpacks, car, desk drawers, etc. and use them regularly!
- **Get more sleep:** This is SO important. Bodies heal during sleep. Everyone needs good sleep every night, but sleep is especially important when you are ill. Children really need their sleep! When a body is well rested, it has more strength to fight new germs.
- **Bundle Up!** Try to keep your body at a regular temperature. Let your body adjust slowly to the change in temperature outside. Dress in layers.
- **Exercise regularly and eat right:** Even though it's cold outside, try to maintain a regular exercise schedule. Ensure that children are getting outside and staying active!! Keep your body full of good food so that it has energy to fight off disease. Eat healthy foods at regularly scheduled times. A healthy body resists viruses.

## Social/Emotional Minute

Here is a quick list of children's books about the strong emotion of 'anger': Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (Ages 4-8); Andrew's Angry Words by Dorothea Lackner (Ages 4-8); The Chocolate Covered Cookie Tantrum by Deborah Blementhal (Ages 5-8); How I Feel Frustrated by Marcia Leonard (Ages 3-8); How I Feel Angry by Marcia Leonard (Ages 2-6); Llama Llama Mad at Mama by Anna Dewdney (Ages 2-5); Sometimes I'm Bombaloo by Rachel Vail (Ages 3-8); That Makes Me Mad! by Steven Kroll (Ages 4-8); The Rain Came Down by David Shannon (Ages 4-8); When I'm Angry by Jane Aaron (Ages 3-7); When I'm Feeling Angry by Trace Moroney (Ages 2-5); When I Feel Angry by Cornelia Maude Spelman (Ages 5-7); When Sophie Gets Angry – Really, Really Angry by Molly Garrett (Ages 3-7); Lily's Purple Plastic Purse by Kevin Henkes. (Ages 4-8)

## Staff Updates

- Welcome Alyssa Robbins! Alyssa will be working in all classrooms as Support Staff.
- Welcome Cinthya Hall! Cynthia will be working in the Goodnight Moon infant classroom in the afternoons.
- Welcome Destiny Schulz! Destiny will be working in the Butterfly Kisses infant classroom.

## Staff Birthdays

Happy Birthday to ~~

- Samantha Pezoldt (Butterfly Kisses Classroom) ~~ Friday, March 6<sup>th</sup>
- Katie Kleppe (Secret Garden Classroom) ~~ Thursday, March 19<sup>th</sup>
- Spencer Jordee (Secret Garden Classroom) ~~ Saturday, March 28<sup>th</sup>

**\*\* Spring begins Thursday, March 19<sup>th</sup>!!! \*\***

