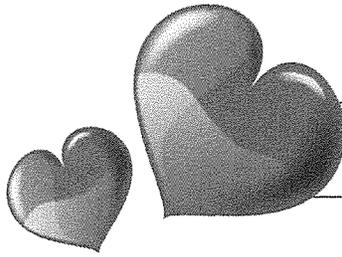




# Child Development Center Newsletter



FEBRUARY 2015



HOME - SCHOOL - CONNECTION

Vol. 8 Issue 8 Feb. 2015

### CONTACT INFO:

#### FAMILY SERVICES

24300 Las Brisas Rd. N  
Murrieta, CA 92562  
(951) 304-1623

Child Development Center  
**(951) 304-1623**

Room 4: ext. 2112  
Room 5: ext. 2113  
Room 6: ext. 2114  
Room 7: ext. 2177  
Room 8: ext. 2115  
Room 10: ext. 2176  
Room 11: ext. 2168  
Room 12: ext. 2167

### UPCOMING EVENTS

February 13 & 16

No School—Holidays



### Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) under Family Services

### ***The Importance of Washing Your Hands (Part 2)***



#### Wash your hands correctly

- Wet your hands with warm water and apply soap. The water does not need to be hot.
- Rub your hands together with good energy, and scrub all parts of your hands and fingers.
- Continue to rub as long as it takes you to sing "Happy Birthday," about 10-15 seconds.
- Rinse well.
- Dry your hands using a fresh paper towel or a clean cloth.
- Use the towel to shut off the water and open the door, especially when you are in public places. Door handles are germ places.

#### Final Tips

- Never put cooked meat back in the unwashed container it was stored in.
- Don't cut fruits and vegetables on the same board as the meat.
- In families and day care centers, germs can easily be spread from changing the diaper or a baby with diarrhea to another child or to themselves. Wash hands often!
- Children are especially sensitive to germs. Teach them to wash their hands often or help them do it several times a day.

*One study proved that children who washed their hands 4 times a day missed 51% less school as other children (due to an upset stomach) and 24% less school (due to colds).*

Resource: [www.noodlesoup.com](http://www.noodlesoup.com)

### **My Parents**

By: Brittany S. Wright

You are both special in every way,  
Encouraging me more & more  
each passing day.

You both are the reason why I'm so  
strong,  
With you two a the helm not a thing  
could go wrong.

You've both helped me through many  
trials & tribulations,  
You've made things better in  
every situation.

Thank you both for always  
being there,  
And showing me that you  
truly care.



Words could never  
explain how  
I feel about you,  
But I hope you know that  
I truly love you two!



**Ms. Anna**

Hello, my name is Anna Leos. I am currently working in room 7 in the afternoon and at Tovashal preschool in the morning while attending college. My goal is to achieve my degree and a higher permit in Early Childhood Education. I have been working with M.V.U.S. D. for twenty years in varies age group from preschool to school age. I enjoyed being with the children and the staff I work with. I am happily married to my husband Abelardo. I have a beautiful bright 14 years old daughter named Jeweliana and an amazing cheerful 6 years old son named Lalito. When I am not working, I do my homework and spending time with my family. I enjoy cooking, watching movies, and do outdoor activities with my family.

