



Child Development Center Newsletter

JANUARY 2015



Vol. 8 Issue 7 - Jan. 2015

HOME - SCHOOL - CONNECTION

CONTACT INFO:

FAMILY SERVICES

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

Child Development Center

(951) 304 -1623

Room 7: ext. 2177
Room 10: ext. 2176
Room 11: ext. 2168
Room 12: ext. 2167
Room 207: ext. 2128

The Importance of Washing Your Hands (Part 1)

Germs are everywhere. Germs cause people to catch colds, infections and the flu.

Germs are often transmitted when:

- You rub your eyes or nose after your hands have been around someone with a cold.
- You use unclean hands to prepare food
- You handle, uncooked foods such as chicken or hamburger.

When should you wash your hands?

You can greatly reduce your risk of illness by simply washing your hands. It is the single most effective way to prevent transmitting many diseases.

Most people do not wash their hands as often or as well as they should. Hands should be washed:

- After going to the bathroom.
- After changing a baby's diaper.
- Before, during and after handling food.
- Before eating.
- When hands are dirty.
- After wiping runny noses.
- After handling pets or cleaning up after them.
 - After sneezing or coughing
 - When someone in your home is sick.
 - After handling money.

Resource: www.noodlesoup.com

Soothing Chicken Soup

Ingredients:

- 2 cups sliced celery
- 3 quarts chicken broth
- 4 cups cubed cooked chicken
- 1 can cream of mushroom soup, undiluted
- 1 cup uncooked instant rice
- 1 envelope onion soup mix
- 1 teaspoon poultry seasoning
- 1/2 teaspoon seasoning salt
- 1/2-1 teaspoon dried thyme
- 1/2 teaspoon pepper

Directions:

- In a big pot, add the broth; bring to a boil; add celery; lower heat, cover, and let simmer, until celery is tender.
- Add in the remaining ingredients; stir to combine.
- Bring to a boil; lower heat, cover, and simmer for 6-8 minutes or until the rice is tender.

Resource: www.food.com/recipeprint

NO SCHOOL

Jan. 1 = New Year

Jan. 2 = No School

Jan. 19 = Martin Luther King

Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs - please visit our website at www.murrieta.k12.ca.us under Family Services Department

Ms. Lettie

Hi, my name is Leticia but prefer to be called "Lettie". I am currently working in room 7 as an assistant. I have about ten years experience in the child development field. During this time I have had fun working with a variety of age groups including school age children, toddlers, and preschool-age children. Through my classroom experience I have gained many skills and a great deal of knowledge. However, I hope to complete more college courses in order to obtain a degree in early childhood education. Working in this field is very rewarding and enjoyable. I love being a positive influence in the lives of the children with whom I work.