



Child Development Center Newsletter



FEBRUARY 2010



HOME-SCHOOL-CONNECTION

CONTACT INFO:

FAMILY SERVICES

24300 Las Brisas Rd. N
Murrieta, CA 92562
(951) 304-1625

Child Development Center

(951) 696-1600

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 12 & 15 —No
School (Presidents Birthday)

February 14—Valentine's
Day

Parents Information & Communication

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

The Importance of Washing 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 disease. Most people do not wash their hands as often or as well as they should.

Hands should be washed:

- After going to the bathroom. Bowel matter carries a variety of serious infectious diseases.
- After changing a baby's diaper. Not washing hands gives the care giver and other children a greater risks of diarrhea and other diseases.
- Before, during, and after handling food.
- Before eating.
- When hands are dirty.
- After wiping running noses.
- After handling pets or cleaning up after them.
- After sneezing or coughing.
- When someone in your home is sick.
- After handling money, a major carrier of disease germs.

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)

Valentine Poem For Parents

By: Joanna Fuchs

*Mom and Dad, along life's path,
Your love has shone the way.
For the guidance you have given me,
I'm thankful everyday.*

*You've always been great parents;
I'm so glad you both are mine;
Deep in my heart, you'll always be
My favorite Valentine.*



Classic Chicken Noodle Soup

Ingredients:

- 1 recipe Fast Chicken Soup Base
- 3 cups egg noodles
- 1 cup frozen green peas
- 1/2 cup chopped fresh parsley
- Salt and freshly ground black pepper

Directions:

- Prepare Fast Chicken Soup Base. Bring to a simmer.
- Add egg noodles, then simmer until tender, (about 10-20 minutes)
- Before removing from heat, stir in green peas and parsley.
- Final touch: Add salt and pepper to taste.



Ms. Alicia Johnson



My name is Alicia Johnson. I currently work in Room 7 with the four year olds. I hold an Associate Degree in Child Development and have been working in the field for seven years. I love working with children and am lucky to be part of their growth and Development. I have three children of my own; Kayla is 8, Derrick is 2, and Darius is 1.....and coming soon—I will have another son and his name will be Deion. I have been married for 3 years to my high School sweetheart.