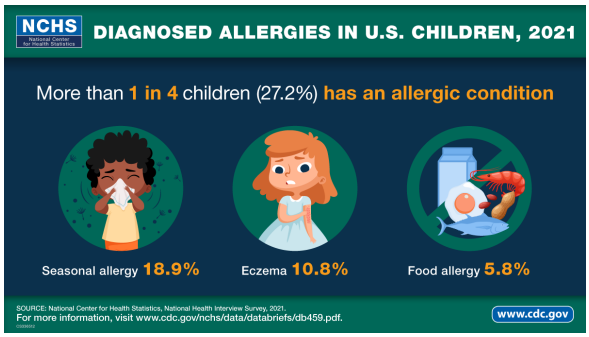
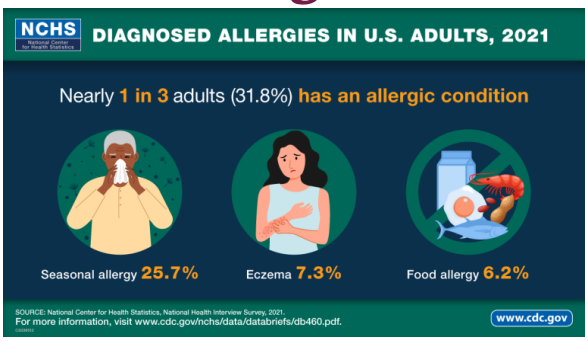
Early Childhood Education Newsletter **Volume 22, Issue 27, 4-19-23**

When To Suspect Allergies In Young Children





Allergies affect over 25% of children and over 30% of adults.

By **Excerpts from "Seasonal Allergies in Children" – Healthy Children Magazine*
*https://www.healthychildren.org/english/health-issues/conditions/allergies-asthma/pages/seasonal-allergies-in-children.aspx?_ga=2.258918346.1946312308.1681922809-1283905558.1681922809&_gl=1*60v7ds*_ga*mti4mzkwntu1oc4xnjgxotiyoda5*_ga_fd9d3xzvqq*mty4mtkymjgwos4xljaumty4mtkymjgwos4wljauma*.

Some allergies are easy to identify by the pattern of symptoms that follows exposure to a particular substance. But others are subtler and may masquerade as other conditions. Here are some common clues that could lead you to suspect a child may have an allergy.

Repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year. These could include:

- Runny nose
- Nasal stuffiness
- Sneezing
- Throat clearing
- Nose rubbing
- Sniffling
- Snorting
- Itchy, runny eyes





Common Allergens in Home and School

Many indoor allergens cause problems for children because they are inside of home and school for longer periods.

- **Dust:** contains dust mites and finely ground particles from other allergens, such as pollen, mold, and animal dander
- **Fungi:** including molds too small to be seen with the naked eye
- **Furry animals:** cats, dogs, guinea pigs, gerbils, rabbits, and other pets
- **Clothing and toys:** made, trimmed, or stuffed with animal hair
- **Latex:** household and school articles, such as rubber gloves, toys, balloons; elastic in socks, underwear, and other clothing; airborne particles

- **Bacterial enzymes:** used to manufacture enzyme bleaches and cleaning products
- **Certain foods**

Controlling Allergy Symptoms

- It's helpful to use air conditioners, where possible, to reduce exposure to pollen.
- Molds are present in the spring and late summer, particularly around areas of decaying vegetation. Children with mold allergies should avoid playing in piles of dead leaves in the fall.
- Dust mites congregate in places where food for them is plentiful (e.g. flakes of human skin). That means they are most commonly found in upholstered furniture, bedding, and rugs.
- Wash linens weekly, and other bedding such as blankets, every 2 to 3 weeks in hot water to kill the dust mite.
- Pillows should be replaced every 2 to 3 years.

Preschool Teachers Participate In Training

By Nellie Ríos-Parra, Director of State Preschool

Tuesday, April 18, the State Preschool teachers and the Site Supervisors gathered to meet with Dr. Reed, former interim Assistant Superintendent of Personnel to discuss the job classification input study. It is the first input study to take place and a promising process to update existing job announcements.

Ms. Emily Cummins Polk and Ms. Ariel Wrye spent time with the staff to reflect on upcoming parent engagement activities including writing progress reports, Parent Conference tips, and Open House activities. We are preparing consistently on meeting the needs of students and families for optimum learning outcomes. We know that when parents and teachers collaborate, student success increases.

https://lsp.lennox.k12.ca.us/

UPCOMING EVENTS

Every Tuesday - Return READ WITH ME books

Every Thursday - READ WITH ME books will be distributed to students who have returned books

If your child will be 5 years old by the 1st of September, make sure to ENROLL YOUR CHILD in Kindergarten for 2023-2024 ASAP. This will ensure that sufficient staff will be hired to meet the needs of your child. Tell a friend to enroll in the Lennox School District.

ENROLLMENT to our STATE PRESCHOOL PROGRAM for the 2023-2024 school year has begun. Enrollment Applications are available at all sites. If you have any questions, call our office at 310-680-3500.

April -

- Autism Awareness Month
- Public Schools Month
- National Child Abuse Prevention Month

Monday April 17 to 21 - Week of the Young Child will have a different focus each day.

All families were invited to work with their child at home to make a paper-mache bank (piggy or any image you wish) using a balloon, newspaper strips, egg carton, flour, water, and other household items. The bank can be any shape and/or character. ***The goal is to bring it to school on Friday, April 21st and share it*** *in the classroom. Here is a short video to see what materials are needed and the process in case you wish to get started during Spring Break,*
https://www.youtube.com/watch?v=ggdqQhYL2Gw

Wednesday, 4/19 - Week of the Young Child, Work Together Wednesday, When children build together they explore math and science concepts and develop their social and early literacy skills. Children can use any building material—from a fort of branches on the playground to a block city in the classroom, or a hideaway made from couch pillows at home. Build and share pictures of children's creations on Facebook, Twitter, ClassDojo or Instagram using the #WOYC23 hashtag.

Thursday, 4/20 - Week of the Young Child, Artsy Thursday, Think, problem solve, create! Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands. On Artsy Thursday celebrate the joy and learning children experience when engaged in creative art making. Use any materials—from crayons to paint, clay to crafts! Create and share photos of your children's creations on Facebook, Twitter, and Instagram using the #WOYC23 hashtag.



Thursday, 4/20 - Happy Birthday to Teacher Griscel Gonzalez

Friday, 4/21 - **Week of the Young Child, Family Friday,** Engaging and celebrating families is at the heart of supporting our youngest learners. NAEYC applauds family members' role as young children's first and most important teachers. Share pictures and stories about your family on Facebook, Twitter, ClassDojo or Instagram using the #WOYC23 hashtag.
All families are encouraged to make a paper-mache 'piggy bank' at home during the week and bring the completed paper-mache bank to school on Friday to share how the family worked at home.



Sunday, 4/23 - Happy Birthday to Director Nellie Ríos-Parra

Wednesday, 4/26 - Administrative Professionals Day

Wednesday, 4/26, 3:15 PM - Parent Advisory Council Meeting via Zoom,
Join Zoom Meeting
https://lennoxk12-org.zoom.us/j/82746928883?pwd=N3RSazcwOER0M1VQeFJESFJQb2E1UT09
Meeting ID: 827 4692 8883 Passcode: 906153

Jueves, 4/27, 10:00 AM Open House at each State Preschool Site, more details to follow

Jueves, 4/27, 2:00 PM Open House at each State Preschool Site, more details to follow

Jueves, 4/27, 3:00 to 7:00 PM - FUNdraiser at Chuck E. Cheese, Prairie Avenue, Torrance, CA

Monday, 5/1 - Friday, 5/5 - Scholastic Book Fair at Buford State Preschool

Mon-Fri, 5/1 - 5/5 - National Teacher Appreciation Week

Monday, 5/1 - Mental Health Awareness Month

Tuesday, 5/2 - Parent Teacher Conferences

Tuesday, 5/2 - National Teacher Appreciation Day

Friday, 5/5 - School Lunch Hero Day

Friday, 5/5, 8:30 AM, Cafecito in person at the District Office, Professional Development Center, 10319 Firmona Avenue**, Topic - Can Your Child Read? Please call 310-680-3500 to RSVP.**

Saturday, 5/6 - **Happy Birthday to Teacher Consuelo Morales**

Monday, 5/8 - Friday, 5/12 - BOGO Scholastic Book Fair at Jefferson State Preschool

Friday, 5/12 - Provider Appreciation Day



Tuesday, 5/16 - **Happy Birthday to Site Supervisor Faviola Salcedo**

Saturday, 5/20 - **Happy Birthday to Teacher Alma Maciel**

Wednesday, 5/31 - **Happy Birthday to Teacher Nubia Vasquez**

Sunday, 6/11 - Happy Birthday Secretary Betsy McLaurin

Monday, 6/19 - Juneteenth Holiday recognized, non-school day and school closed.

Tuesday, 6/20 - Classes resume

Friday, 6/23 - Last day of school

Sunday, 6/25 - Happy Birthday Teaching Assistant Lidia Membreno

Monday, 6/26 - Teacher Work Day

Lennox School District State Preschool Program, 10203 S. Firmona Avenue, CA 90304
www.lennox.k12.ca.us

Follow us on Instagram @preschool_lennoxsd





