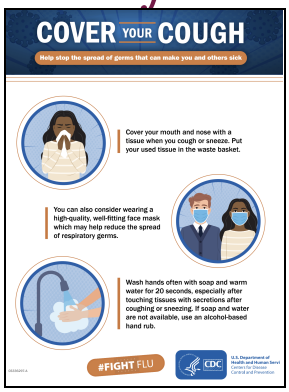
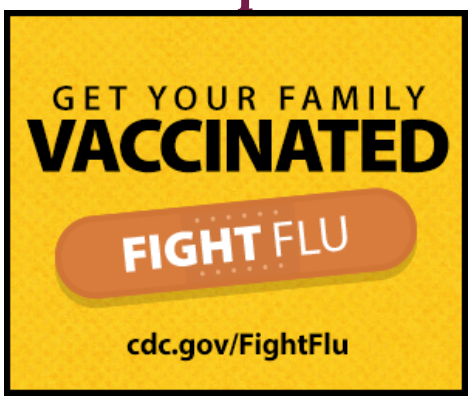
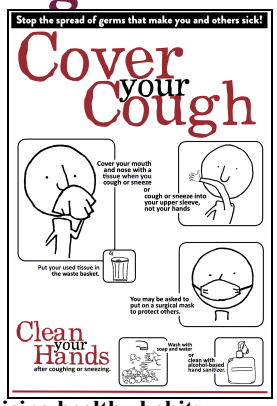
Early Childhood Education Newsletter **Volume 22, Issue 25, 3-22-23**

Healthy Habits To Help Protect Against Flu







Help your child and family stay healthy by getting vaccinated and practicing healthy habits.

By https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. **Avoid close contact.**
   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.**
   If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.**
   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
4. **Clean your hands.**
   Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Handwashing: Clean Hands Save Lives
Tips on hand washing and using alcohol-based hand sanitizers

It's a SNAP Toolkit: Handwashing

Hand washing resources from the It's A SNAP program, aimed at preventing school absenteeism by promoting clean hands. From the School Network for Absenteeism Prevention, a collaborative project of the CDC, the U.S. Department of Health and Human Services and the American Cleaning Institute.

5. **Avoid touching your eyes, nose or mouth.**
   Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.**
   Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Preschool Teachers Participate In Training

By Nellie Ríos-Parra, Director of State Preschool



Preschool teachers and the Site Supervisors were invited to attend a training provided by the District Nurse, Victoria Moreno, RN on Tuesday, March 21st on how to help a person who is experiencing an allergic reaction. Mrs. Moreno shared the characteristics and features to look for to identify if an allergic reaction is mild or severe.

Mrs. Moreno reviewed the type of medicine to administer depending on the severity of the reaction. Medications, such as benadryl, may be used when there is an allergic reaction that is mild, such as hives and welts on skin. An epi-pen is used when an allergic reaction is severe, such as the person is having difficulty breathing, turning blue and other symptoms. All present were asked to practice using a sample epi-pen so that they are ready to help a person who is having an allergic reaction.

Next week, Mrs. Moreno, RN will provide the State Preschool Program staff with training on the proper administration of an inhaler for asthmatics. We are grateful for the District Nurse and her ongoing support and training.

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 before the end of March.

Countdown to Spring Break, 5, 4, 3, 2, 1, Blast-off!

Monday, 3/27 - Wear clothes that have shapes with 5 sides or points (star).

Tuesday, 3/28 - Wear clothes that have shapes with 4 sides (square, diamond, rhombus).

Wednesday, 3/29 - Wear clothes that have shapes with 3 sides or points (triangle)

Wednesday, 3/29 - Spring Calendar of Activities distributed

Thursday, 3/30 - Plan with a friend to dress up as twins (2).

Friday, 3/31 - Wear a Spring Outfit to show that you are one (1) of a kind.

April - Autism Awareness Month

Monday, April 3 - Friday, April 14 - Spring Break



Friday, 4/7 - World Health Day

Tuesday, 4/11 - Happy Birthday to Teacher Mrs. Zapata

Monday, April 17 - Classes resume

Monday April 17 to 21 - Week of the Young Child

Monday, April 17 - Preschool Enrollment Begins for School Year 2023-2024

Monday, 4/17 - **Week of the Young Child, Music Monday,** When children sing, dance, and listen to music, they develop their language and early literacy skills while being active and encouraging movement. Make up and record your own unique version of a song or write your own, and share it on Facebook, Twitter, ClassDojo or Instagram using the #WOYC23 hashtag.

Tuesday, 4/18 - Week of the Young Child, Tasty Tuesday, This fun, food-themed day is about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom. Create your own healthy snacks and share the recipes and photos of your creations on Facebook, Twitter, ClassDojo or Instagram using the #WOYC23 hashtag.

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 Elizabeth Diaz

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.



Sunday, 4/23 - Happy Birthday 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

Monday, 5/1 - Mental Health Awareness Month

Monday, 5/1 - Friday, 5/5 - National Teacher Appreciation Week

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, 5/6 - **Happy Birthday to Teacher Susana Alvarez**

Monday, 5/8 - Friday, 5/12 - BOGO Scholastic Book Fair

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





