Early Childhood Education Newsletter **Volume 22, Issue 24, 3-15-23**

6 Tips To Help You Cope With Spring Forward







Daylight savings time can disrupt your daily schedule and routine.

By https://www.healthpartners.com/blog/6-tips-to-help-you-spring-forward/

Most of us look forward to springtime, but not to losing the hour of sleep when clocks spring forward.

Spring kicks off daylight saving time and clocks are turned ahead one hour. Losing that one hour of sleep can affect productivity, concentration, and both physical and mental health. Fortunately, our sleep experts have some simple tips we can use to help us adjust to the time change. And that can help us minimize the accidents and health problems that are linked to it.

Even though the clock will say 8 a.m., your body will think it's 7 a.m. This can leave you feeling groggy for several days, especially in the morning.

How to cope with daylight savings time?

It's important to keep sleeping patterns the same during the change to daylight saving time. Here are a few tips for doing that:

1. **Start getting to bed earlier.**
   You can ease your body into the time change by starting your nighttime routine 15 minutes earlier in the days leading up to the start of daylight saving time. This can be especially helpful for small children, who often feel the effects of the time change more than adults. Then, turn your clocks forward Saturday morning instead of Sunday morning. Live your day based on that schedule. Allowing two days, rather than a single day before the start of the week can ease the biological transition (your circadian rhythm) to the new time.
2. **Be consistent.**
   Wake up at the same time each morning to keep your sleep cycle more regular. This means even on weekends! Although sleeping in can help you feel more rested in the short-term, it causes difficulties falling asleep and waking up during the week. In fact,

getting out of bed at the same time every morning is the single best way to improve sleep and wake functioning. A consistent sleep schedule based on a single pre-determined rise time will help you feel more rested throughout the entire year. Getting up at the same time is far more important than going to bed at the same time, though consistency on bedtime is certainly also important. On the first Sunday of daylight saving time, get up at your regular time whether you had a good night's sleep or not. And avoid taking a nap if it's not part of your typical routine.

3. **Enjoy the longer evenings.**
   One great perk about spring and daylight saving time is that there is more sunlight in the evenings. Enjoy the natural lighting outside or indoors with your curtains open. Sunlight helps naturally reset your body clock. Letting natural light come into your bedroom in the morning also aids in greater alertness upon awakening.
4. **Exercise.**
   Being physically active is good for your health and it can help you sleep better, too. Go for a walk or run outdoors during daylight where you are exposed to natural sunlight. But try to avoid working out too close to your bedtime. It's best if you can allow at least two hours to "cool down" from exercise before going to bed.
5. **Be mindful of what and when you eat and drink.**
   Eat dinner earlier in the evening to help your body prepare for bedtime. Try to avoid spicy or fatty foods, especially as bedtime is approaching. They can lead to indigestion and insomnia. Avoid caffeine and alcohol later in the day so you fall asleep more easily.
6. **Reduce screen time.**
   Television, tablets and phones may help you unwind for the evening, but they can stimulate your brain and actually make it harder to fall asleep. Try avoiding hand-held screens and computer displays at least two hours before bed, and avoid television at least an hour before bedtime.

National Preschool Teachers Appreciation Day

By https://nationaltoday.com/national-preschool-teacher-appreciation-day/

National Preschool Teachers Appreciation Day, a time to break out the apples for all those amazing educators shaping young minds, is celebrated on the third Friday of March each year. This year, it takes place on March 17. This day is held to — naturally — annually share our love and shine some light on the often-hard-yet-always-rewarding task of teaching very young minds.



Preschool teachers play a critical role in our children's lives. Teachers shape and mold the young minds of our future generations and are usually the first contact they have in the education system. They teach students that are between the ages of three and five. This is usually the time children are going through their most formative and critical learning phase. A good preschool teacher can set the bar for the rest of one's learning

journey.

Encourage your child to make their preschool teachers a gift
Help your child write a note or make a gift that they can give to their teacher. They'll surely love it!

Show you appreciation on social media
Post or upload a photo of your child with his/her preschool teachers to social media **@preschool_lennoxsd** and use the hashtags #NationalPreschoolTeacherAppreciationDay #preschoolpride #lennoxrocks #preschoolrocks #soaringtosuccess #wherechildrenplaysingandlearn #onthefllightpathtosuccess. Share what your child has le



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

ENROLL YOUR CHILD in Transitional Kindergarten or Kindergarten for 2023-2024 before the end of the month of March.

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

Friday, 3/17 - National Preschool Teachers Appreciation Day

Friday, 3/17, 8:30 AM, Cafecito in person at the District Office, Professional Development Center, 10319 Firmona Avenue**, Topic - Is Your Child Ready for Kindergarten? Please call 310-680-3500 to RSVP.**

Tuesday, 3/21 - World Down Syndrome Day - Rock Your Socks!

Wednesday, 3/26 - Spring Calendar of Activities distributed

Friday, 3/28 - Spring Calendar of Activities distributed

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 - Children's Week

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

Thursday, 4/20 - Happy Birthday to Teacher Elizabeth Diaz

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



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

Wednesday, 4/26 - Administrative Professionals Day

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

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Follow us on Instagram @preschool_lennoxsd

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