Early Childhood Education Newsletter **Volume 22, Issue 21, 2-22-23**

National Dental Health Month Continues





Cavities, also known as caries or tooth decay, are the most common chronic disease of childhood, yet cavities are preventable.

Children's Oral Health

By https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html

Overview

Cavities (also known as caries or tooth decay) are the most common chronic disease of childhood in the United States1. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

- More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.2
- More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth.2
- Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%).3



The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%) of cavities in the primary (baby) teeth.4 Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated.5 Similarly, children who brush daily with fluoride toothpaste will have fewer cavities.6

Dental sealants can also prevent cavities for many years. Applying dental sealants to the chewing surfaces of the back teeth prevent 80% of cavities.7



What Parents and Caregivers Can Do

For Babies

- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2, consult first with your doctor or dentist regarding the use of fluoride toothpaste.

For Children

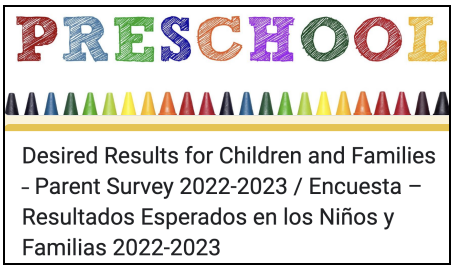
- Brush their teeth twice a day with fluoride toothpaste.
- Help your child brush their teeth until they have good brushing skills. *If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.*
- Ask your child's dentist to apply dental sealants when appropriate.
- Drink tap water that contains fluoride.



Visit the following website to obtain more information and to learn more about dental health; https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html

Complete the Parent Survey And Be Heard

by Nellie Ríos-Parra



The Lennox School District State Preschool Teachers and staff welcome parent feedback. Each year, we send out a parent survey developed by the California Department of Education and ask that you complete it so that we may use the information to better meet the needs of students and families. This year we have collected 120 surveys out of a possible 350 or 34%. Buford State Preschool had 58 out of 69 (84%) parents complete the survey, the highest rate of completion of all sites. Felton State Preschool had 17 out of 42 (41%) parents complete the survey. Jefferson had 16 out of 115 (14%) families complete the survey. Moffett had 16 out of 62 (26%) families complete the survey and Whelan had 12 out of 71 (17%) families complete the Parent Survey.

We pride ourselves on collecting 90%+ of completed surveys and need your assistance if you have not completed the survey electronically. If you need a hard copy of the survey, please let the teacher, Site Supervisor or Office staff know and we will happily provide you with a Parent Survey. Here is the link to complete the survey, https://forms.gle/Fwh1QegEgjZEh5go6

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



February is National Children's Dental Health Month

February is National African-American History Month

ENROLL YOUR CHILD in Transitional Kindergarten or Kindergarten for 2023-2024 before the end of the month of February. If you applied for District of Choice in January, you have been approved and will soon receive a letter.



Monday, 2/20 -Friday, 2/24 - Dual Language Learner Celebration Week

Wednesday, 2/22 - Dual Language Learner Celebration Week - Wear a shirt/top that has words in a language other than English.



Thursday, 2/23 - Dual Language Learner Celebration Week - Wear a tutu or a tie-dye to show that you know two languages.

Friday, 2/24 - Dual Language Learner Celebration Week - Bring a bilingual (any languages) book to school to share with your classmates and teachers.

Monday, 2/27 - Saturday, 3/4 - Read Across america Week

Monday, 2/27 - Crazy Hat Day: Hats off to Dr. Seuss!

Tuesday, 2/28 - Cozy Up "Cozy Up with a Good Book" – Wear Pajamas and bring a book to share.

Wednesday, 3/1 - Wear Red & White Clothes!

Thursday, 3/2 - Wear Crazy Socks!

Thursday, 3/2 - Read Across America Day

Friday, 3/3 - Dress-as-your-favorite-book character day and bring the book to school!

Friday, 3/3, 8:30 AM, Cafecito in person at the District Office, Professional Development Center, 10319 Firmona Avenue, Is Your Child Ready for Kindergarten?

Saturday, 3/4 - Pitch a tent outdoors and read a book with a flashlight!

Monday, 3/6 - Friday, 3/10 - National School Breakfast Week

Monday, 3/6 - Friday, 3/10 - Save your Vision Week

Tuesday, 3/7 - Spring Pictures at FSP & BSP

Wednesday, 3/8 - Spring Pictures at JSP & MSP

Thursday, 3/9 - Spring Pictures at WSP

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

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

Friday, 4/1 - Autism Awareness Month

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

Friday, 4/7 - World Health Day

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 Principal 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

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

Friday, 5/12 - Provider Appreciation Day

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

Follow us on Instagram @preschool_lennoxsd

Instagram



