Early Childhood Education Newsletter Volume 22, Issue 19, 2-8-23

February is National Dental Health Month





Preventing and treating dental disease is essential for overall health and well-being at every stage of life.

Dental Care for Overall Health: Protect Yourself and Your Family

By http://publichealth.lacounty.gov/hccp/oralhealth.htm

Children need their baby teeth to eat and speak properly and to help keep space for adult teeth to settle in.

In adulthood, poor oral hygiene and lack of proper dental care can lead to a serious form of disease called periodontitis. This is a gum infection that may cause bleeding, pain, and damage to tissue and surrounding bone, and may result in tooth loss. In fact, researchers have found that periodontitis is linked to diseases such as diabetes and heart disease.

Older adults may experience dry mouth, especially if they are taking multiple medications, which increases the risk of tooth decay. Older adults are also at higher risk for mouth cancer, which can be diagnosed early during routine dental exams.

What do I need to do for good dental health?

Brush your teeth properly twice a day and use toothpaste with fluoride
Floss Every Day
Choose Water - Drinking water is great for your dental health. It keeps your mouth clean and strengthens your teeth. We recommend drinking fluoridated tap water because it has been proven to help prevent cavities.
Eat a healthy and balanced diet
Get a check-up every six months from a licensed dentist - Children should visit a dentist when they reach their first birthday or once their first baby tooth comes in.

Visit the following website to obtain more information and to learn more strategies on how to help your child with dental health; http://publichealth.lacounty.gov/ohp/

Preschool Staff Professional Development

by Nellie Ríos-Parra



Teachers had time on Tuesday, February 14th to reflect on Social-Emotional Literacy practices that they have incorporated into their daily routines. Mrs. Cummins Polk provided professional development on the topic of Social-Emotional Literacy to help teachers better meet the needs of their students. Teachers shared how some strategies proved challenging to incorporate at first yet effective and with time have become more natural and equally useful and beneficial to children who are experiencing big feelings. One such strategy is the use of Empathy Books or Scripted Stories. We take the time to acknowledge how a child is feeling and the need for time to process the emotions before self-regulation can take place. Once children feel understood and acknowledged, they can then self-soothe or manage their big feelings. These techniques and strategies can be utilized at home as well.

If you wish to learn more about supporting your child through big feelings, visit the following site for ideas, strategies, and resources, https://www.heysigmund.com/how-to-self-regulate/

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

UPCOMING EVENTS



Every Tuesday - Return READ WITH ME Backpacks

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



February is National Children's Dental Health Month

February is National African-American History Month



February 6-10 is National Counseling Week

Wednesday, 2/8 - WSP Room 34 Parent Conferences by appointment

Thursday, 2/9, 8:30AM - Buford Elementary School 23-24 Kinder Enrollment Parent Meeting. In the Cafeteria at Buford Elementary School

Thursday, 2/9, 8:30AM - Moffett Elementary School 23-24 Kinder Enrollment Parent Meeting. In the Cafeteria at Moffett Elementary School



Monday, 2/13 - HAPPY BIRTHDAY Mrs. CLARA ARAUJO!

Tuesday, 2/14, 6 PM Lennox School District Board Meeting

Wednesday, 2/15, 3:15 PM - Parent Advisory Council Meeting via Zoom
https://lennoxk12-org.zoom.us/j/82746928883?pwd=N3RSazcwOER0M1VQeFJESFJQb2E1UT09
Meeting ID: 827 4692 8883

Monday, 2/16, 8:30AM - Dolores Huerta Elementary School 23-24 Kinder Enrollment Parent Meeting.

Monday, 2/20 - President's Day, No school and office closed

Monday, 2/20 - Dual Language Learner Celebration Week

Tuesday, 2/21 - School resumes

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!

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!

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

Monday, April 17 - Classes resume

Lennox School District State Preschool Program, 10203 S. Firmona Avenue, CA 90304

www.lennox.k12.ca.us

Follow us on Instagram @preschool_lennoxsd





