Early Childhood Education Newsletter **Volume 22, Issue 18, 2-1-23**

February is National Dental Health Month





Healthy teeth habits begin early in life.

Sippy Cups and Your Child's Teeth

By https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Many training cups, also called sippy or tippy cups, are available in stores. Many are —no spillll cups, which are essentially baby bottles in disguise. —No spill cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip.

Don't let your child carry the training cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup has the potential to injure the mouth.



A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed.

Tips

For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup. As this changeover from baby bottle to training cup takes place, be very careful:

- what kind of training cup you choose

- what goes into the cup

- how frequently your child sips from it

- that your child does not carry the cup around

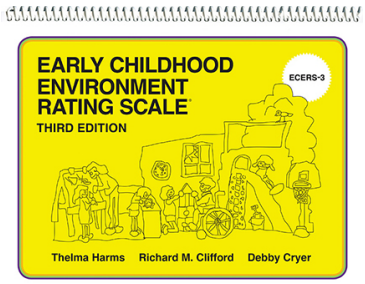


Talk to your dentist for more information. If your child has not had a dental examination, schedule a —well baby checkupǁ for his or her teeth. The American Dental Association says that it is beneficial for the first dental visit to occur before the child's first birthday

Visit the following website to obtain more information and to learn more strategies on how to help your child with dental health;
https://www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html

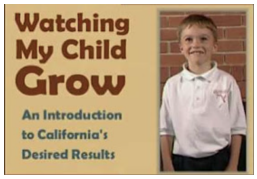
Preschool Staff Professional Development

by Nellie Ríos-Parra



We have compiled the Environment Rating Scale data collected in January. We would like to share the process so that you can gain a sense of all the work that our staff does to ensure that all children are provided with access to a high quality education. The Environment Rating Scale has seven subscales which include; Space and Furnishings, Personal Care Routines, Listening and Talking, Activities, Interaction, Program and Structure, and Parents and Provider. Each classroom session is observed and based on the classroom environment and interactions receives a rating of one (low) to seven (high) for each subscale. Each classroom session receives the scores and creates a Summary of Findings for each subscale that scored a 5 or less. If the classroom session had no items that scored a 5 or less, then the teachers create a summary of findings for one or two items to ensure that there is a focus on increasing the students' outcomes.

The data shows strengths in many of the subscales. Specifically, all classroom sessions scored a 7 in the subscale of Interaction, Program Structure, and Parents and Provider. Most classroom sessions scored a 6 or 7 in the subscales of Listening and Talking and Activities. The subscales in which we see room for improvement are Space and Furnishings due to a lack of windows and natural lighting, and Personal Care Routines because of student hand washing routines. Each group of classroom teachers will write a summary of findings to address the areas of need. We will partner and work with parents to ensure that we are all informed and supporting each child at school and at home.



If you wish to learn more about supporting your child so that he/she can maximize your child's learning, visit the following website, https://www.youtube.com/playlist?list=PLxl_SpYCzA5DvnaGML9_hoXAT8HNCJybr

Watching My Child Grow offers an introduction to the California Department of Education's Desired Results Assessment System and its benefits for all children and families.

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

UPCOMING EVENTS

Great Kindness Challenge Week is approaching January 23-27, 2023
We encourage all families, students, staff, and teachers to participate in GKC Week to promote kindness, social-emotional health, and perform acts of kindness.

January 2023 is recognized as School Board Recognition Month

Every Tuesday - Return READ WITH ME Backpacks to your child's classroom.

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

February - National Children's Dental Health Month

February - National African-American History Month

Thursday, 2/2 - Tiaras, Tutus, & Ties Day. Celebrate the number two (2) by wearing a tiara, tutu, tie or all of them!

Friday, 2/3, 8:30 AM, Cafecito via Zoom with David Hurtado, Women Infants Children will share information about services available through WIC. Tell a friend to attend.
https://lennoxk12-org.zoom.us/j/89003704950?pwd=QmZ1VFI3amRIZjhqdVh6L0lCNHF1Zz09
Meeting ID: 890 0370 4950



Sunday, 2/5 - HAPPY BIRTHDAY Ms. CHRISTINA HECTOR!

February 6-10 - 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 Moffett Elementary School

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

Monday, 2/13, 8:30AM - Moffett Elementary School 23-24 Kinder Enrollment Parent Meeting. In the Cafeteria at Buford Elementary School

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, 2/13, 8:30AM - Dolores Huerta Elementary School 23-24 Kinder Enrollment Parent Meeting.

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

Tuesday, 2/21 - School resumes

Thursday, 3/2 - Read Across America

Friday, 3/3, 8:30 AM, Cafecito in person at the District Office, Professional Development Center, 10319 Firmona Avenue

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

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





