NOVEMBER 2026

Laguna Division of Early Childhood
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Phone: (505)552-6544 | **Fax: (505) 796-6909**

WELCOME FALL

Fall is here, and what a wonderful time of year it is! We are excited for another season of learning, laughter, and making memories together. From colorful leaves to acts of kindness, we are grateful for our amazing classroom community. We celebrate curiosity, friendship, growth, and joyful discoveries each day.

WE ARE EXPLORING, CREATING, AND GROWING TOGETHER EVERY DAY.

FALL HIGHLIGHTS

The Laguna Division of Early Childhood extends our heartfelt well wishes to our community effected by the rains and floods. We would like to thank all the parents and families that have been effected by alternate bus routes due to road closures. Thank you for your flexibility and resilience while we work through this challenging time. Should you have any questions or concerns, please feel free to reach out to Director Spaniel. We look forward to normalcy as the EOC continues to evaluate, access and reconstruct safe roadway passages. Until then, we appreciate your patience with the alternate bus routes.

IN THIS EDITION

Sunnyside
New York
Turquoise Springs
Chinatown
Paguate
Paraje
Encinal
Seama
Director
Program Assistant
Custodians
Education Coordinator
ERSEA Coordinator/
Child Care Manager
Health Aide
Family Service Providers

IMPORTANT DATES

- **Nov 5** — **Family Engagement Night** — 5:30 to 6:30 pm
- **Nov 6** — **Staff Professional Development** — No School
- **Nov 11** — **Veterans Day** — No School
- **Nov 19** — **Thanksgiving Dinner** — R.S.V.P. by 11/13
- **Nov 20** — **Roasted Corn/turkey Demonstration**
- **Nov 23-27** — **Thanksgiving Break** — No School

THANKS FOR BEING PART OF OUR JOURNEY!

SUNNYSIDE CLASSROOM

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What We've Learned

We made it through the month of October. The children are still adjusting to the daily routines. The children are being more social with the other children in the classroom. This month is about Hunting we encourage parents to spend some time telling children: Why we hunt, where we hunt and the animals that we hunt for. This is just to get the children to be in touch with the culture.

Social-Emotional: Still adjusting to the classroom
Cultural lifeways: We are in the month of Hunting

Reminders

- Check folders for important information.
- Please read to your child
- Call or email us to let us know child will be absent

Parent tip(s):

- Be patient and understanding, during separation.
- As the weather will begin to get colder please send child with a jacket
- Offer extra cuddles, reassurance, and saying good-bye.
-

Parent recognition: Thank you to our parents for bringing your children to school.

Student Acheivements

~K.C- Slowly adjusting to the classroom routines

~E.H- Walking around while holding one hand and talking more

~W.K- Starting to sit up on his own with little support

~R.L- Talking among peers at the table

~J.P- Saying more words and making small sentences

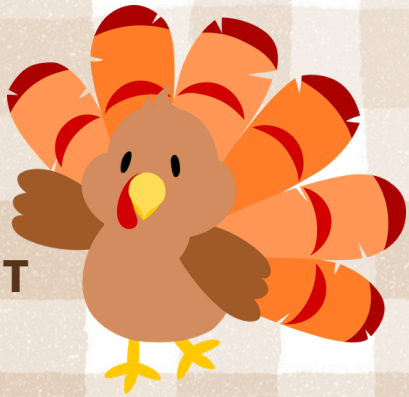
~K.S- She is talking to peers, Walking around using the furniture for support

~Z.W- Beginning to sit up on his own

~A.L- New to the class

NEW YORK CLASSROOM

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This past month, our classroom explored the autumn season through the theme of Roasting Corn! This theme provided rich, hands-on sensory experiences that stimulated curiosity, language, and physical coordination. Through peeling, touching, smelling, and tasting corn, your children were busy developing critical foundational skills.

Here is a look at what we focused on during our activities:
(Exploration & Discovery): Children explored the physical properties of a raw ear of corn versus a roasted ear. They used their senses to notice changes in texture (rough husks vs. soft kernels) and color (bright yellow vs. charred brown).
(Vocabulary): We introduced descriptive autumn vocabulary during group time to help children understand and use an increasing number of words. The children practiced hearing and saying words like corn, husk, sweet, warm, yellow, and peel.
(Fine Motor): Children built strength, control, and coordination in their small hand muscles. Peeling back layers of corn husks required a strong pincer grasp and bilateral coordination (using both hands together). Under close supervision, they also practiced picking up safe-sized loose kernels to place into containers, refining their finger dexterity.

This month, we are diving into the autumn season through the theme of Hunting. This theme provides rich, hands-on sensory experiences that stimulate curiosity, language, and physical coordination in our children.
What is Hunting? At this age, we are exploring hunting through the lens of nature, gratitude, and discovery! We are teaching the children that hunting means looking carefully for animals in the woods or mountains. We will talk about how animals are a special blessing that provide food and happiness for our families.
Vocabulary Words we will be learning:
Big Game & Predators: Deer, Elk, Antelope, Bear, Mountain Lion
Small Game & Birds: Rabbit, Quail, Bluebird, Ducks, Turkey (Perfect for November!)
Nature & Environment: Hunting, Mountains

Our everyday routines are coming along wonderfully! Looking back to the first day of school, it is incredible to see how much progress your little ones have made. Many of our friends who used to cry for Mom or Dad at drop-off are now walking in with smiles and saying goodbye with confidence. We are so proud of their growing independence and comfort in our classroom!

Our Next Milestones: Focus on Circle Time

Thank you, Parents for bringing your child to school every day and dressing them according to the weather!



TURQUOISE SPRINGS
Class

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Curriculum Theme/cultural lifeways: Roasting Corn; we talked about the pictures of corn. How we pick from the field, to roasting the corn, to eating the corn, and then what is left of the corn (the cob) which turned into a noise maker.

In November we will explore with stories about Hunting season; if you or your family have pictures to share with the classroom, please bring them in. We will study about the color Brown; explore the changes in the trees around us. Be on the look out for our Thanksgiving dinner.

Goals / Milestones: our every day routines are starting to come along very well, our goal was met, it was to get our children to sit in a small group time, to sing songs, greet our friends, count our numbers, and read a book. We will continue with our daily routine.

Highlight each child's goals and milestones. We have 3 friends who are fulltime potty users...yay!! Our communication skills are improving. Everyone has made those big steps of separating from parents in the morning.

THANK YOU TO YOU PARENTS WHO ATTENDED YOUR PARENT/TEACHER CONFERENCE. BEING INVOLVED IS KEY TO A PART OF YOUR CHILD'S EDUCATION. WE APPRECIATE YOU!

PARENT TIPS

Although ATTENDANCE is important, when your child is ill, please keep them home to get better. This also helps from getting the others sick as well. Thank you. The weather is also changing to the cooler air, so please dress them according to the weather and bring a jacket.

Chinatown Classroom

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October Reflections

During **October**, children explored meaningful cultural experiences through our **Roasting Corn** theme, strengthening their sense of identity, belonging, and connection to family and community traditions. Through stories, music, art, and sensory exploration, children learned about the cultural significance of corn while building positive relationships and developing pride in their heritage. We hope to provide more of a harvesting-experience in the future as we plan for gardening in the Spring.

Our Chinatown children also met with first responders and were able to see an Ambulance and fire & rescue truck! We learned about the different stations, and how Station #2 is just up the road. All the doors were opened and we saw hoses, blocks, oxygen tanks, and a very big fan. The children were able to touch a helmet, see the lights flash, and take pictures. Thank you to all our first responders –we truly appreciate your dedication, bravery, and sacrifices that you do every day!

These experiences supported multiple **HSELOF domains**, including **Social and Emotional Development** as children shared experiences and participated in group activities; **Language and Communication** through learning harvest vocabulary and engaging in conversations; **Approaches to Learning** by showing curiosity and persistence during exploration; **Cognition** through sorting, counting, and investigating corn materials; and **Perceptual, Motor, and Physical Development** through sensory play, art, and movement activities.

We would like to extend a heartfelt **thank you to our families** for participating in classroom activities, sharing traditions, attending events, and supporting your child's learning. Your involvement helps strengthen the connection between home and school and enriches the cultural experiences that make learning meaningful for our children. We appreciate your continued partnership and support.





Chinatown Classroom

Continued

Upcoming Events

As we move into November, our classroom will begin a new theme, **Hunting & Outdoor Exploration**. Children will explore nature through hands-on experiences with stuffed forest animals, animal tracks, camping materials, and outdoor traditions. Activities will include nature walks, sensory **exploration**, art projects, music and movement, and dramatic play experiences that encourage curiosity and discovery.

We will also focus on the color **brown** and introduce new vocabulary related to forests, animals, tracks, camping, and family traditions. These activities will support children's growth in language, social-emotional development, cognition, and physical development while fostering an appreciation for nature and the outdoors.

Family Participation Opportunities

- Share photos of family outdoor activities such as camping, hiking, hunting, fishing, or nature walks.
- Contribute natural items such as pinecones, leaves, feathers, or acorns for classroom exploration.
- Join us for our Family Outdoor Celebration at the end of the month as we showcase children's artwork, discoveries, and learning experiences.

We look forward to another month of exploration, learning, and family involvement as we discover the wonders of the outdoors together!

Paguate Classroom

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Raina Victorino-r.victorino@lagunaed.net
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Greetings Families,
We do hope that all is well, and keeping dry and warm. It is that time of the year for us to start preparing for fall and winter. We have been very blessed with all this rain. Along with the rain comes all the insects, allergies, coughing and running noses. We all need to do our part and try to keep each others safe and healthy during the cold season. Please, remind the children to always wash hands and cover their cough. If they are not feeling well, keep child home until feeling better, thank you for your cooperation and support.
We are already in the month of November. How time is flying, seems that we just started, already going to be taking our winter break soon. The class is now setting in to work and learning how to write their name, counting 1-20, naming the alphabet letters, cutting with scissors and matching pictures. We will be practicing more on using our self-help skills and fine motor skills, at school and at home.
Parents/guardians, please look for opportunities to allow your child to be independent. Support them with using words and their motor skills.

For the Month of November, we will working with the color Brown. The curriculum for this month is Hunting (Cultural Life Ways), Simple Machines (creative curriculum), Exploring Trees(STEAM/ Outdoor learning). We will continue focusing on learning our first and last name, our friend's names, teacher's names and classroom routines. The classroom calendar will be available for all to see what classroom activities are planned. Thank you to all the families, that participate with the calendar activities and the classroom activities.

Reminders for Parents/Guardians:
· Read to your child for at least, 10-15 minutes.
· Check your child's folder/bag daily
· Practice saying the Alphabet letters, shapes and counting numbers.
· Practice helping write their name and tracing on lines.

PLEASE HELP KEEP OUR CHILDREN SAFE. IF YOUR CHILD IS NOT FEELING WELL OR SHOWING SIGNS OF COUGHING, FEVER, RUNNING NOSE OR FATIGUE, KEEP THEM HOME UNTIL THEY FEEL BETTER OR ARE SYMPTOM FREE. TAKE THEM TO THE DOCTOR IF SYMPTOMS PERSIST.
Thank you for your cooperation.

November Events:
· November 5: Family Engagement Night (5:30-6:30)
· November 6: Professional Development for Staff – NO SCHOOL
· November 10: Policy Council Meeting
· November 11: Veterans Day No School
· November 19: Thanksgiving Dinner
· November 20: Roasted Corn & Turkey Demonstration
· November 23 – 27: Thanksgiving Break

Paraje Classroom

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Hello families,
Unbelievable, the month of October is already over and now we have made it to the month of November. This school year and the entire year of 2026 is flying so fast.

Curriculum: We are excited to begin our new classroom study: Simple Machines! Children are naturally curious about how things move, lift, push, and pull. Through hands-on play and exploration, we will discover simple machines and how they help make work easier in our everyday lives. Throughout this study we will focus on:

- Rolling, pushing, pulling, lifting, and moving objects
- Exploring different materials and tools
- Learning new vocabulary words
- Comparing heavy and light objects

Culture: For the month of November our cultural theme will be on Hunting. We will explore how hunting helped provide food for families and communities long ago. Our focus will be on respecting animals, appreciating nature, and understanding the importance of helping one another. We will be looking what do hunters do when they go hunting, what they can wear, some equipment they use, how they stay safe.

Learn that people hunt to provide food for their families.
Develop an appreciation for nature and animals.
Practice listening and vocabulary skills through stories

Celebrations: GREAT JOB TO OUR FRIENDS ON THEIR ATTENDANCE. Thank you, parents, for bringing your child to school every day and/or getting them on the bus to come to school. Thank for calling, emailing, texting us letting us know that your child will be absent.

We have seen that they have been recognizing teacher's names and feeling comfortable coming into the classroom. They enjoy singing songs with teachers and as a group. They are becoming more familiar with the daily routine (going to the bathroom, washing their hands, cleaning up after playtime and mealtime). Our friends have continued to use words to have conversations and let us know what they want or need.

Reminders: With the weather changing, please send some extra warm clothes (Long sleeves shirts, sweat pants) and a bigger jacket with your child. Please continue sending a water bottle as well.

Please check you child's backpack everyday for daily notes, monthly calendars, incident/illness/injury reports, etc.

If your child is not feeling well or they are experiencing symptoms such as coughing, runny nose, fever, please keep them home. Help us keep everyone healthy!

Encinal Classroom

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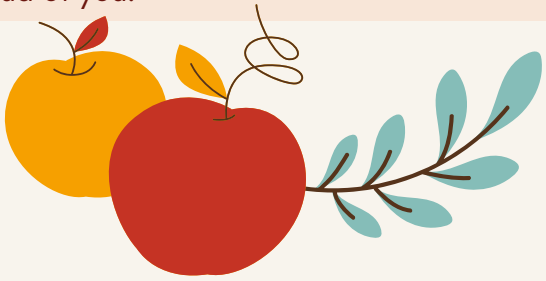
Creative Curriculum:
The November theme is Percussion Instruments. The children will play percussion instruments, from tambourines to rhythm sticks, and have opportunities to discover rhythm patterns, problem-solve to create different kinds of sounds, and keep the beat as they collaborate to make music together.

Cultural Lifeways:
Children will learn that animals are a blessing that provide food and happiness and bring blessings to the home. Children will learn that the mountains are sacred places the animals live in.

Vocabulary
Deer, elk, turkey, mountain lion, hunting, antelope, bear, rabbit, quail, bluebird, duck, mountain, fall, winter, spring, and summer. Color of the month: brown.

Achievements

The children learned 75% of the alphabet and the sounds. The children know the colors in English and in our Keres language with little cues. The children are at 50% in mastering the months of the year. Congratulations to the children on all their achievements. We are so proud of you.



Reminders

- PLEASE check your child's bag/folders DAILY as notes are sent home.
- If your child is sick or becoming sick, monitor symptoms and keep them home until they feel better. PLEASE be mindful of other children and teachers in the classroom.
- PLEASE continue to read to your child for at least 15 minutes and log the time on the reading log in your child's folder.

Parent Tips

- When reading to your child,
- point to the first and last words in the sentence
- clap out the syllables in words
- point out the words that rhyme
- Explain that we read from left to right and top to bottom.

THANK YOU TO ALL THE PARENTS WHO SHOWED UP FOR PARENT-TEACHER CONFERENCES.
YOU ALL ARE ROCK STARS!!

Upcoming Events

11/6 - Professional Development (No School)
11/11 - Veterans Day (No School)
11/12 - Field Trip to Paguate Memorial Site
11/18 - Thanksgiving Pumpkin (Nutrition Activity)
11/19 - Thanksgiving Dinner
11/20 - Culture Day (No School)
11/23-27 - Thanksgiving Break

Birthday: N. Lukee - 11/15



Seama Classroom

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Greetings Families

We hope that you are all adjusting to the time change and as well as the cooler weather.

Firstly, I want to thank you for taking the time to meet with the teachers for Parent Teacher Conferences. I feel taking interest on how well your child is doing in school lets your child know that school is important. Which will encourage them to do well in future academics.

In October our study Architecture. We looked for at all the different shapes we could find in different type of buildings. The children created their own buildings out of shapes. We explored with measuring and patterns.

In the month of November our area of study is PERCUSSIONS. Percussions will provide opportunities for children to increase listening skills as we listen to a variety of percussion instruments. With that said if you have any instruments (different types of drums, rattles. tambourine, bells, triangle, claves, xylophone, castanets) laying around, or a family member who plays a percussion instrument we would love to have them play for the children.

Children will explore how they are made. What types of material are used and noticing the different sounds they make?
Children will make a percussion instrument. Please send an empty container or coffee can or water bottle so we can make drums and rattles in our classroom.

Reminder that if your child is not feeling well, please keep them home. We would like your support as reminding children to cover their mouths when they sneeze and cough. Washing hands after blowing their nose and often as to not spread germ. Make sure to call the school if your child will be absent.

Hooray to OF and ES for recognizing all letters in their name, and to the others who continue to work hard everyday to recognize theirs.

November Birthdays: Paisley, Owen and Leilani

<u>Events that are happening in the month of November:</u>
11/6 No School Staff Professional Development
11/11 No School Veteran's Day
11/23-11/27 No School

As always, if you have any questions or concerns, please contact the teachers.







DIRECTOR'S News

Dr. Carla A. Spaniel
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Dear Families,
As we welcome the month of November, we want to take this opportunity to thank you for your continued partnership and support. This season reminds us of the importance of family, community, gratitude, and learning together. We are grateful for the opportunity to work with your children each day and celebrate their growth and achievements.

November Focus: Gratitude and Kindness- Throughout the month, children will be learning about:
Thankfulness and appreciation
Family and community traditions
Friendship and kindness
Fall and seasonal changes
Healthy habits and social-emotional development

We encourage families to talk with their children about things they are thankful for and share family traditions that are meaningful to your household.

Learning at Home
Families can support learning by:
Reading with your child for at least 15 minutes each day.
Asking your child about what they learned at school.
Practicing colors, shapes, letters, and counting during daily activities.
Encouraging independence with dressing, handwashing, and cleaning up after play.

Thanksgiving Break- Please note our center will be closed for **Thanksgiving Break November 23-27,2026**. We wish all our families a safe and enjoyable holiday filled with happiness and togetherness.

Cold Weather Reminder: As temperatures become cooler, please:
Send your child with a jacket or sweater labeled with their name.
Dress children appropriately for outdoor activities.
Ensure extra clothing is available in your child's cubby or backpack.

Health and Safety: To help keep everyone healthy:
Keep your child home if they are sick or have a fever.
Notify the center if your child will be absent.
Practice proper handwashing and healthy habits at home.

Attendance Matters. Regular attendance helps children build routines, develop friendships, and participate fully in classroom learning experiences. Thank you for helping your child arrive on time and ready to learn each day.

Family Engagement: Families are our children's first and most important teachers.
We encourage you to:
Participate in family engagement activities.
Attend parent meetings and conferences.
Communicate regularly with your child's teacher.
Share ideas and feedback with our staff.

A Message of Appreciation: The Division of Early Childhood at Laguna is thankful for each child and family we serve. Working together helps create a strong foundation for lifelong learning and success. We appreciate your commitment to your child's education and look forward to many exciting learning experiences throughout the school year.
Wishing you and your family a wonderful November filled with gratitude, joy, and cherished memories.

Warm Regards

PROGRAM ASSISTANT

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Greeting Families and Friends,
I hope this finds everyone doing well and in good spirits. As the rains have been a blessing to the land, the floods have been a devastation to some of our community. In that aspect, I pray for everyone to recover and rebuild, and know that you are not alone. The floods have impacted our community as a whole from total loss of homes to endangered animals and leaking roofs. Here at DEC we are dealing with the re-routing of bus routes due to the closure of roadways. I want to thank all the parents and families that have been effected by changing times and schedules. We realize this is not an easy time but we thank each and every one of you for assisting in the rescheduling of times and locations of drop-off and pick-up. Our greatest hope is that we as a community can overcome the tragedy that has hit our community and be a stronger people together.

At DEC we are preparing for new and safer changes to our campus. We will be seeing contractors on site to install fences, lighting and cameras. This will assist safety for all our students, staff and any visitors on our campus. We thank you for your assistance to adhereing to notices that may affect different areas of the DEC campus.

Reminders:

- Adhere to the 5 MPH school speed zone while you are on DEC campus.
- Do not leave your vehicle running unattended.
- Do not leave children unattended in a running vehicle.
- Make sure your child is secured in a car seat while being transported to and from school.
- Sign your child in and out at the front office if it is outside the one hour of start or end time.
- If your child will not be attending school, call the front office. You may also leave a message on the machine with the reason they will not be in school.
- If your child is not feeling well, please keep them home to avoid the spread of illness. If symptoms persist, seek medical attention.

Should you need assistance with anything, please feel free to contact me in the front office, I will be happy to assist you.

Until next time, Thank you to all the Veteran's, enjoy your special day, thank you for your service. I want to wish every one a very Happy Thanksgiving! I'm sure you all have much to be thankful for, enjoy your break and we shall see you next month.

BE HAPPY!



CUSTODIAN'S CORNER

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Custodian's Corner

Hello Families, Children, and Staff!

As the fall season brings cooler days and beautiful changes around us, I hope everyone is staying warm, healthy, and enjoying this special time of year.

I truly enjoy being part of the DEC family. Every day, Ms. C. Day & I do our best to keep our school **clean, safe, healthy, and welcoming** our children, families, and staff. It makes me happy knowing that the work I do helps provide a comfortable place for our children to learn, play, and grow.

As the weather gets colder, let's continue looking out for one another. Good handwashing, cleaning up after ourselves, and helping care for our school all make a difference.

A Friendly Safety Reminder for Parents:
For the safety of our students, families, and employees, please use the **northside parking lot for student drop-off and pick-up**. Please **do not use the southside employee parking area** for dropping off or picking up students. Keeping the employee parking area clear helps us maintain a safer environment for everyone. Thank you for your understanding and cooperation.

I appreciate each of you for helping take care of our school and one another. **Together, we can keep our school safe, clean, healthy, and special place for our children.**

Wishing all of our families a **safe, healthy, and beautiful fall season!**

With appreciation,
Yolanda Concho
Lead Custodian

Education Coordinator

Jean Paquin - j.paquin@lagunaed.net
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November- Thanksgiving Pumpkins Nutrition Activity
Activity: Thanksgiving Pumpkins (Mini Pumpkin Snack or Pumpkin-Themed Nutrition Activity)
Early Head Start (0-3 Years) Objective -Children will explore pumpkin and other healthy foods through sensory experiences while developing self-feeding skills, language, and awareness of nutritious foods.

Head Start (3-5 Years) Objective-Children will learn that pumpkins are nutritious foods that help keep their bodies healthy while participating in hands-on food preparation, exploring colors and textures, and practicing healthy eating habits.

Learning Goals
Identify pumpkins as a healthy fruit/vegetable used in many foods.
Explore the color, texture, smell, and taste of pumpkin.
Develop fine motor skills through food preparation and snack making.
Increase willingness to try new healthy foods.
Learn about Thanksgiving traditions and seasonal harvest foods.
Build vocabulary related to nutrition, fall harvest, and healthy eating.
Materials
Pumpkin puree or pumpkin slices
Whole-grain crackers or mini bagels
Cream cheese or yogurt
Cinnamon (optional)
Small pumpkin pictures or real pumpkins for observation
ELOF Alignment
Perceptual, Motor, and Physical Development
Children use fine motor skills to spread, scoop, and assemble snacks.
Language and Communication
Children describe the pumpkin's color, texture, smell, and taste.
Cognition: Children observe, compare, and discuss seasonal foods and where pumpkins grow.
Approaches to Learning
Children show curiosity and persistence while exploring a new food.
Social and Emotional Development
Children participate in group discussions and enjoy food experiences with peers.
School Readiness Outcome
Children will demonstrate knowledge of healthy seasonal foods and develop positive attitudes toward trying nutritious foods while strengthening language, cognitive, social, and motor skills through hands-on nutrition experiences.
Family Connection

Encourage families to prepare a healthy pumpkin recipe at home, such as pumpkin muffins, pumpkin smoothies, or roasted pumpkin seeds, and share their experience with the classroom.

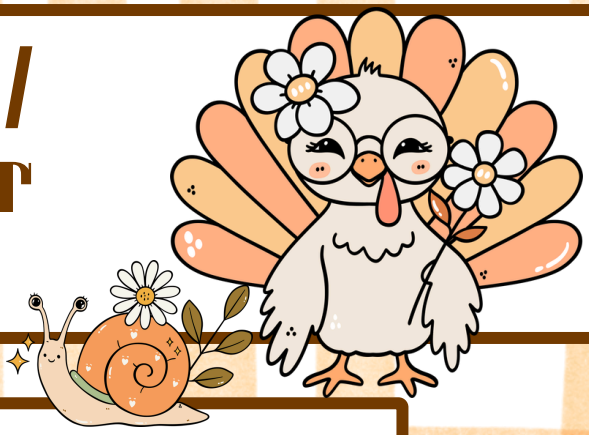


Nutrition Activity:
Thanksgiving Pumpkins
November 18, 2026

ERSEA Coordinator/ Child Care Manager

Patricia Charlie- p.charlie@lagunaed.net (505)552-6544 ext. 5004





ERSEA Coordinator/Child Care Manager – Patricia Charlie

Hello Everyone,

I would like to share with enrollment numbers for Early Head Start and Pre School Head Start for the months of October.

Early Head Start – 32 center base; 2 home base

Preschool Head Start – 60 children

Total enrollment – 94 children

September attendance is as follows:

Casa Blanca – 91%	Chinatown – 89%
Encinal – 94%	New York – 86%
Paguate – 84%	Sunnyside – 87%
Paraje – 93%	Turquoise Springs – 90%
Seama – 90%	

For the month of September:

PHS – 20 children had perfect attendance

EHS – 10 children had perfect attendance

CONGRATS TO PARENTS FOR BRINGING/SENDING YOUR CHILD TO SCHOOL!!

Children who are currently enrolled in Early Head Start and who will be turning 3 years old during the school year – children will **NOT** transition to a Pre School Head Start classroom. Any questions, please feel to call Dr. Carla Spaniel, DEC Director.

As a reminder, parents/guardians, please call the school if your child is going to be absent. If a phone call/text is not received when a child is absent, I will be making follow up calls to parents/guardians.

Child care classrooms are full for now and we do have a waitlist.

Stay afloat, stay healthy, stay safe . . .







HEALTH AIDE

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Strategies for a Healthy Fall

As the days get shorter and the season changes, here are some strategies to help prevent illness and maintain a healthy lifestyle.

·Get your vaccines- speak with your family's healthcare provider about getting your family vaccinated for the flu, RSV, and covid.

·Wash your hands- wash hands with soap and water for at least 20 seconds.

·Sleep- aim to get at least 7 hours of sleep each night.

·Preventive care- visit your healthcare provider and dentist for your regular checkups and preventive services.

·Eat Healthy- try to include more fruits, vegetables, whole grains, lean meats, and low-fat dairy products in your diet.

National Health Observances for November

· Diabetes Awareness Month- American Diabetes Association provides awareness, education, and resources across the country.

· Great American Smoke out- American Cancer Society's campaign to help give up smoking.

· National Epilepsy Awareness Month- This a time to educate, advocate, and support people living with epilepsy and their families. Epilepsy is a brain disorder that causes seizures, affecting about 2 million people in the U.S. and 65 million worldwide.

Friendly reminders:

-As temperatures drop, please remember to send your child to the program with weather appropriate clothing.

-Practice with your child coughing/sneezing into their elbows when they need to cough or sneeze to help reduce the spread of germs.

-Continue brushing your child's teeth in the morning and before bedtime, consistency is key to forming healthy dental habits.

-If your child is sneezing, coughing, or has a runny nose; your child's teacher may choose to have your child wear a mask while at the program. If so, you will receive notification.

-Please get all your child's required health documents in as soon as possible.





November 2026 DEC Family Services

s.ray@lagunaed.net

Hello Fall Season!

Guwad'zii hopa. Wishing that everyone is doing well. As the weather starts to cool down, may you and your family continue to stay safe and healthy.

Family Partnership Plans

This month, I'm calling PHS families to set up time for Family Partnership Plans for new and returning children/siblings.

Smokey Bear/Fire Prevention week

Our EHS and PHS classrooms participated in Smokey Bear and Fire prevention week. Thank you for helping your child learn about fire safety and thank you to POL Fire Safety program for bringing the Fire Truck and Ambulance to our school for children to see.

Laguna DEC Fall Festivities

Thank you parents and family for coming out to October's Family Engagement Night! Next up in November, we'll gather on Thursday, 11/5/26 for another fun time.

Shelly Ray, Family Service Provider

505-552-6544

ext. 5212

Cell: 505-220-2549

Did you know.....

Family **S**ervice **P**roviders can take a message, if your child is going to be late, absent or being checked out. Continue to call the main office first, but parents can call or text their **FSP**.