



# January 2025

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## Upcoming Events

- 1/8 - RETURN TO SCHOOL
- 1/17 - **NO SCHOOL**  
(CULTURAL ACTIVITIES)
- 1/20 - **NO SCHOOL**  
(MLK DAY)

Warm  
winter  
wishes

## What's Inside

### EHS CLASSROOMS

- TURQUOISE SPRINGS
- NEW YORK
- CHINATOWN
- SUNNYSIDE

### PHS CLASSROOMS

- PAGUATE
- VILLAGE
- CASA BLANCA
- SEAMA
- ENCINAL

# Turquoise Springs

## DECEMBER

More children have picked up a lot more words and can even use multi word phrases. The children are developing their feelings of empathy by helping out a friend to clean up or assist with putting on/taking off their jacket. Keep it up! Good job Kids!

## JANUARY

**Creative curriculum:** The theme for the month is lights. The children will look at different kinds of lights and whether they are natural or artificial, and their uses.

**Conscious discipline:** The power of acceptance. Promoting positive change and fostering empathy and problem solving to help manage feelings.

**Cultural Lifeways:** New Tribal officials/throwing/dancing-The children will learn about the newly elected officials of the New Year and the role they have in our community and the customs/traditions that are practiced when welcoming the new officials into office.

**Goals/Milestones:** Continuing to work with the children on their language skills through repetition of words, singing songs, reading books and recognizing more print. One of our children, who turns three, will begin transitioning into one of the older classrooms. We wish our friend the best.

**S.T.E.A.M.:** What is a Habitat? Children will learn about the Habitats (homes) of some wild life by looking at pictures and maybe pointing some out around campus, if the weather permits.

**Nutrition activity on 1/22/25:** Sunny Oranges. This will be a hands-on activity, to peel and taste an orange.

### Reminders:

- With the weather turning much colder, please remember to dress your child accordingly (layers are recommended).
- Please monitor your child for signs of showing illness. If your child is not feeling well, please keep them home and or seek medical attention.
- Please remember to check your child's backpack, daily, for notes or activities to be done at home.

### Birthdays:

Happy Birthday to our Friend X.E. 1/12!

# New York

## JANUARY

**Creative Curriculum:** For the month of January, we are focusing on lights. We will be talking about all the different lights that we use and see each day. We will also be talking about natural light, from the sun and moon, and manmade light we use throughout the day. We will have many different activities to help with these concepts of light.

**Cultural Lifeways:** Our children will be learning about the different dances and learn who the leaders are in the community. The color of the month is blue. Our Laguna language vocabulary words are: governor, village official, and traditional foods such as bread, stew, red chili stew, and green chili stew.

**CLASS: Instructional Learning Formats.** Teachers will continue to use repetition, visuals and hands on activities to keep children engaged and focused in their learning environment.

**Conscious Discipline:** Our children will continue to sing along to the wish you well song and continue to learn names of peers and their own names. We will continue to sing a shorter version of the Wish you well song when peers are absent. We will continue to learn and focus on the breathing techniques for tough times as we are learning to use gentle hands, share toys with our peers, and learning to wait.

Throughout the day we practice the breathing technique, Stop, take a breath and relax, (S.T.A.R.).

**The Power of Attention:** We will help our children to remember to be safe, especially with what they can and cannot do by using visuals (pictures) and giving them two choices.

**Nutrition Activities: Sunny Oranges**

**ACHIEVEMENTS / GOALS:**  
Our children's vocabulary is growing more and more each day.

**Birthdays:** We have just one this month 😊  
·Z.L. 01/12

### **Contact Info:**

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# Chinatown Classroom

**Color:** Blue

**Culture:** Learn who our leaders are in the community

**Curriculum:** Light

**Nutrition:** Sunny Oranges

**STEAM:** What is a habitat?

Hello Parents and Guardians,  
Happy New Year! I hope that you all had a wonderful holiday season. It is now time to get back into the school routine.

Our concentrated study for the month of January will be LIGHTS. Children will investigate how we use light and the many different kinds of light. We will look at how shadows are created when we step in front of the light, as well as having some fun with flashlights.

We will also be taking a closer look into what a habitat is. We will explore our environment and compare it with two other animals that have different habitats.

Even with colder weather, we do go outdoors to the playground, so please dress your child accordingly.

## A Few Reminders:

**1/8**-Children return from winter break

**1/17**-Observance of Laguna cultural activities. No school

**1/20**-Observance of Martin L. King. No school

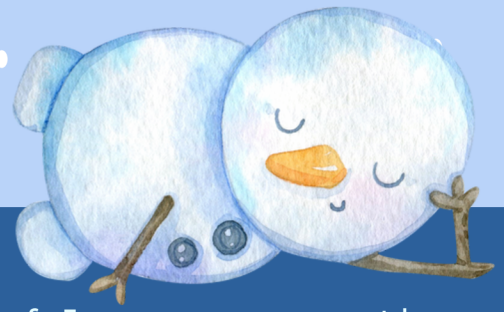
**1/21** Nutrition activity- Sunny Orange

**1/30** Steam activity - What is a habitat?

We celebrate that five of our Chinatown children have made the transition to Pre School Head Start classrooms. We surely do wish them well.

We celebrate incoming children to the Chinatown classroom: J.A., L.C., and Z.R.

# Sunnyside



HAPPY NEW YEAR!

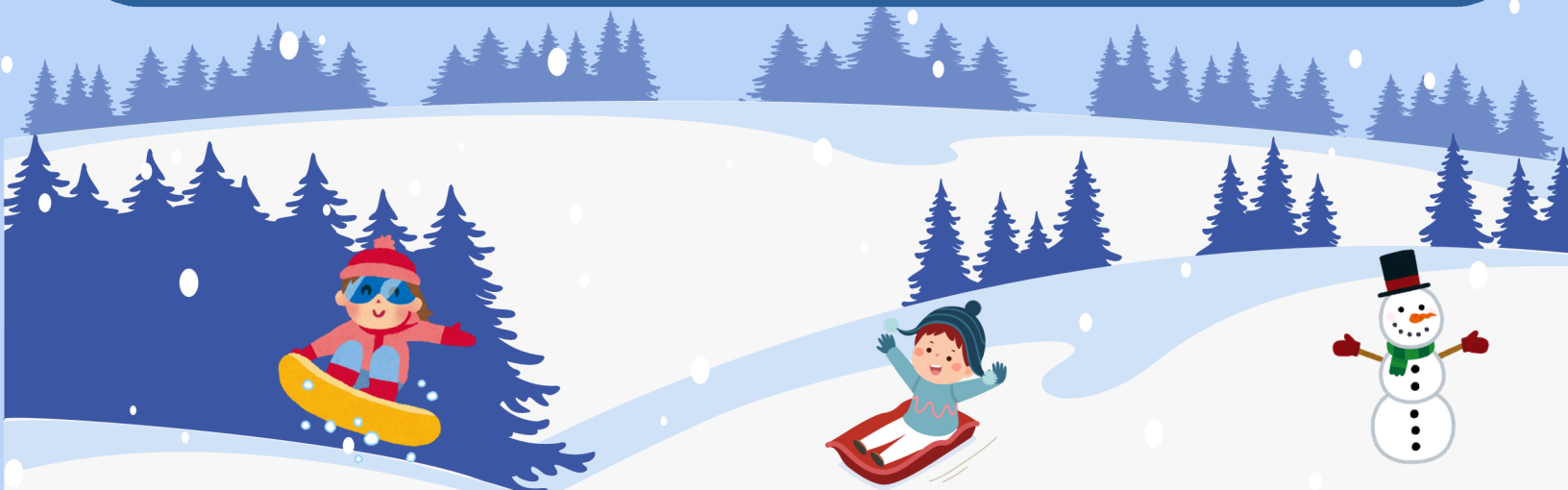
**Creative Curriculum:** For the month of January, our theme is going to be Lights. The children will discover how lights help us during the day and night.

Questions we will explore are: What types of light sources do we have around our school? How can we use lights in the classroom? Are we able to see light in the day time? Activities we will explore are: using flashlights, projectors, and string lights. Home activities: Look around your area for different light sources. Go for a walk and point and talk about what you find/see.

**Social-Emotional:** Coming back from a long break, there will be separation anxiety. Saying bye to your child before you leave and reassuring them of your return will alleviate anxiety.

**Cultural lifeways:** This is the time for the new officials to take office. We will learn who the new officials are. Keres words the children will learn: Governor, tribal and village officials. Take your child to the social dances taking place in the villages to visit the new officials.

**Conscious Discipline:** Stop, take a breath and relax (S.T.A.R.) breathing technique will help with regulating our emotions after the long break and getting back into our daily routines.



# Paguate Classroom



Happy New Year! We hope your holidays were filled with joy and laughter. We enjoyed having families visit us the last week of school. The children and families were creative with their ornaments.

This year, we have two, new children who turned three years-old and transitioned from Early Head Start. We expect to receive three more children this month. Home visits will be scheduled to meet their families and get an idea of the children's developmental skills. Visits usually last anywhere from 30 to 45 minutes.

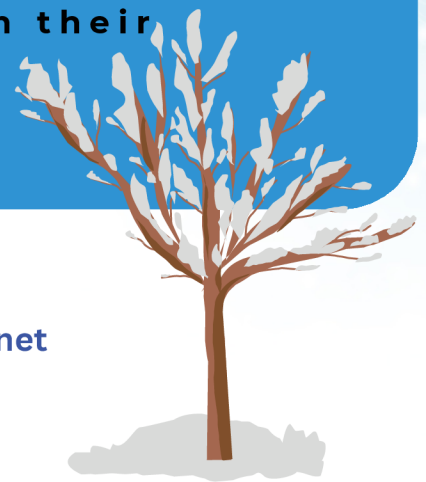
Also, we will begin a new study of Exercise. Please dress your children in clothes that they can easily move around in: joggers, sweat pants, t-shirts, and tennis shoes. Through our Creative Curriculum, we will guide children during their exercise investigations such as asking how they feel when running, jumping, and kicking, and if they feel tired, happy, and/or thirsty. This study offers meaningful opportunities for children to extend their language and literacy skills, mathematics, science, and social study areas. It will be an exciting foundation to build a healthy lifestyle.

If you have any questions or suggestions, feel free to email us or send a note with your child in their communication folders.



## Contact Info:

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505 552-6544 Ext. 5109



# Village Classroom

Happy New Year 2025 to our families in the Village room. For the month of January, we are going to introduce some exercise fitness skills and offer suggestions for some fitness fun as a family.

There are so many benefits to teaching kids about physical fitness. We call it exercise, and everyone benefits from exercising and taking good care of themselves. Exercising also helps give kids the tools to tackle physical, emotional, and mental challenges in their everyday life. We will be learning how to do some of these fun and exciting exercises.

**Aerobic activities** -These activities include running, swimming, bike riding, and walking.

**Muscle- strengthening activities** -Some of these activities include dance, push-ups, yoga, and balancing activities.

**Bone-strengthening activities** -These activities can include hopping, skipping, jumping, running, lifting weights (like soup cans), and jumping rope.  
Let's get ready for some fun!

Just a reminder to check your child's backpack, return your library books back to the classroom so that others can enjoy the stories. Dress your child in layers, as the weather is cold. Please keep your child home if they are not feeling well.

We would also like to thank the parents/families who attended our Christmas Mingle last month..

Big happy birthdays to Teacher Peacock 1/8 and K.A 1/1

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# Casa Blanca Classroom

JANUARY 2025

HAPPY NEW YEAR!! WE HOPE YOU ALL ENJOYED THE HOLIDAYS WITH FAMILY AND FRIENDS, ENJOYED THE DANCES, GOOD MEALS, RESTED AND STAYED WARM. WE WISH THIS NEW YEAR BRINGS YOUR FAMILIES HOPE AND BLESSINGS FOR ALL THAT YOU PRAY FOR.

CREATIVE CURRICULUM FOR JANUARY IS EXERCISE! WOW, THAT'S A GOOD CHOICE FOR THE BEGINNING OF A NEW YEAR AFTER ALL THE GOOD FOOD AND SWEETS, TO MENTION A FEW. WE WILL LEARN DIFFERENT EXERCISES (RUNNING, JUMPING, STRETCHING, AND MAYBE EVEN SOME YOGA! WE KNOW OUR CHILDREN HAVE SO MUCH ENERGY AND WILL ENJOY THE EXERCISES.

CULTURAL LIFEWAYS WE WILL LEARN WHO THE LEADERS ARE IN OUR COMMUNITY AND THE ROLES THEY TAKE ON THIS NEW YEAR.

REMINDERS TO PARENTS:

IT IS REALLY COLD OUTSIDE SO PLEASE DRESS CHILDREN FOR THE COLD WEATHER (GLOVES, HATS AND WARM JACKETS).

EVERY FRIDAY WE WILL CONTINUE SENDING HOME WATER BOTTLES AND BLANKETS TO BE SANITIZED AND WASHED. IF PHONE NUMBERS OR ADDRESSES HAVE CHANGED, PLEASE CONTACT THE FRONT OFFICE TO UPDATE.

THANK YOU ALL, FOR ENTRUSTING US WITH YOUR CHILDREN. LET'S ALL HAVE AN AWESOME START TO OUR NEW YEAR 2025!!

MR. LEVANTONIO AND MS. YVONNE

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# Seama Classroom

## December overview:

December flew by, as expected with a month full of learning, crafts, and events. With the little time we had, children were busy mastering letters, letter sounds, and numbers. Creative Curriculum: The children learned how lights work and how the sun and moon provide natural light. The children had big conversations with each other about the different lights they have at home. The children also worked on numbers, practicing ten frames and counting everything possible. We had a visit from Mrs. Lente for our Laguna language component. The children enjoyed making blue corn mush, which was our nutrition activity. We had a very successful month of learning and we are very proud of our children.

Parents, thank you so much for a great first half of the school year. Your dedication to your child's learning is showing. Please keep it up!

## Welcome back! Happy New Year!

I hope you had a restful winter break and are ready for the second half of the school year. Every month seems to fly by and January will probably go just as fast. This month, our curriculum will be split between finishing our light theme and starting a new theme on cameras. Children will learn the difference between pictures and videos, how to use a variety of cameras, learn how to take pictures and videos, and use terms such as photography and videography. We will also be starting the second part of Foundations, writing the proper letter formation. This portion will take a lot of practice, but we know the children will accomplish the skills by the end of the school year. Please remember to practice at home as this will make them become better writers. Also, we will work at getting back into our daily routine.

## Highlights:

Congratulations to Seama room children who have completed the first half of Foundations in letter recognition and sounds. Children worked extremely hard to remember sounds and to be able to say them out of order. The majority are working at sounding out simple three-letter words. It is exciting to see their hard work pay off.

# Seama Classroom continued...



## Important dates:

1/1-1/3 Winter break. - **No school**

1/6- Religious day. - **No school**

1/7- Professional development. - **No school**

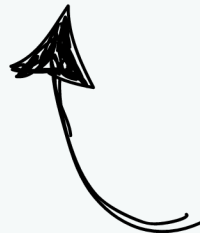
1/17 Observance of Laguna cultural activities. - **No school**

1/20- Martin L. King Day. - **No school**

## Reminder to parents:

- Remember to check backpacks for any notes and complete home activities/reading logs
- If child is feeling sick or ill, please keep them home. Be mindful of other children and teachers
- Reminder to call the school if children will not be attending school for the day
- Send child with a warm jacket

hello  
winter



# Encinal Classroom

## January

### Cultural Lifeways

The children will learn who the leaders are in their community and their purpose.

### Creative Curriculum

For January, the class will finish with the theme of lights, for two weeks, followed by a new theme, cameras, for the next four weeks. As technology advances, cameras have evolved from devices we use to capture events and special moments in our lives, to communicating with others in real-time, creating art, and much more. The children will shift from being the subjects of pictures and videos to engaging with cameras as photographers and videographers. They will learn how to use a camera to take photos and videos and explore different types of photography and videography.

### Conscious Discipline

The children will learn about the Power of Acceptance and Perception. We will be helping children understand that there are times when we must acknowledge what is happening in the moment/reality, and allowing us to learn how to respond to situations in a positive manner.

### Keres Vocabulary:

- Governor
- Village Official
- Blue
- Bread
- Stew
- Red chili stew
- Green chili stew

### Birthdays

A.F 1/1  
C.R 1/16  
K.H 1/19  
D.L 1/21  
M.K 1/31



### Achievements

Good job to all 16 kiddos for always doing their best in class and giving it their all! You guys are amazing! Keep up the good work! Only a few months left of Pre-K then KINDERGARDEN HERE WE COME! Yay!

### Reminders

- PLEASE remember to check your child's folder/bag 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, daily, and log the time onto the reading log in your child's folder.

### Contact Info:

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# Program Assistant



Welcome to 2025,  
Happy New Year! I hope everyone had a happy holiday season and enjoyed the time the children were home. As we welcome 2025 with open arms, we are amazed that we are already half way through our school year. It is so great to see your children learning and growing.

## Reminders:

- 1.The school speed zone is 5 MPH. Please adhere to the posted speed limit for safety.
- 2.If you are outside the hour of the time school starts/ends, please sign your child in/out at the front office.
- 3.Do not park in the drive through circle. This is the designated pedestrian safe crossing zone.
- 4.Please use the front parking lot and front gate to enter DEC campus. Note: North parking lot is for staff and bus parking ONLY. Do not enter this area.
- 5.Turn in in-kind forms when you are spending time on any DEC activity including reading logs.
- 6.If your child is not feeling well, keep them home to avoid the spread of illness.
- 7.Call the front office if your child will not be attending school. There is also a message machine to leave a message for us with the reason.
- 8.We will be closed on January 17 (in observance of Laguna cultural activities) and January 20 (in observance of Martin Luther King).

Thank you. parents and families for choosing the Laguna Division of Early Childhood to send your children to school.

Until next time, be safe and I encourage everyone to stay strong and healthy this year.

Iris Gallegos,  
Program Assistant





Michelle Lujan Grisham  
Governor

Gina DeBlasse  
Interim Cabinet Secretary

New Mexico Department of Health

## Norovirus cases rising in New Mexico and nationwide

SANTA FE – New Mexico is seeing a rise in norovirus cases happening nationwide. Norovirus outbreaks occur throughout the year but are most common from November to April.

Norovirus is a common, highly contagious virus commonly referred to as a “stomach bug” or even “stomach flu.”

Norovirus should not be confused with flu. Flu is caused by the influenza virus and causes respiratory illness. Norovirus causes gastroenteritis, which is inflammation of the stomach or intestines that causes nausea, vomiting, stomach cramps and diarrhea.

“The most important thing you can do to prevent spreading norovirus is to wash your hands — especially before you eat,” said **Miranda Durham**, NMDOH Chief Medical Officer. “If you're sick, be sure to stay hydrated and don't prepare or share food with others.”

Norovirus can be passed person-to-person by infected people, contaminated food or water, or just touching contaminated surfaces.

**Hand sanitizer does *not* work against norovirus – that is why everyone should wash their hands with soap and water. Clean and disinfect surfaces by using detergents with bleach.**

If exposed to norovirus, you will typically become sick within 24 to 48 hours. In addition to the symptoms listed above, some people may have a low-grade fever, chills, headache, muscle aches and fatigue. Illness typically lasts one to three days. There isn't a specific treatment for norovirus, but anyone sick should be sure to drink plenty of water to stay hydrated.

If you develop norovirus symptoms, stay home if possible and contact your healthcare provider, urgent care or emergency room if you're unable to stay hydrated. Where possible, don't go to work or school until 48 hours after symptoms have completely gone away.

For more information please feel free to contact the following:

**POL Public Health Education Program at (505) 552-5662/5742 or**

**POL Public Health Nurse at (505) 552-5732**

**CHR at (505) 552-6652/5745**

**Laguna Community Health Clinic at (505) 431-0711 or**

**Laguna EMS at (505) 552 - 6666**

**Family Service Providers**

**ERSEA Coordinator**

**Health Aid**

**Support Services Coordinator**

*-See you all next  
month-*





# HAPPY NEW YEAR

May the New Year bring you  
happiness, peace, and  
prosperity. Wishing you love,  
laughter, and success in a year  
full of blessings and new  
opportunities.

-DEC STAFF

