



Dear DEC Parents and Families,

While DEC understands that holidays and celebrations inspire families to send treats to their child's classroom, DEC cannot accept outside food and here's why. Although part of the Laguna Department of Education, DEC is a federally funded Head Start program, subject to strict guidelines regarding health and wellness. The nutritional goal of Head Start is:

to help ensure that children have the opportunity to eat nutritious meals that promote proper growth, to offer experiences that will teach healthy eating habits, to reinforce choices and habits that prevent disease and support a lifetime of good health, and to provide children and families with the tools to promote physical activity.

As a Head Start Center, DEC complies with the Child and Adult Care Food Program (CACFP), which follows USDA Meal Patterns. These guidelines play a critical role in supporting the wellness, health, and development of children, through the provision of nutritious meals.

In order to ensure we are following guidelines, listed below are items not served at DEC, a Head Start Center

High sugar drinks (Kool-Aid, fruit punch, fruit drinks, sodas, and flavored waters, etc.) High sugar foods (Jell-O, popsicles, cookies, ice cream, candy and sugarcoated cereals, etc.) High fat foods (fried foods, chips, cookies, ice cream, buttered popcorn, pork rinds, cakes, doughnuts, etc.)

Artificial sweeteners or products containing them (Sweet-n-low, NutraSweet, aspartame, Splenda, etc.)

Food high in salt (chips, salted pretzels, etc.)

Foods that do not model healthy food choices (doughnuts, cookies, cocoa puffs, pop tarts)

In addition, children may have food allergies. Substitutions for children with allergies are provided, and precautions are taken to ensure children with allergies do not come in contact with such foods as nuts, citrus, and soy, etc.).

Children under the age five (5) are at the greatest risk for choking injury and death. Foods that are round, hard, small, thick and sticky, smooth, or slippery are high-risk foods often involved in choking incidents. These items include, but are not limited to, hot dogs, popcorn, whole grapes, hard candy, and raw whole vegetables.

Our priority is to keep all children safe. We hope this explains where DEC stands on the issue of outside food and our status as a federally funded program. We can celebrate safely and within our compliance standards.

If you have any questions or concerns, please contact me.

All the Best!

Thank you.

Ruth Hidalgo r.hidalgo@lagunaed.net 505.552.6544 Ext. 5121



TEACHER: Sandra Lewis EMAIL : s.lewis@lagunaed.net

NEW WORDS TO LEARN IN MARCH: Wild Celery



#### **Chinatown Classroom News!**

**Our Creative Curriculum theme** for this month is "Brushes." We will learn about different types of brushes, how to use them and learn who uses brushes.



**Our Health Focus is:** Healthy Heart. We will do daily exercises, (walking, jumping, running, dancing, etc.), throughout the month.

**For our Cultural Lifeways Curriculum** our children will learn to identify wild herbs (Wild onion/celery) and to taste and smell them, We will also learn the uses of wild herbs. As we look for wild herbs in our community will also learn our four directions.

3/1 — Color of the month: Pink

# Forwar

#### ACHIEVEMENTS/ MILESTONES

Our children are gaining more vocabulary words and our vocabulary list is growing.

Our children had so much fun learning about "balls." We had so much fun playing with variety of balls and different ways we can play with them like rolling balls to each other, rolling balls down ramps, throwing, bowling and putting pom poms into bottles.

Our Friendship Dance was a success for our children. They enjoyed spending time with their families and of course dancing together. There were lots of smiles and laughter. A big thank you to our parents for their awesome decorations, and decorating the PRC for the dance.

UPCOMING EVENTS

3/6-3/10 Dr. Seuss Week 3/14 STEAM — Kite Making

3/16-Avocado

3/17 Mini feast (TBD)

3/20 No School (Feast Day Observed)

3/21-3/24 Spring Break (No School)

#### TEACHER NAME(S): Candice Lucero and Raina Victorino

EMAIL(S): c.lucero@lagunaed.net/r.victorino@lagunaed.net

#### **CLASSROOM NEWS!**

Culture curriculum: children will learn to identify the wild herbs in the community and the uses of the herbs. We will learn the directions (North, East, South, West) in keres when we go out looking for the wild herbs; we will also create a book using the directions. We are hoping to find some of these wild herbs so we can taste them.

Creative Curriculum: We will start off the month with wearing the color "Pink". Our study for the month, we will learn about "Brushes"; the different types of brushes, the uses, and observe with a hands on activity or by looking at pictures of brushes. In our Health area we will discuss the "Healthy Heart"; why it is important to take care of our hearts and what we can do to help keep our hearts healthy. For our Nutrition activity we will observe an "Avocado"; look at it's shape, color, feel its texture, and taste the avocado. We have a STEAM activity set up for us to make kites, go outside to fly the kites, and look at pictures of kites. A Mini Feast is in the planning process. Look out for flyers or any upcoming information about this activity. In the month of March is the famous Dr. Seuss's birthday. There will be activities planned for the whole week for the children to participate in: Monday 3/6-Crazy Hair day; be as creative as you can, Tuesday 3/7-Cat in the Hat Day; wear black pants (we have the hats at school), 3/8-Wacky Shoe Wednesday; wear your wacky shoes/socks, 3/9-Thingy Thursday: we will have their items at school (to dress as Thing 1 or 2, we will take pictures and send home), 3/10-Book Parade; parents/families will dress their child in their favorite Dr. Seuss character from any of his books. There will be a parade at 10am in our plaza area.

#### **Positive Quote**

"I can read with my eyes shut! You'll miss the best things if you keep your eyes shut. The more that you read, The more things you'll know."

~Dr. Seuss

#### NEW WORD TO LEARN IN MARCH

Wild celery Wild onions North South East West Pink



#### UPCOMING EVENTS

3/1: Wear the color Pink

3/6-10: Dr. Seuss Week

3/14: STEAM Activity-Kite Making

3/16: Nutrition Activity: Avocado

3/17: Mini Feast, TBA

#### DATE TO REMEMBER

March 1-Wear Pink today March 2-3 ~No School~ Parent/Teacher Conferences March 10– Dr. Seuss Book Parade 10am (2 parents can attend) March 20 - No School (Feast Day Observed) March 21-24 - Spring Break (No School)

# Casa Blanca C assiloom

#### **TEACHERS: Evelyn Garcia & Marilou Arkie**

Emails: e.garcia@lagunaed.net/m.arkie@lagunaed.net

#### **CASA BLANCA NEWS!**

Our Creative Curriculum theme for this month is "Brushes." We will learn about different types of brushes, how to use them and learn who uses brushes.

Our Health Focus is: Healthy Heart. We will do daily exercises, (walking, jumping, running, dancing, etc.) throughout the month.



For our Cultural Lifeways Curriculum our children will learn to identify wild herbs (Wild onion/celery) and to taste and smell them, We will also learn the uses of wild herbs. As we look for wild herbs in our community will also learn our four directions.



NEW WORDS TO LEARN IN



Color of the month: Pink

East

### **UPCOMING EVENTS**



Achievements/ Milestones

Our children are gaining more vocabulary words and our vocabulary list is growing.

Our children had so much fun learning about "balls." We had so much fun playing with a variety of balls and different ways we can play with them like rolling balls to each other, rolling balls down ramps, throwing, bowling and putting pom poms into bottles.

Our Friendship Dance was a success for our children. They enjoyed spending time with their

families and of course dancing together. There were lots of smiles and laughter. A big thank you to our parents for their awesome decorations, and decorating the PRC for the dance.





**TEACHERs : Teacher Bee and Ms. Yvonne** 

EMAIL(S): B.saiz@lagunaed.net Y.francis@lagunaed.net

# Words to learn in English and Keres Language:

Wild Celery

Wild onion

North, South, East and West

Pink





This Month's Theme: Simple Machines

The children will be learning about simple machines we use in everyday life such as: Tweezers, Lemon presser, nuts and bolts, jars with lids, hole punchers, screw drivers, etc.

Talk to your child about simple machines used at home and around the community.



**ACHIEVEMENTS/ MILESTONES** 

Achievements: Keres Language

Children know greetings, Morning Prayer, The Good Morning song, colors, days of the week, weather, and they are able to count from 1-10 in Keres.

# Next steps:

Children will learn to count from 1-20 in Keres, Continue to learn the words of the month. Teachers will continue to use the language in the classroom and we encourage parents to use the language at home.

#### UPCOMING EVENTS

3/6-3/10 Dr. Seuss Week

3/14 Steam activity- Kite Making

Nutrition Activity- Avocado

3/17 Mini Feast

3/20 No School (Feast Day Observed)

3/21-3/24 Spring Break (No School)



## **Encinal Celebration**

3/1 wear the color Pink3/2 Dr. Seuss Birthday3/19 Laguna Feast



# Seama Classroom

EMAIL:

v.deutsawe@lagunaed.net

I.peacock@lagunaed.net

r.kie@lagunaed.net

# Teachers: Mrs. Leona, Mrs. Venessa & Ms. Royce **UPCOMING EVENTS**

#### 3/14/23-STEAM Kite Making

3/16/23-Nutrition Activity: Avocado

3/17/23– Mini Feast



3/20/23– Feast Day Observed

3/21-24/23 SPRING BREAK FOR CHILDREN

#### READY, SET ... RING BREAK

**NEW WORDS TO LEARN IN** MARCH:

-March: Shch'ami Daawaatra

-Directions:

West-Binami South-Kuwami East-Hanami North-Tidyami

> Green: k'uisrka **Pink: Koodruds** Wild Celery: Shch'ami

Wild Onion: haadrini



#### Seama Classroom News!

In the Month of March Seama Room will be learning about Simple Machines, and how machines work.

Learning Objectives: Students will:

Understand how simple machines make work easier, use simple machines to accomplish challenges, understand that simple machines can be combined to make more complex machines that we use everyday.

Teaching Methods: Demonstrations, Discovery learning, Hands-on learning,

Learning and Innovation Skills: Critical Thinking and Problem Solving, Analyzing,

Applying, Creating, Evaluating, Remembering, Understanding

Science and Engineering Practices: Analyzing and interpreting data

Asking questions (for science) and defining problems (for engineering)

## **ACHIEVEMENTS/ MILESTONES**

Children have learned to use the morning and lunch prayer every day. Children have learned most of the basic shapes and drawing them. We are learning to recognize letters, upper case and lower case letters. We focused on the different types of boxes, and made structures with the boxes.

#### MARK YOUR CALENDAR



3/2-3/3 Teacher Conferences



Parents just a reminder to check your child's back pack every day.

3/6-10/23 Dr. Seuss Weekly Events

8

# Paguate Classroom Ms. Juana & Ms. Maddie

# inatseway@lagunaed.net & m.francis@lagunaed.net

#### NEW WORDS TO LEARN IN



Ν

S

Simple Machines

Wild Celery/

Onion

North

South

East

West

**Color of the month: Pink** 

### UPCOMING EVENTS

3/1 Wear Pink Day 3/6-10 Dr. Seuss Week 3/14 STEAM-Kite Making 3/16 Nutrition Activity-Avocado 3/17 Mini Feast



#### Hello families,

#### Paguate News!

For the month of March

Paguate room will be learning about Simple Machines. The children will investigate how each type of simple machine helps make work easier, how inclined planes help move things, how levers are used, and how screws hold things together. The children will learn about other types of simple machines and who works with them. Through these investigations, the children will observe forces of nature such as friction and gravity. A study of simple machines helps the children explore important concepts in science and social studies while strengthening their skill in physical development, literacy, math, technology and the arts.

**Culture Lifeways:** Children will learn to identify the wild herbs in the community and the directions when going outdoors.

Health: The theme is Healthy Heart.



#### Achievements/ MILESTONES

\*Children have learned simple additions such 4 + 4 = 8 and like to ask one another addition problems by showing their fingers.

\*Children have learned the days of week and can count from 1-10 in Keres.

\*Children have learned 50 vocabulary words such as quail, milk, spoon, elk, outside oven, pottery, etc. in Keres

\*We have introduced another game called Chutes and Ladders which the children practice taking turns, counting, practice social skills, and following rules.

#### DATE TO REMEMBER/ STUDENTS CELEBRATIONS

March 2 and 3 Parent Teacher Conference

March 17 Mini Feast TBD March 20 No School

March 21-24 Spring Break





#### Hello families,

Laguna room learned about Boxes. A few questions that were asked throughout the study, What do we want to find out about boxes? What can we do with a box? How can you use a box?

Laguna Classroom News!

The children directed teacher on where to place a box to create a robot. The children used positional words like next to, beside, on top, below, & on the bottom, and other words like small, medium and large.

This month, we introduced shared reading with the children. Shared reading is

when each child has their own copy of a book to read and look through along with teachers. The children have been learning about the characteristics of a book: what the author/illustrator does, front and back cover, and spine.



MILESTONES

The children were interested in our study of boxes. The children were eager to share their ideas on how to create using their imagination.

The children identified their first and last names by sight. The children identified their names on their tables, on the carpet, tooth brushing, sign-in, others' names who are not present.

Teachers: Kailyn Aragon Caundice Deutsawe

EMAIL(S): kailyn.aragon@lagunaed.net c.deutsawe@lagunaed.net





# I.Sarracino & L.Garcia/Sanchez

#### **IMPORTANT DATES**

3/1 Wear Pink Day

- 3/6-10 Dr. Seuss Week
- 3/14 STEAM- Kite making
- 3/17 Mini Feast
- 3/20– Feast Day Observed No School
- 3/21– 3/24– Spring Break (No School)





Greetings – Hope you all are doing well!

Family Service Providers would like to announce that our meeting will now be IN-PERSON!! All meetings will take place in the PRC BLDG.

With the exception of inclement weather, all meets will be via zoom

Please be reminded that family members must be on child's contact list to attend on site activities & meetings, sign-in and temp checks will be at the front office, masks are to be worn at all times.

Family Involvement Events:

March 08 ......Fatherhood @ 11 am

March 12.....Daylight savings time – Spring Forward

March 15.....Parent Committee Meeting @11am

March 28.....Parent Education Meeting @ 11am

#### Laguna Líbrary News:

Laguna Library is currently closed, due to renovation.

WiFi is available outside the library M-Sun 7am-8pm

If printing, faxing or coping is needed please call 552-6280

#### Contact Information:

Kathleen Herrera Program Cell Phone: (505) 290-9163 Email: <u>k.herrera@lagunaed.net</u>

#### Contact Information:

Tiffany Touchin Program Cell Phone: (505) 220-2549 Email: <u>t.touchin@lagunaed.net</u>



Greetings Families,

We are already in the month of March. How quickly time is flying.

Thank you for taking the time to join us in our activities these past few months. It is great to see the family support here at DEC.

We are excited to share that we have begun shared book reading with children in the classrooms.

Communication is fundamental to the human experience, and language and literacy are essential to children's learning. Children's language ability affects learning and development in all areas, especially emerging literacy. Emerging literacy refers to the knowledge and skills that lay the foundation for reading and writing.

Below is information about shared book reading.

DEC Shared Book Reading

· Shared Reading is an activity that takes 5-15 minutes based on the interest and

engagement of the children.

• Shared reading should be done 3-4 times a week during the morning so that children are

alert and engaged. Follow the lead of the children to find the best possible time.

• Each teacher in the room takes a group of children and reads the book while each child explores their own copy of the book. It is often beneficial to read the book twice. This allows the children to develop book-handling skills and give detailed attention to the illustrations and text.

• Teachers should pay close attention to the children's engagement with the pages and illustrations of the book and feel free to be flexible to spend time discussing any aspect of the story.

· Books should be available to the children throughout the day to read on their own.

• The goal of Shared Reading is to give the children ownership of the story and to follow their interests, discussions, and questions. Writing children's names on the book helps them to identify their names.

• After, about 4 weeks the children should be very comfortable with the book and will be ready to take the book home to share with their family. Then, it is time for a new classroom book!

Thank you,

Gayleen Ruben, Education Manager

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NAI



**Disabilities Services Coordinator** MARGARET MASCAREÑAZ

#### Information

#### Individuals with Disabilities Education Act (IDEA)

#### Part C of IDEA:

Provides early intervention services to children from Birth to 3 with disabilities. **Individualized Family Service Plan (IFSP)** is a written document outlining:

- The early intervention services a child and family will receive
- The child's needs; the family's strengths and choices, and the Early intervention team's recommendations

#### Part B of IDEA:

Provides special education services to preschool children with

Disabilities. Individualized Education Program (IEP) is a written plan that describes:

- The child's educational goals
- Services and supports in a school setting

If families have any concerns regarding their child's development, they may contact their child's teacher, or DEC Disabilities Services Coordinator at contact information below.



#### **Tips for Families**

**Encouraging Curiosity** — Why is "curiosity" so important to young children's learning and well-being? A great deal of research has shown that when a child is curious she/he learns more, she/he learns things at a deeper level and he/she remembers them longer. During the first three to four years, curiosity is the engine that powers cognitive development. These are the "what", "why", "where" and "how come" questions that most preschoolers ask, if given a chance. Even infants and young toddlers will stop and look longer at something they may be curious about or they may touch or manipulate something to "explore" it. It's not always easy to answer children's questions, but encouraging their curiosity is an important part of helping them grow. Here are some ways that you can encourage your child's curiosity at home.

- <u>Read a book</u>. After reading an interesting book, ask questions about what you read. Point out pictures and ask why, what, where questions about the story. "Why did the dog put the bone in the hole?"
- 2. <u>Ask your child questions</u> to see what she/he notices about the way her/his world works. During bath time you might ask "Will the soap sink or float"
- <u>Conduct an experiment</u> watch seeds grow into plants, bake bread and notice and talk about changes.

Enjoy Encouraging your child's CURIOSITY -Because Inquiring Minds Want to Know!



Margaret Mascareñaz 505-552-6544 Ext.. 5206 mmascarenaz@lagunaed.net





# Health Aide Lorisa Pacheco (505)552-6544/(505) 240-0793

Email: I.pacheco@lagunaed.net



#### **Upcoming Events**

#### Dental Screening — 3/14/2023

\*Another health form will be going out with any documents your child is needs, please turn documents in as soon as possible.

#### Norovirus

Some important information about Norovirus known as the stomach flu or a stomach bug. A person at any age can develop symptoms in 12 to 48 hours after being exposed. Most people get better within 1-3 days.

If you have norovirus illness, you can feel extremely ill, vomit, and have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.

Symptoms to look out for:

- · Diarrhea
- Vomiting
- · Nausea
- $\cdot$  Stomach pain



- · Headaches
- · Body aches



- Symptoms of dehydration
  - $\cdot$  Decrease of urination
  - $\cdot$  Dry mouth and throat
  - $\cdot$  Feeling dizzy when standing up
  - How to prevent Norovirus
  - $\cdot$  Wash your hands
  - $\cdot$  Rinse fruits and vegetables
  - · Cook shellfish thoroughly
  - · Stay home when sick
  - · Avoid preparing food for others when sick
  - · Clean and disinfect surfaces
  - · Wash laundry thoroughly

#### Treatment:

There is no specific medicine to treat people with norovirus illness. The best thing to do is to stay hydrated, and drink plenty of liquids to replace fluid lost from vomiting and diarrhea. This will help prevent dehydration.

#### **Nutrition Snack**

Critter Creatures- A healthy spring time snack Caterpillars Ingredients: Celery sticks, peanut butter, cream cheese, grapes, blueberries, grape tomatoes, celery or radish matchsticks.

Directions: Make caterpillars. Fill celery stalks with peanut

butter or cream cheese, and top with grapes, blueberries, or grape tomatoes for the body and head.



#### Seasonal Allergies

Symptoms: Dark circles under eyes

- Itchiness that causes to rub noses and/ or eyes,
- watery, red or puffy eyes,
- frequent mouth breathing,
- sneezing,
- a hacking, dry cough that produces clear mucus,
- wheezing,
- irritability,
- restlessness or excessive fatigue
- Remedies to help or reduce Allergies
  - Hot/ cold compresses
    - To ease sinus pressure, start by rinsing their faces to remove any pollen. Then put a warm compress on their face, either the nose or forehead.
    - A cold, wet washcloth or an ice pack wrapped in a towel for a short time can relieve itchy eyes.

#### Salt Water

For irritated nose, you can spray sterilized salt water up your child's nostrils. It can also help wash away pollen, dust, and dander.

Eye drops

Soothe itchy eyes with lubricating eye drops

- (using age appropriate eye drops)
- Stay hydrated
- Drink plenty of fluids, water





Greetings Parents and Families,

I hope this finds you all doing well and staying warm, just a little longer until Spring.

March COVID testing will be as follows (these dates are subject to change based on holidays, weather, etc.):

- Monthly testing for all children and staff is scheduled for Monday, March 13<sup>th</sup>.
- BI-weekly testing for all children that are unvaccinated and not up-to-date is scheduled for Monday, March 27<sup>th</sup>. Keep in mind that if your child does not test, in-person learning could be interrupted.

The Laguna Community Health Center continues to offer vaccinations. Please call ahead to schedule an appointment at 505-238-3198 or 505-431-0711.

Per LDoE policy, we are still mandated to wear masks while on campus. Please wear your mask at the bus stops and at child drop-off/pick-up. Thank you to the parents and family members who were able to attend the Friendship Dance in February. By wearing your mask, you made all the difference for an enjoyable time together with your children and all their friends here at school.

Kudos to all the parents and families for doing your part to keep safe and who continue to exercise COVID safe practices when you are away from home. For the month of February, DEC had some exposures but "0" positive cases. Great job everyone, keep it up. We continue to encourage parents to get your child vaccinated and up-to-date.

We are also encouraging parents to get your child checked by a medical professional should they be experiencing more than one symptom. We are still seeing children getting sick and want to ensure illness is not spread.

Until next time, may your Green eggs and ham be tasty, may you find that pot of gold at the bottom of the rainbow and may you spring into Spring joyfully. BE HAPPY ALL!!!

*Iris Gallegos, Program Assistant Laguna Division of Early Childhood P.O. Box 798 Laguna, NM 87026 Phone: 505-552-6544 ext. 5100* 





## Laguna Division of Early Childhood

February 16, 2023

Greetings Families,

I hope that you and your families are doing well.

With the upcoming event, **Dr. Seuss Parade**, on March 10, 2023, at 10:00 a.m. DEC would like to invite two (2) family members only (no other children to accompany the adults) to join us on-site to enjoy time with your child while participating. However, for things to run smoothly, DEC will have specific guidelines to ensure all children's safety.

Both family members **must already be** on the Child's Emergency Checkout List with a COVID card on file. Both family members **must do a Temp Check**, Sign-in at the front office, and **wear a mask** while on the DEC campus.

To protect all children, we ask that **NO** pictures/videos be taken during the duration of the event. **NO** parents allowed in the classrooms.

NO outside food due to children's allergies and CACFP food guidelines. No Exceptions.

On this day, children will wear their favorite Dr. Seuss book character and walk around the plaza area. Parents are welcome to join their child/ren in the parade.

**Home Activity:** Families will help their child make their favorite Dr. Seuss book character for the parade. Please reach out to your child's teacher if you need supplies. (Construction paper, glue, markers, etc.)

This is a continued beginning to many more activities and events happening at DEC. We look forward to having great parent participation while continuing to keep all children here at DEC safe.

To ensure an accurate head count, please list (2) family members who will be attending on March 10, 2023, for the **Dr. Seuss Parade.** Please return the bottom portion by March 1, 2023.

1)\_\_\_

2)\_\_\_

Thank you, families! We appreciate your understanding as we gradually move forward in the direction of

open family engagement events.

Questions, feel free to contact:

Gayleen Ruben, Education Manager g.ruben@lagunaed.net, 552-6544, or 505-280-3656

March 6th-March 10th

# **Daily Themes**

Monday, March 6 — Crazy Hair Day Be Creative! Story time with Kathleen Tuesday, March 7 — Cat in the Hat Day Story time with Kathleen Wednesday, March 8 — Wacky Shoe Wednesday Wear your wacky shoes Breakfast– Green Eggs and Ham Thursday, March 9 — Thingy Thursday Friday, March 10 — Book Parade @ 10:00 a.m. Plaza Area (2 adults per family)

Any questions, Contact Gayleen Ruben @ (505) 552-6544 ext. 5001