

Laguna Division of Early Childhood



April 2022 Newsletter

PO Box 798 Pueblo of Laguna, NM 87026

Phone: 505-552-6544 Fax: 505-552-7533



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Greetings DEC Families,

So many exciting things and successes are happening at DEC in providing opportunities for students, parents, and staff. DEC students are making strides in reaching their milestones in social and emotional development, literacy, math, gross motor skills, speech, and wellness and fitness. This month, we celebrate the Week of the Young Child. This celebration spotlights the significance of childhood, early learning, and family and community engagement in supporting children's development.

As parents, guardians, and caregivers, you are among the most significant people in the lives of young children. From birth, children depend on you to provide them with the care they need to be happy and healthy, and to grow and develop strong. We value your continued involvement in teaching your children outside of school. By taking an active role in the early childhood education process, you are ensuring that your child has all the support needed to develop to their full potential.

Additionally, other successes at DEC are that several staff are engaged in taking college courses to advance their higher education degrees, while others are working toward their Early Childhood Education Certificate. DEC staff have a passion for working with children and families, and collaborating with their colleagues. They aim to have a positive impact on the next generation and have chosen to work in an early childhood setting. This is one aspect, of many, that makes DEC a unique environment.

DEC continues to follow COVID Safe Practices as part of our daily routine. Thank you, families, for assessing your child prior to taking them to the bus stop, or before dropping your child off at school. We appreciate your ongoing cooperation in wearing your mask at the bus stop, and when driving up to the child drop off. In addition, registering your child prior to a scheduled COVID test has been extremely helpful and successful. Thank you!

We encourage you to continue to share suggestions, and concerns with staff. Some of the ways that you can participate are in the areas of working together with staff on creating activities that reflect cultural traditions, participating in parent engagement opportunities, and volunteer leadership activities such as Policy Council.

DEC Policy Council - Monday, April 11th, 6:00pm

<https://us02web.zoom.us/j/81161906867?pwd=aEsvTE1EZ1kxSWpaM2NyWmM2TFZmUT09>

<https://zoom.us/join>

Meeting ID: 811 6190 6867

Passcode: DEC

+1 346 248 7799

Meeting ID: 811 6190 6867

Passcode: 847307

If you have any questions or concerns, please do not hesitate to contact me.

Thank you for allowing us to be a part of your child's growth and development.

Sincerely,

Ruth Hidalgo

Interim Director

321.8490

r.hidalgo@laguaned.net



April 6, 2022

Greetings Division of Early Childhood Families,

We hope this letter finds you and your family healthy and well. This letter serves as notification to families regarding COVID testing at DEC.

On **Wednesday, April 13 from 8:00 a.m. – 10:00 a.m.**, DEC will host a COVID test clinic in the PRC. DEC students ages 2 and up will be COVID tested. Students who are dropped off curbside, will begin with a temp check, followed by a health screen. Once completed, students will be assisted out of the vehicle by DEC staff and taken to the PRC for testing.

Please register your student at <https://cvtestreg.nmhealth.org/> with LDOE as the testing location. If you have any questions regarding testing, registration, or results, please call Katrina Riley at (505)-552-6008. If your child is not in attendance on our testing days, you will be responsible for testing them, per the Governor's Emergency Public Health Order School Testing for Community Safety. The Order is accessible on the Laguna Department of Education website.

Once you register your child/children, please complete the form below and return to DEC no later than **Friday, April 8.**

Student name _____

Teacher Name _____

Confirmation code _____

Thank you.

Ruth Hidalgo
Laguna DEC
Interim Director
552.6544



Laguna Division of Early Childhood

Program Year 2021-2022

School Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
“Week of the Young Child” April 4th-8th, 2022 (See flyer for daily activities)						
10 Palm Sunday 	11 Policy Council Meeting @ 6:00pm 	12	13 Covid Test Clinic 8:00am-10:00am at DEC Prior registration required	14	15  Good Friday No School Holiday Offices Closed	16
17 Easter Sunday 	18	19 STEAM ACTIVITY @ 10:00am  Rainbow Bubble Snake	20	21	22 Earth Day 	23
24	25	26	27	28 Scavenger Hunt Activity 	29	30

Early Head Start

Sunny Side Classroom

Teachers: *Andrea L. & Lorisa P.*

Andrea Lucario/ a.lucario@lagunaed.net & Lorisa Pacheco/ l.pacheco@lagunaed.net

(505)552-6544 ext. 5201



What we are learning:

We are focusing on Language: Sign Language, simple words, and communicating through books, songs, emotions, & Keres.

We will continue to focus on counting 1-5, identifying and recognizing animals, shapes, colors.

Experiment with objects that sink and float.

Following directions using spatial relationships (in, on, up, down, under)

Sunnyside News!

We focused on maintaining routines of in-person learning.

We focused on self-regulation, consistency, and guidance.

We learned to count 1-5, identify and recognize animals, shapes, colors. Using Keres to name.

Focused on creating a climate that supports social & emotional learning .

Upcoming Events/ Reminders



April 4th-8th @ 10 am—Week of the young child

April 19th @ 10am — STEAM Activity

April 28th @ 10am — wild celery (Schamoo) picking



Parent Tip

At home, strive to create an environment of trust, respect, and support. Modeling emotionally intelligent behavior at home is the first step in nurturing emotionally intelligent children. At school we can work to create a climate that supports social & emotional learning, in & out of the classroom.

- ◆ Boosting your child's self-esteem
- ◆ Being a good listener— listen to what your child is saying, make conversation to help build up more words and simple sentences.
- ◆ Model the behavior you seek— treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents.

Birthday/Celebrations

Help us celebrate a child's 2nd Birthday on April 13th !!



Children are reaching their milestones!



We are enjoying being in-person and learning virtually.



At home Activities

These are a few activities you can do at home with your child, as well as we will do in the classroom.

- ◆ Baggie Painting (a bag, paint and card stock, put it all in a bag and let your child have fun)
- ◆ Life size portrait (trace your child's body, help your child identify 2-3 body parts)
- ◆ Contact paper collage (tape contact paper on the wall, put material you find in/outside home: cotton balls, feathers, paper, flowers, leaves, etc.



Chinatown Classroom

Teachers: Evelyn Garcia & Sandra Lewis

552-6544 ext. 5200

e.garcia@lagunaed.net, s.lewis@lagunaed.net



What we are learning:

This month we will learn about the four directions and how to say them in Keres AND pick wild celery and onions.

Also, we will participate in the “Week of the Young Child.” If you are able, please donate used coffee cans and small/medium boxes by March 28th. We will reuse these items to make musical instruments for a parade on April 4th.

Sunnyside & Chinatown News!

Our Health Focus is “Yoga & Meditation,” and the theme this month is “Insects.” Chinatown teachers plan to combine both with “Insect-Yoga.” We plan on having fun with poses named, “Ladybug, Dragonfly, and Snail!” You can find ideas online at places such as “Kids Yoga Stories” and “Yogalore!” Links:

<https://www.kidsyogastories.com/insect-bug-yoga/>

<https://yogaloreandmore.com/preschool-insect-theme-printables/>

Upcoming Events/Reminders for March

4-8—Week of the Young Child
19—STEAM Activity

14—Nutrition Activity “Dairy Foods”
28—Wild celery/onion scavenger hunt

15—Good Friday, LDOE closed



Parent Tip

Parents if you are interested in learning more about your child’s development, here is a site you can visit. There are tons of information along with strategies to use with your child.

The first three years of life are a period of incredible growth in all areas of a baby’s development. Learn how the earliest relationships with caregivers can promote healthy brain development, how young children build social and emotional skills, and ways you can support language and literacy development starting from birth.

www.zerotothree.org

Celebrations

Easter

April 17, 2022



NL!

At home Activities

The Creative Curriculum Learning Games: we will focus on games 1-4 for infants under one-year, and games 35-38 for infants one-year+.

A game will be sent home at the beginning of the week. They are geared towards the child’s ages and are very natural (you may already been doing them)!

Turquoise Springs

Teacher Bee & Teacher Nessa

Contact Information –Phone /Email etc. (505) 552– 6544 ext. 5202 B.saiz@lagunaed.net/v.deutsawe@lagunaed.net

What we are learning:

Classroom Name News!

This month children will be learning about:

- **The earth's environment, wild celery and wild onions,** and where they grow and what they look like.
- The characteristics of living things (insects).
- Yoga and meditation.

Turquoise Springs will focus on Yoga and Meditation this month. Taking time for ourselves and learning to take care of our bodies. Children will learn new ways to calm themselves down when they feel overwhelmed.



Upcoming Events/Reminders



April 4-8 Week of the young children,

April 15th No School-Good Friday

April 17 Happy Easter



Parent Tip

Birthday/Celebrations

At home Activities

- Encourage child to participate in school activities
- Have child on a daily routine/ schedule
- Choose healthy foods to eat
- Exercise daily - dancing, jumping running, walking.
- Limit screen time for children
- Spend family time together
- Model for your child, when they see you, they will follow.

Turquoise Springs is happy to announce we have four children who are potty training. We are transitioning from pull-ups to underpants :)

We would like to thank families for helping us accomplish this BIG goal. High Five to you all.



- Read books and have conversations about the book
- Family dining– have conversations with family at meal time, modeling using the open cups, using a fork and spoon.
- Explore outside– go for walks, have a scavenger hunt for insects, look for wild onions/celery.
- Self-help skills– Dressing self, wash hands, brush teeth, go to the potty, encourage to use words to tell wants and needs.
- Patience and lots of encouragement along with TLC.

Pre-School Head Start

Seama Room- Zee'yama Guy'yah

Teachers: Faye Peacock & Angel Day

Teacher Contacts: Faye Peacock: Cell # 239-4385 Email: l.peacock@lagunaed.net

Angel Day: Cell # 505-337-9080, Email: a.day@lagunaed.net

What we are learning:

Seama Classroom News

Seama Room has been learning about Bread! We have been learning about how it is an important part of our every day life. Often times we sit with our families and enjoy a simple meal at home with bread!

In the month of April, children will be learning about Wild Celery and Wild Onions(Schu'muu eeh Hadraunie), herbs that our great grandparents ate and used for cooking.

Wild Celery and Wild Onions are grown throughout the land here on the Pueblo. Long time ago (key'humma) our great grandparents would use these herbs for cooking. Children will use their 5 Senses to taste, smell, touch, hear and see to identify when the plants are ready to be picked.

Seama Room will learn about how insects are important and helpful to humans and agriculture. Insects help flowers bloom with seeds through pollination & fun facts about the life cycle of the insects. We will name some of the insects we see every day.

Children in the Seama Room learned the keres words for Oven Bread (sum'meeth) Tortilla (haa'daa'myoush) and Fry Bread (tsee'yuh'thyish'koo'many).

We also learned that some breads can be sweet and sour. Breads come in all different shapes and sizes, some are soft and some are hard. Some bread have different colors like white and brown, sweet breads may be red or blue.

Children learned how to follow a recipe step by step by mixing together the ingredients. When we mix the ingredients together something happens to the mixture (cause and effect). We used the terms kneading the dough, roll out the dough using a rolling pin, & rise and bake. They were able to identify the basic shapes of baking pans round, square, rectangle and muffin tins.

Upcoming Events/Reminders



April 4-8, 2022-Week of the Young Child.

April 19, 2022 S.T.E.A.M. Night.

April 28, 2022 Scavenger Hunt Wild Celery (schu'muu) Wild Onions (ha'drannie).



Parent Tip

Celebrations

At home Activities

- Don't forget to drink your water every day!
- Go for a short walk when it's a nice day.
- Remember to take some time to take care of yourself!



APRIL BIRTHDAYS

A. Young 2

Z. Eastman 17

M. Peacock 20



-Play hide and seek and find places to hide and have fun.

-Find a quiet place for you and your child to read a special story.

-Make your child some number cards and have your child put them in order from 1 to 10. Count them in Keres.

-Play letter match with letters from your child's name, use upper and lower case letters and take turns.

Encinal Classroom

Contact Information: 505-552-6544 Ext 5110

C.lucero@lagunaed.net
 M.francis@laguna.net
 S.lucero@lagunaed.net

What we are learning:

Greetings Families,

Happy Spring Time! Wow! We have blown right through March. We have the following events to look forward to as we roll right along with this April's Creative Curriculum Theme, "INSECTS". We will also be exploring the topics of Cultural Lifeways: wild celery & onions, Conscious Discipline: The power of intention, Health: yoga & mediation, as well as a full week of "The Young Child".

Encinal Classroom will continue to have children fully engaged in daily activities that involve learning to write our first name. The alphabet in American Sign Language, and letter sounds. Children are beginning to recognize numbers 1 – 10 when presented in random order, children can also count forward, backward and in Keres. Your children now know shapes, and colors by heart and are now pros.!

Encinal Classroom News!

In the month of March, children were able to join lots of fun activities and demonstrations like how to make clay, oven bread, & Easter pudding. Children also explored topics of how to keep our hearts healthy, and the many benefits we gain from including cabbage in our diet. Teachers are very proud of your children and how they are continuing to make big strides towards new milestones each day.

We want to continue to encourage and increase family engagement with your child during all school related activities, and by joining your child's classroom during zoom STEAM Days. *****Please continue to check your email, your child's folder, or the LDOE Website for all upcoming events and more info. Should you have any questions or concerns please contact your child's teacher at the information listed above.**

Thank You!

- Encinal Classroom Teachers



Upcoming Events/Reminders



April 4-8—Week of "The Young Child"

April 15—**No School-Good Friday**

April 19—STEAM Activity

April 28—Wild Celery/Onion Scavenger Hunt



Parent Tip

Birthday/Celebrations

At home Activities

How can I help my child **SUCCEED** in school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Do not talk negatively about your child's teacher or school.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Ask your children about school and encourage them to talk about their day.

Read with your child every night.




Teach your children to be responsible for their actions and their schoolwork.

No birthdays this month


- Create your own animal yoga poses
- Try a new food recipe that includes a new dairy product
- Explore around your home for wild celery/onions
- Explore and investigate insects and their environments







What we are learning:	Paguate Room News!
<p>This month the children will be exploring the topic of Insects. The children will have an opportunity to learn more about the insects, the characteristics of insects, how and where insects live, how insects change, the people who work with insects, and how insects help the earth. The children will explore important concepts in science and social studies, and strengthen their skills in physical development, literacy, math, and the arts.</p> 	<p>Children are learning classroom rules, and jobs.</p>   <p>Children are taking turns to lead the class in naming colors, numbers, and</p>

Upcoming Events/Reminders

<p>*April 4-8—Week of the Young Child *April 19—Steam Activity</p> 		<p>*April 15—No School/Good Friday *April 28—Wild Celery (schamoo) Picking</p>  
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Parent Tip	Birthday/Celebrations	At home Activities
<ul style="list-style-type: none"> Sing counting songs with your child, i.e., <i>The Ants Go Marching</i>, <i>Five Little Speckled Frogs</i>. Counts socks as you sort them with your child. Make a pattern using object outside, i.e., rock, rock, stick, leaf, rock, rock, stick, leaf and have your child copy the same pattern. 	<p>A. D. and family for reading every-day and filling out reading log. C. S. is potty trained and wearing underwear.</p> 	<ol style="list-style-type: none"> Have a color scavenger hunt outside (weather permitting). Roll play dough into each letter in your child's name and numbers. Name and count the different shapes at the store, outside, or in the home.



Haadzaatya (Mesita) Room

Teacher Marissa & Teacher Kailyn

m.analla@lagunaed.net

kailyn.aragon@lagunaed.net

(505)552-6544 ext.5107

What we are learning:

- Children have identified ingredients to use when making bread.
- Children understand what the term, "Kneading," means.
- Children have become familiar with the Daa'she'ah words for Bread, Tamale, Fry bread.
- Children continue to follow 2-3 step directions and respecting each other speaking either in-person or Zoom.
- Children continue to remind their friends, the importance of staying on task.
- Children have been problem solving with each other.

Mesita News!

Leprechaun Pancake Making Demo!!!



Upcoming Events/Reminders



April 4-8: Week of the Young Child

April 19: STEAM Family Engagement @ 10:00

April 28: Wild celery/onion scavenger hunt



Parent Tip

Continue COVID Testing. Info is posted below.



Birthday/Celebrations

Happy Birthday



J. Leno!!!

Zoom Session Update

Observe insects around/near home.

Ask children what they notice about the insects near them.

Make a bird feeder using a milk carton, peanut butter and bird seeds.

Make a comic/scrap book of different insects from magazines.



Laguna Classroom

Ms. Yvonne and Ms. Deutsawe

y.francis@lagunaed.net and c.deutsawe@lagunaed.net

(505)552-6544 x 5108

What we are learning:

We have finished up our Bread theme, children enjoyed learning about different breads and learned how to make their own peanut butter and jelly sandwich!

In the month of April, we will enter the world of Insects. Children will explore insects' habitat, what they eat and how they survive in their environment, a lot of exploring outside!

Our Cultural Lifeway theme for April is wild onion/celery, we will go outside to pick wild onion/celery!



Laguna Classroom News!

Just a couple of months to go, children have been talking about going to the Big School! We are really trying our best to get children academic ready and confident to enter Kindergarten!



Children are having fun at the playground. The weather is warming up now so we will be going on walks and just being outdoors more.

Upcoming Events/Reminders

April 4th –8th we will celebrate “The Young Child” with activities all week!



April 15th—NO School (Good Friday)

April 19th—STEAM Activity at 10:00 (Create a Bubble Snake)

April 28th-29th ACL will be cleaning children’s teeth with a tooth brush and will give a fluoride treatment



Parent Tip

Thank you parents who are using the Teaching Strategies Gold family App, to communicate with teachers. We appreciate your pictures and updates on children.

Continue to have your child play on the Hatch tablet.



Birthday/Celebrations

Happy Birthday

L. Piaso



At home Activities

Take a walk outside with your child

Plant a garden with flowers and or vegetables!!

Read a book outside

Explore insects outside around your house (be careful) take pictures exploring and send them to us.



Contact Information

Division of Early Childhood

(505) 552-6544

EMAIL:

k.herrera@laqunaed.net

t.touchin@laqunaed.net

Parent Committee Meeting

Topic: Transitions in DEC

Date: April 06, 2022

Time: 10:00 am

Zoom Information:

Zoom ID: 833 134 26 155

Passcode: 981812

Phone: (346)248-7799



FAMILY SERVICE PROVIDERS

Tiffany Touchin & Kathleen Herrera

COMMUNITY PARTNER SERVICES:

Laguna Behavioral Health: Children & Family Services

(Services by Appointment ONLY)

Office: (505) 552 -6513 **Mental Health Helpline:** (505)552-5660

- **Family Education**
- **Individual Counseling w/ Play Therapy**
- **Parenting classes**
- **Assessment Intakes**
- **Case Management**
- **Crisis response for families & children needs**

LAGUNA BENEFITS OFFICE: (505) 552-5674

Education with enrollment for all services

- **Health Insurance Enrollment (Medicaid, Medicare, VA, Private Insurance)**
- **State Benefits (SNAP, TANF, General Assistance, Medicare Savings plan)**
- **USDA Foods: Commodities**
- **Utility Assistance: Enrollment Process**
- **Social Security Benefits: Early Retirement, SSI, SSD, Survivors**
- **Veterans Services: Compensations, Pensions, HealthCare, Burials**

Important Dates:

4/4-8 – Week of the Young Child

4/6 – Parent Committee Meeting @ 10am

4/11- Policy Council Meeting

4/15- NO SCHOOL – Good Friday

4/19- S.T.E.A.M Activity @ 10am



Special Education Coordinator

Margaret Mascarenaz

Information:

Welcome back. Hope everyone had a restful and enjoyable Spring Break! Do you believe it-Spring is here! We can look forward to warmer weather and many plants and flowers blooming.

Learning Highlight for this month –***Fine Motor Development.***

What is fine motor skills development and why is it important for children’s development?

Fine motor skills refers to controlling the small movements of muscles in hands and fingers that everyone uses to do everyday tasks. It is important for young children to develop strong fine motor skills so they can have a solid foundation as they grow-up to be able to do everyday activities like:

- *Using utensils to eat
- *Opening and closing things (doors, containers)
- *Holding writing and cutting tools (crayons, pencils, scissors)
- *Using a computer mouse or key board.

Developing strong fine motor skills also benefits children by improving eye-hand coordination, fosters independence and builds a child’s self-esteem and confidence as well as promotes cognitive development.

At-Home Activity

All children develop at different paces. All children may not develop fine motor skills at the same time as their peers. Sometimes fine motor delays can be associated with developmental delays. The Special Education Coordinator works with teachers and families to address any developmental concerns to support the child’s learning.

Fortunately, fine-motor skills can be strengthened using things you already have around your home. Here are a few ideas for building fine motor skills for infants, toddlers or preschoolers that are easy and low cost or free:

Infants: Tummy Time-baby needs time to push-up , shift side-to-side and eventually baby reaches for and swipes at objects within reach. *Finger-feeding-let baby finger feed as much as possible. Picking up food with fingers will help baby develop pincer grasp.

Toddlers: encourage toddlers to stack blocks, string beads (supervise small children)

Preschoolers: One of the very best ways to build hand strength is to play with play dough,. Have child, pull, roll, squeeze and pound dough. The resistance of play dough builds hand muscles.

Please contact Special Ed. Coordinator or your child’s teacher if you have any questions /concerns about your child’s development.

Contact Information:

Margaret Mascarenaz

Email: m.mascarenaz@lagunaed.net

Phone: (505) 552-6544 ext. 5206

DEC ZOOM SCHEDULE FOR VIRTUAL LEARNING ONLY

Times:	Classroom:	Meeting ID/ Passcode
	Early Head Start	
9:30-9:45 AM	Sunnyside	Join Zoom Meeting https://us02web.zoom.us/j/3046370217? pwd=RTFhaFB6M0sydkcxdm1wZnVvNVpyQT09 Meeting ID: 894 5795 7152 Passcode: sunnyside
	Chinatown	(Currently No Virtual Children)
10:30-10:15 AM	Turquoise Springs	Join Zoom Meeting https://us02web.zoom.us/j/81270726710? pwd=T09ubGs3SmtUa2FPdEc5T1R5YlltUT09 Meeting ID: 812 7072 6710 Passcode: 692523
	Pre-School Head Start	
11:15 AM	Seama	Join Zoom Meeting https://us02web.zoom.us/j/81953397992? pwd=QWExQmk5SmxuSW1vUkxUQjhYnlzUT09 Meeting ID: 819 5339 7992 Passcode: SEAMA
11:00 AM	Encinal	Join Zoom Meeting https://us02web.zoom.us/j/86540411453? pwd=MG5vSW5EL1FzWTE3bitLbk5CcUJadz09 Meeting ID: 865 4041 1453 Passcode: 484183
11:00 AM	Paguete	Join Zoom Meeting https://us02web.zoom.us/j/8178020551? pwd=dk5LWlJSZks2VjM0K1psU0dIWDJydz09 Meeting ID: 817 802 0551 Passcode: Paguate
11:30 AM	Laguna	Join Zoom Meeting https://us02web.zoom.us/j/87214855156? pwd=TGFuUVVvkm0lvQUJMeVZxaFJQRGUrdz09 Meeting ID: 872 1485 5156 Passcode: Boxes
9:45 AM	Mesita	Meeting ID: 889 8909 6702 Passcode: MESITA



- Music Monday**
- Tasty Tuesday**
- Water Play
Wednesday**
- Artsy Thursday**
- Family Friday**

Week of the Young child

April 4 - 8

Zoom Link

[https://us02web.zoom.us/j/89466223947?
pwd=YjZ3Uzd6RzRxZzFmY292OEs0bkFvQT09](https://us02web.zoom.us/j/89466223947?pwd=YjZ3Uzd6RzRxZzFmY292OEs0bkFvQT09)

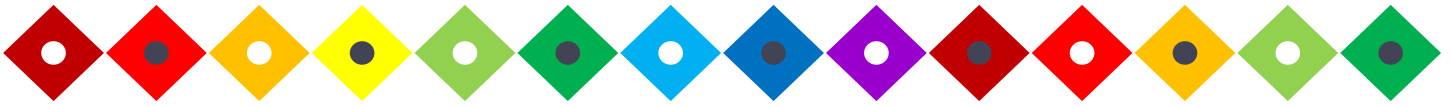
Meeting ID: 894 6622 3947
Passcode: CELEBRATE

**JOIN US AS WE CELEBRATE OUR CHILDREN IN
WEEK LONG ACTIVITIES.**

Activities will occur during classroom playground times

EHS Playground time	
Chinatown	9:30-10:00am
Sunnyside	9:30-10:00am
T. Springs	10:00-10:30am

PHS Playground Time	
Seama	9:45-10:15am
Encinal / Pagate	10:20-10:50am
Laguna	10:50-11:20am
Mesita	10:20-10:50am



Laguna Division of Early Childhood Invites you to Join



Family Engagement S.T.E.A.M Activity **Rainbow Bubble Snake**

When: April 19, 2022

Time: 10:00 am

**Zoom Link: Meeting ID: 824 4156
0477**

Passcode: STEAM

Join Zoom Meeting

**[https://us02web.zoom.us/
j/82441560477?](https://us02web.zoom.us/j/82441560477?)**

**pwd=a3IXUGxwRFB5bHlwVitxNDI
5UIZLUT09**

Materials:

- *Dish Soap**
- *Small empty plastic water
bottle (8oz)**
- *Food Coloring**
- *Sock/Dish towel**
- *Rubber bands/duct tape**
- *White construction paper**
- *Plastic Bowl/Pan**



How to catch a Leprechaun Activity



Helping Children Sleep

There are many reasons why toddlers might have trouble falling--and staying--asleep. They may be teething, testing limits, napping too much during the day or be frightened of the dark. One way to help a toddler who has trouble falling asleep is to add a bedtime snack that promotes sleep. Certain foods have a natural sedative effect on the body. With a little experimentation with different food combinations, parents can find the

DAIRY PRODUCTS

The amino acid, tryptophan, is particularly useful in inducing drowsiness.

Tryptophan works with the body to produce the neurotransmitter serotonin, which makes you feel sleepy. Dairy products such as milk, cottage cheese, yogurt and cheese are among the best sources of tryptophan. Dairy products also contain calcium, which helps the body process tryptophan and produce a second sleep-inducing neurotransmitter, melatonin. Consuming a small serving of cottage cheese or a warm glass of milk an hour before bedtime will help relax toddlers and induce sleep.



HIGH CARBOHYDRATE / LOW PROTEIN

Eating carbohydrates with tryptophan-containing foods makes this calming amino acid more available to the brain, leads to deeper, more satisfying sleep. Snacks such as whole wheat crackers, whole grain toast, or a small slice of apple pie, coupled with cheese, peanut butter or a small serving of low-fat ice cream are good kid-friendly options. Snacks should be light, because too much food will interfere with a toddler's digestion, which will only keep them up at night.

BANANAS



Bananas are another easy bedtime snack option. Bananas contain melatonin, as well as serotonin, which helps to calm you and regulate your sleep cycles. They also contain magnesium and potassium, both of which are muscle relaxers. Instead of plain bananas, another option is to prepare a banana smoothie with a banana, some low-fat milk and a few cubes of ice. The calcium and tryptophan in the milk will enhance the sleep-inducing effects of the melatonin and serotonin.



VITAMIN K

Vitamin K is an important nutrient for kid's health. Vitamin K is a fat-soluble vitamin that plays a starring role in blood clotting. Vitamin K is important, as it helps bleeding stop. In fact, it is responsible for producing 4 of the 13 proteins required for blood clotting.

It also helps make other proteins in the body that are important for blood, bone and kidney health. Research indicates that low levels in the blood are associated with low bone density in adults. Our bodies can produce vitamin K on its own. We make it from certain bacteria in our gut, or digestive system. Prolonged or frequent use of antibiotics may destroy vitamin K in the gut, so we also rely on vitamin K food sources to make sure we get enough.

When babies are born, they need a vitamin K shot. This is because they don't have enough vitamin K in their body to properly clot blood. Without this supplement, babies are at risk for a bleeding condition called Vitamin K Deficient Bleeding (VKDB), which can cause bruising and excessive bleeding in all the organs. Babies are at risk for this condition during the first 6 months of life. Generally, babies aren't eating food until 6 months of age. (And nursing moms don't pass enough in their breast milk.)

Vitamin K Rich Foods

Collards, spinach and dark salad greens are the highest food sources, with broccoli, Brussels sprouts, cabbage and bib lettuce containing moderate amounts. Plant oils (soybean, canola, olive, corn) and margarine are also



Vitamin K Deficiency

It's extremely rare in the general healthy population to be deficient. Those who are deficient tend to have problems with their intestinal function or have taken medications known to interfere with its metabolism.



It is unlikely that your child, if healthy, will experience a deficiency of this nutrient. A diet including green leafy vegetables and plant oils are your best bet for getting enough so your child maintains normal blood clotting and bone health. Do you need extra from a supplement? Probably not, but good to know about sources of vitamin K if needed.

PUEBLO OF LAGUNA



COVID-19 DRIVE-THRU TESTING & VACCINATIONS

MESITA PUBLIC SAFETY COMPLEX

1 Industrial Parkway Loop, Mesita NM 87038



IT'S BACK!

COVID-19 SYMPTOMS:

- Fever or Chills
- Cough
- Shortness of Breath
- Fatigue
- Muscle or Body Aches
- Headache
- Sore Throat
- Diarrhea
- New Loss of Taste or Smell
- Congestion or Runny Nose
- Nausea or Vomiting

TESTING HOURS:

(By Appointment ONLY)

Monday & Wednesday 12PM - 4PM
Thursday & Friday 10AM - 2PM

REGISTRATION LINK!

<https://cvtestreg.nmhealth.org>

ALL AGES MAY TEST!

PCR Tests Provided ONLY!

** If You're a Returning User Enter
Your Pin# & DOB When Prompted
For Faster Entry*

For Assistance Call
Tina Jojola (505) 290-4058

VACCINATION HOURS:

(By Appointment ONLY)

Tuesdays ONLY 12PM-2PM
Pediatric Pfizer, Pfizer, & Moderna Available

REGISTRATION LINK!

www.vaccinenm.org

ACCEPTING AGES 5+

Primary, Secondary, & Boosters

** Children Ages 5-17 Must Have A
Parent Consent Form Completed
For Each Vaccination Appointment.*

For Assistance Call
CHR (505) 552-6652

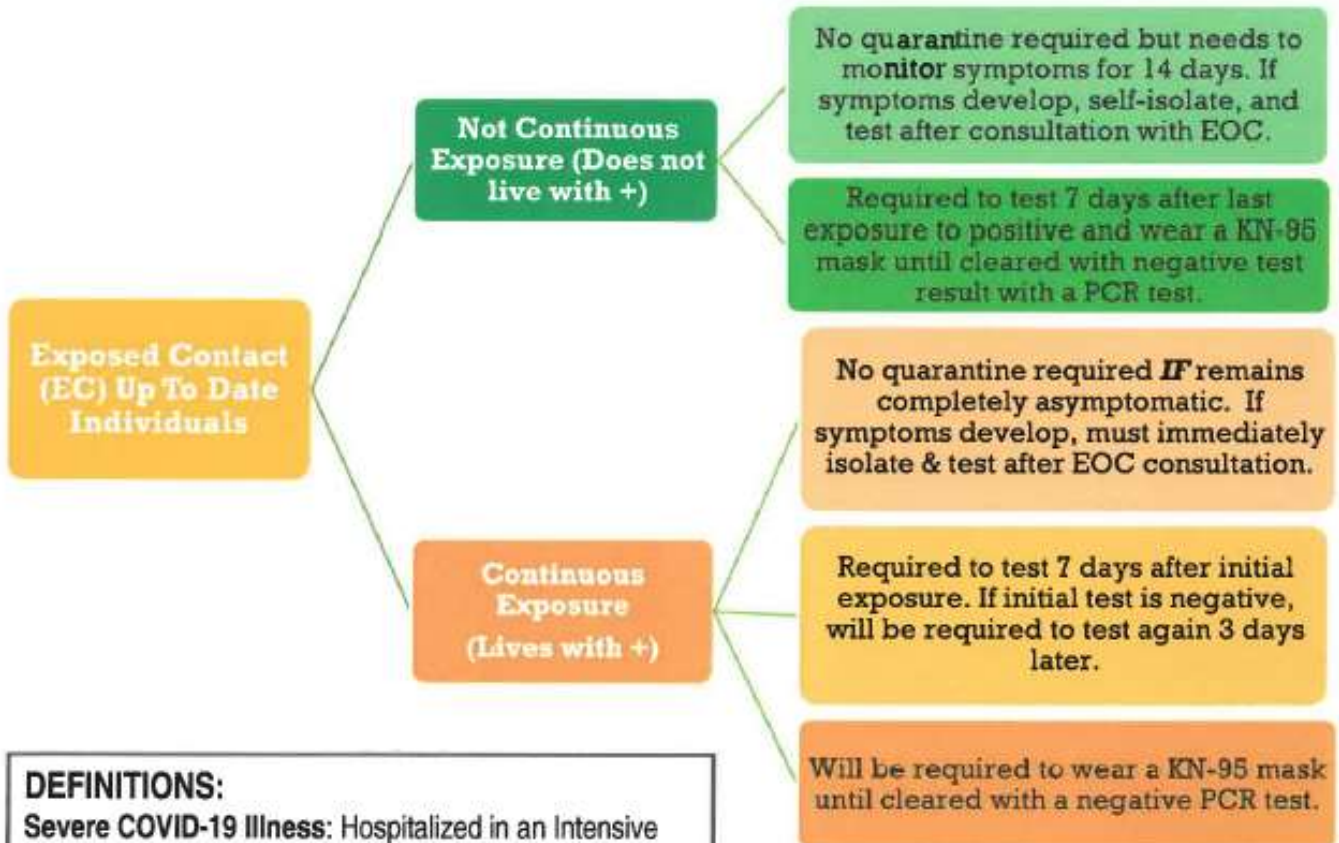


*Visit the POL Website Under COVID-19 Information for Step-by-Step Registration Instructions

FOR LAGUNA TRIBAL MEMBERS & RESIDENTS, POL EMPLOYEES & ENTITY EMPLOYEES

Quarantine & Isolation Guidance

For Up To Date Individuals ONLY



DEFINITIONS:

Severe COVID-19 Illness: Hospitalized in an Intensive Care Unit with or without mechanical ventilation.

Severely Immunosuppressed:

One or more of the following

- Currently on chemotherapy for cancer
- Untreated HIV infection with CD4 lymphocyte count <200
- Prednisone >20mg/day for more than 14 days.

