

# Laguna Division of Early Childhood

## January Newsletter 2024



## What's Inside

### EHS Classrooms

- \* Sunnyside
- \* New York
- \* Turquoise Springs
- \* Mesita
- \* New Laguna

### PHS Classrooms

- \* Casa Blanca
- \* Village
- \* Seama
- \* Encinal
- \* Health
- \* Disabilities
- \* Family Service Providers

### UPCOMING EVENTS

- **January 25:** Cooking—Chile Stew
- **January 30:** Mama Doll Making



# DEC VOLUNTEERS

The Laguna Division of Early Childhood staff would like to send a great BIG “Thank You!” to the parents, grandparents, and guardians listed below who volunteered their time decorating classrooms, the Parent Resource Center for the Christmas programs, and for our Winter Wonderland– Luminaria Walk Event.

One of our grandparent’s musical talents added a special element to his granddaughter’s Christmas program by playing the drum for her classroom’s presentation.

We had a great turn out of families joining us for December’s events. Once again, thank you, for your enthusiasm and passion, and for giving your time to our young children and the DEC Program.

*Maureen Herrera*

*Amanda Pedro*

*Shaine & Colton Ansera*

*Diana Coriz*

*Leroy Jimmy*

*Ted Leon*

*Veronica Espinoza*

*Amanda Pedro*





# Families of DEC

Hi,

We are Kashayla Johnson and Erik Ramirez. We are the parents of Kalieana Ramirez.

One achievement we have had as a family is Erick (dad) has been at his new job for a couple of months now. All the way in Carlsbad at the oil fields. One Milestone we've had is that Kaylieana has started sleeping in her own room on her own bed. Yay!

Kaylieana's developmental improvements are that her speech has gotten more clear and we are now able to understand her more and more. She is pronouncing a lot more words as well. She is also, becoming more independent at home.

We chose DEC because it is close to home, and I've always heard good things about the program. I like that DEC involves parents and families in activities and events happening at the school. Another thing we like is our daughter gets to learn her Native Language.

We would like to say Thank you to Kaylieana's teachers Ms. Caundice Duetsawe and Miss Royce. "Kay" is always happy when I see her with them in the classroom. So keep up the good work ladies! Also "Thank You" to Ms. Margaret and all the staff at DEC.

**Teachers:** Andrea Lucario & Sandra Lewis

**Phone:** (505) 552-6544 ext. 5201

**Email:** a.lucario@lagunaed.net

s.lewis@lagunaed.net

# Sunnyside Classroom

## **January Happenings:**

### **Creative Curriculum:** *Lights.*

Children will explore and learn about "Lights". They will use their fingers to turn on/off lights. They will use individual light up toys to play with and explore. We will also play with light up balls to practice throwing, bouncing, rolling, and catching. We will look at shadows on the wall and shadows from the natural light (sun) as we go outside.

**Conscious Discipline:** We will learn about the Power of Acceptance and Perception. We will continue our S.T.A.R. breathing (Smile, Take a deep breath, and Relax).

**Cultural Lifeways:** Children will learn who the leaders in the community are and their purpose. Children will also learn new vocabulary words: Governor, village officials, bread, stew, red chile stew, and green Chile stew.

**S.T.E.A.M.:** "What is a habitat?" Children will learn that animals live in the desert, forest or in the water (ocean, lake, aquariums, etc.). We will explore different kinds of birds and look for them during outdoor play.

**Nutrition Activity:** *Sunny Oranges*-children will explore oranges with their five senses, and name the color in Laguna Language.

## **Birthday Shout outs**

P.H. is walking.

F.L. pulling self up to kneeling position.

M.M. gained more vocabulary words/drinking out of an open cup.

D.T. talking more, and drinking out of an open cup.

M.C. & J.B. cruising along furniture

Z.R. Uses gestures to pick nursery rhyme songs. (clap, pat floor)

Z.R. Vocalizes with her peers

### **Parent Tip:**

Talk, Read, and Sing together every day with your child/ren.

## **December**

**Creative Curriculum** Children used their fine motor skills to paint, to hold markers, to make marks, jabbed on paper, tore paper, crumpled up paper, and used their whole body to crawl through cardboard box tunnels and stacked a variety of different sized boxes.

**Cultural Lifeways:** Children made music using rattles, drumming on boxes, and other instruments in the classroom while we sang the good morning song, nursery rhyme songs and as we listened to traditional songs.





# NEW YORK CLASSROOM

**Teachers:** Teacher Nessa & Miss Angela

**Email:** v.deutsawe@lagunaed.net

a.yawea@lagunaed.net

**Phone:** (505)552-6654 —Ext. 5107

## January

**Creative Curriculum theme is Lights.** We will learn how lights are used indoors and outdoors, and where lights are found at home and at school.

**Creative Curriculum Milestones:** To have our whole classroom count to 10, to voice our needs, and wants, to strengthen and use self-help skills, and to become comfortable with potty training and moving to the next level of independence. Support staff and families can all help get children to this level.

**Conscious Discipline:** The power of acceptance and perception through daily rituals, songs, exercise and modeling.

**Cultural Lifeways:** We will be learning about the Officials and who they are. Daily, we will implement the language through the morning prayer, songs, and basic words.

**STEAM:** We will be learning about Habitats, the who, what, where, when and why. We will get to see animals in their natural habitats through indoor and outdoor learning.

## Birthday Shoutouts

New York wants to wish M. L., a Happy Birthday this month.

**Happy Birthday**

## Vocabulary

- January
- Blue
- Governor
- Village officials
- Bread
- Stew
- Red chile stew
- Green chile stew

## December

**Creative Curriculum:** We learned how to use three of our senses: listening, seeing, and touching to explore paper. We learned what we make with paper and where paper comes from, how we can use paper, and if we can use paper outdoors as well as indoors.

**Milestones:** Children are starting to grasp potty training and using their independence skills.

**Conscious Discipline:** The children learned about kindness, respect and sharing.

**Cultural Lifeways:** We explored a variety of different kinds of music and where we hear music, what traditional foods we eat at different times of the year, what foods are made for different occasions, where we see these traditional foods and who makes traditional foods.

**STEAM:** We learned about sounds in nature and classified them as scary, calm, loud or quiet.



# Turquoise Springs Classroom

**Teachers:** Candice Lucero & Marilou Arkie

**Phone:** (505) 552-6544 **Ext:** 5202

**Email:** c.lucero@lagunaed.net /

## January

**Creative Curriculum:** We will observe many different lights, from the size or shape, to the colors, to what the lights are used for. We will ask the children “where do you see a light?” (as we observe in and out of the classroom.)

**Conscious Discipline:** Power of Acceptance. As we transition back to our daily routine, we will acknowledge the children and their feelings by telling them “We see you and we hear you.” We will respond to children as they are, not as we believe they should be.

**Cultural Lifeways:** There will be a time and place set up for us to visit the newly elected officers. We will share pictures of our tribal officials, discuss what they do for our community, share pictures of the dances, and encourage the children to dance within the classroom.

**New Vocabulary Words:** Governor, Village Official, blue, light, and habitat.

**Nutrition:** Sunny Oranges. Hands on activity done in the classroom, to observe and discuss the taste of oranges.

**STEAM:** What is a habitat? Living things need food, water, air, and shelter, and can move, grow, and reproduce.

## December' Highlights

**Creative Curriculum:** Paper. We looked at different colors of paper, we touched the different types of paper (some had a rough texture, some had a smooth texture). We took big pieces of paper and tore them into small pieces of paper. We compared the sizes of paper we use for writing and drawing.

**Conscious Discipline:** The Power of Love. We read books about love, we discussed how we love our family and friends. We made Christmas gifts, with love, for our moms and dads.

**Cultural Lifeways:** We observed many pictures of musical instruments, and listened to traditional songs during our quiet time. We have a large drum in the classroom that the children can beat on. We also looked at many pictures of our traditional foods, with wishful thinking.

**Nutrition Activity:** Consisted of a traditional drink “Hi yah knee” aka “Blue Corn Mush”

## BIRTHDAYS

K.A. 1/1

X. E. 1/12

Z.E. 1/12

## PARENT TIPS:

Happy New Year!!

The weather is changing every day and the air can be very cold, please make sure your child is coming to school with a jacket. If your child is feeling sick PLEASE keep them home, if they are sent home due to an illness; policy states that your child must have a doctor's note stating that he/she can return to school.

# Mesita Classroom

**Teachers:** Evelyn & Kay-Mani

**Email:** e.garcia@lagunaed.net & km.riley@lagunaed.net

**Phone:** (505) 552-6544 Ext. 5117

## January

**Creative Curriculum:** The children will be learning about Exercise (PHS) and Lights (EHS). We're looking forward to learning ways to move our bodies to stay healthy, and learn new words, songs, and counting rhymes. Children will also continue to learn about lights, and where we can find natural light and artificial lights.

**Milestones:** The children are striving to meet milestones daily, from remembering the routines to learning their expectations. Our focus in the Mesita classroom is to help children become autonomous and confident in their abilities. We can see that children are learning friendship skills and some communication skills.

**Conscious Discipline:** We are learning the Power of Acceptance. Teachers will set the stage for the big idea of, accepting that the moment is as it is. The goal is to learn to respond to what life offers instead of trying to make the world go our way. The skill we will teach is Empathy. We will construct a "We Care Center", which will be a basket filled with items that will help the children feel better when they are feeling down.

**Cultural Lifeways:** We will honor our newly elected tribal officers and offer gifts of appreciation. Celebrating the new year will give opportunities to show gratitude and care for one another.

**STEAM:** What is a habitat? Children will explore a habitat using the tools, introduced in August, and where animal habitats can be found, (holes in the ground, nests tucked in the patio, etc.). We look forward to sharing our discoveries!

## December

**Creative Curriculum** The children were introduced to Lights and Paper. They made paper ornaments for the Christmas trees and enjoyed different types of light sources (flashlights, classroom lights, Christmas lights, etc.). The Winter Break did cut into some learning time, but we will expand on these studies throughout the year.

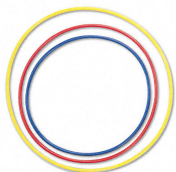
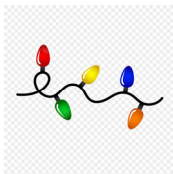
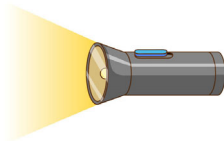
**Milestones:** Our 3-year-olds are riding the bus and have been entering the classroom with smiles! Thank you to the bus drivers and monitors who bring the children safely and happily to our room! Our 2-year olds are talking much more. We have been using mealtimes to converse with the children, hoping to expand their communication skills.

**Conscious Discipline:** Children are responding nicely to using Stop and Take a deep Breath and Relax (S.T.A.R.) breathing and to vocalize their feelings. It's a process that will continue throughout our lives.

**Cultural Lifeways:** One of our children is able to respond appropriately when being greeted in the morning. Also, another child walks into the classroom saying "Gu-waa dzi."

**STEAM:** Children heard the wind blow our module and the leaves outside, as well as dogs barking. They also heard sounds the airplanes made as they flew over us on the playground.

## Vocabulary





# New Laguna Classroom

## January Happenings:

**Creative Curriculum: Exercise and Lights.** Children will have the opportunity to investigate different light sources, and learn how lights are used at home, at school and at work. Children will be introduced to a fun game, Red Light, Green Light. **Exercise:** Children will be introduced to why exercise is important for our bodies. Children will have the opportunity to engage in some daily exercise.

**Conscious Discipline: Power of Acceptance** and being in the moment without changing or trying to fix anything. **Perception-** Happiness is a choice not a fact. No one can make you angry without your permission. It is like acknowledging when you feel upset, it is because the world is not going your way or you feel threatened. I am willing to spend some time working on my own while being upset. No one can make me feel a certain way. I no longer want to give my power away to others, and then blame them for taking it. I want control in my life. Practice with our Stop/Smile, Take a breath, and Relax STAR Breathing.

**Cultural Lifeways: Visitation of Officers.** Children will have the opportunity to participate in the traditional visitation of officers when they visit the DEC campus. We will continue to use the vocabulary words both in the language and in English. We continue to say our prayer.

**STEAM: What is a habitat?** A habitat is the home of an animal or a plant. We will take walks and point out what we see, observe, and investigate what kinds of animals live in different habitats, and sort animals by their habitat. Children will be able to feel textures and get to experience sensory bins with different animals.

**Teachers:** Caundice Deutsawe & Royce Kie

**Email:** c.deutsawe@lagunaed.net / r.kie@lagunaed.net

**Phone:** (505) 552-6544 Ext. 5108

## Decembers Highlights

**Creative Curriculum: Paper-** Children participated in hands on activities which involved looking at the differences in all types of paper, and how children's families might use paper at home.

**Conscious Discipline: Power of Love-** Teachers pointed out the good intentions that children displayed in the classroom. such as, helping each other clean up, helping each other get soap when it was time to wash hands, and then we talked about how it made others feel.

**Cultural Lifeways: Music.** Traditional music was played in the classroom (Follow the Leader Songs). Children made rattles with water bottles by adding beans, rice, or rocks. We listened to each of the different sounds they made.

**STEAM:** When we were outdoors, children were asked to stop and use their listening ears, for: trains, airplanes, emergency vehicles and other children playing.

**Visitors /Events:** Children and their families enjoyed an evening walk through the glow of Christmas displays, hot chocolate, and treats for our parent engagement Winter Wonderland. In addition, the children baked Christmas cookies in the PRC.

## January Vocabulary:

- ◆ Governor
- ◆ Village Official
- ◆ Blue
- ◆ Bread
- ◆ Red Chile Stew
- ◆ Green Chile stew

**Teachers:** Ms. Yvonne and Ms. Mariah

**Email:** y.francis@lagunaed.net/  
mawhitmore@lagunaed.net

**Phone:** (505) 552-6544 ext.5113

# Casa Blanca Classroom

## HAPPY NEW YEAR!!

### January

**Creative Curriculum:** Exercise! We will learn how to move our bodies to traditional and modern music, try some yoga, stretch, and learn more breathing techniques! Outdoors, children will learn to jump rope, use hula-hoops and maneuver around an obstacle course.

**Milestones: Goals for the NEW Year:** 1. For all children to be potty trained.

2. To have all our children write and recognize letters in their name.

3. We are aiming to count, to include in the Laguna Language.

4. Recognize numbers 1-10 and beyond. We have a busy year and are very excited to try and reach our goals. Wish us luck!

**Conscious Discipline:** We will continue to learn how to calm down our breathing after vigorous movements using techniques such as; Balloon breathing, Stop Take A Deep Breath and Relax (S.T.A.R. breathing, and some yoga cool downs.

**Cultural Lifeways:** January is the beginning of the New Year (Nadzi Daawaatra). Children will acquire knowledge of “The Three Kings” new officials, dancing , throwing, traditional foods and the purpose behind our cultural traditions.

**STEAM:** Children will learn about animals’ Habitats, where they live, and which animals are winter and summer animals.

### December

**Creative Curriculum:** Children learned where we get light from (sun, electricity, flash lights, etc.). Children saw their shadows on the sidewalk.

**Milestones:** Children are exceeding at Laguna Language words, numbers 1-10, and colors!

**Conscious Discipline:** Children learned the Belly Breathing Technique, slow breathing after exercising, which is important to calm down and regulate our bodies and breathing.

**Cultural Lifeways:** We sang Christmas songs and listened to traditional deer dance music while we had quiet time. The music was calming to the children.

**STEAM:** While walking outside we asked children to listen to sounds they hear. Some said, “I hear a train”, “I hear an airplane” and “A dog barking”!

### Birthday Shoutouts

No birthdays to celebrate in January.

### Vocabulary

⇒ Governor

⇒ Village Official

⇒ Bread

⇒ Red Chile Stew

⇒ Green Chile Stew

⇒ Color of the month: **Blue**






# Village Classroom

**Teachers:** Mrs. Peacock & Miss Raina

**Emails:** l.peacock@lagunaed.net / r.victorino@lagunaed.net

**Phone:** (505) 522-6544 Ext. 5114



## January

**Creative Curriculum:** This month our theme is Exercise. After breakfast, we will be trying out different exercises and learning different ways our bodies move, talking about how we do exercise throughout the day like squatting down to pick something up, jumping, running outside, and reaching for things.

**Conscious Discipline:** The Power of Acceptance and Perception. Practicing that things do happen for a reason but reminding ourselves that it's okay and to accept, and learning how to observe what's going on without the need to change or fix. With Perception; learning about taking responsibility for our own behaviors and emotions, and how important it is to take a step back or away, and doing breathing techniques.

**Cultural lifeways:** Visitation of Village Officials. Talking about why we have them and what their duties are, such as being there to help people, and listening to new ideas for the 2024 year.

**STEAM:** What is a Habitat? Learning about the environments of animals, plants, and other organisms. This is a great activity because children love being outside.


## Birthday Celebrations:

We have 8 birthdays this month!  
Happy Birthday to Mrs. Peacock,  
A.F, K.H, K.W, D.L, L.T, and M.K!  
WOOHOO!!! May you all have  
many more birthdays and lots of  
happiness!

## Parent tips:

REMINDER– Please check your child's folder daily as notes and other important information, may go home! The weather has gotten cold really fast, so please dress your child in warm clothing. If they are showing symptoms: coughing, runny nose, or sore throat, please keep them home and monitor symptoms. Don't forget to send a doctor's note stating they can return.

Thank you for your patience and understanding.





# Seama Classroom

**Teachers:** Ms. Kayla– Ms. Carol

**Email:** ka.martinez@lagunaed.net—  
c.day@lagunaed.net

**Phone:** (505)552-6544x5112

## January

**Creative Curriculum**– We will learn different ways of movement through exercise such as wiggling, stretching, bending, jumping, hopping, bouncing, and climbing to help us understand their capabilities, confidence, release tension, and build strong bodies and minds.

**Conscious Discipline:** Power of Acceptance– Children will learn to “*respond to what life offers instead of trying to make the world go our way.*” Children will learn empathy and how to solve problems that happened in the past and change them to what is present.

**Cultural Lifeways:** This month we will learn about our new tribal officials, along with dances that take place, throw days, and traditional food.



## December

**Creative Curriculum** Children were able to identify different light sources, explored sunlight and shadows, and learned why shadows exist. We looked at alternatives to natural light, if we didn't have electricity by using flashlights, and lanterns.

**Milestones:** We focused on handwriting and how to properly write letters from top to bottom. Children continued to read sight words and worked on addition/subtraction problems using numbers 1-10. Children have become more independent.

**Cultural Lifeways:** Children learned and watched how to make pueblo apple pies. They enjoyed mixing ingredients and rolling out the dough. Thank you to our volunteers. On another note, children have been leading in our morning prayer and meal prayer. We ask that you encourage them to keep it up.

### **Birthday Shoutouts:**

Happy 5th birthday!!!

1/3- C. Sarracino

1/20- A. Day

### **Volunteer Shout Outs!**

A big thank you to Veronica Espinoza & Amanda Pedro who helped decorate outside our classroom for the Winter Wonderland. They did an amazing job, and made it look beautiful. We appreciate it!

**Teachers:** Juana Natseway & Makayla Sarracino

**Email:** j.natseway@lagunaed.net,  
m.sarracino@lagunaed.net

**Phone:** (505) 552-6544 ext. 5110

# Encinal

## January

**Creative Curriculum:** Children will discuss exercise, tally, make charts of what their favorite exercises are, and share with the rest of the classroom. The class will be doing simple yoga moves, and an obstacle course in the plaza area for their physical, cognitive, and social/emotional skills.

**Milestones:** Children will learn sound recognition of the alphabets and begin to write the letters correctly using sky line, plane line, grass line, and worm line. In preparation for kindergarten, the children will practice by saying the sound the letters make, and use line paper that has the sky, plane, grass, and worm line when writing.

**Conscious Discipline:** As a class, we will sing Welcome and Get Ready, in circle time, to get our brains and body ready to learn. We will continue to sing We Wish You Well to the children who are absent.

**Cultural Lifeways:** In the Language, children will learn the names of the officials, and continue reviewing words learned in previous months. **Vocabulary:** Governor, village officer, bread, war chief, the color blue, and chile stew.

**STEAM:** Children will learn that a habitat is the natural home or environment of a plant, animal, or other organism that provides water, food, shelter, and a space to survive.

Thank you to all the parents who helped decorate the PRC for the program. The PRC looked wonderful. Thank you to Maureen and Brandon Herrera and Diana Coriz for decorating the outside of our classroom for the Winter Wonderland.

## December

**Creative Curriculum:** The children discussed what kind of light we use indoors and outdoors, and how lights work. One student brought in a light switch that uses batteries and the children came up with different ideas on how the light works even if it was not attached to the wall.

**Milestones:** The children worked diligently on number recognition, 1-30, and learned what is first and second in two-digit numbers. Two children can write their first name without using their name card, even if a few letters are in the wrong place. The children are able to say the morning pray on their own without any help or cues.

**Conscious Discipline:** Children continue to sing We Wish You Well, performed some of the breathing techniques, when feeling upset, with help from their teacher.

**Cultural Lifeways:** Children listened to traditional buffalo, deer, follow the leader, and butterfly songs, and used traditional attire and items to dance.

**STEAM:** The children learned to listen to sounds that are in the environment, both indoors and outdoors, and identified some of the sounds.

**The children's Christmas program was a huge success as they preformed for their families. The children worked hard to learn the moves and had fun at the same time.**

**HAPPY BIRTHDAY**

### BIRTHDAY SHOUTOUT

- 1/2- Teacher Makayla

**Margaret Mascarenaz**

***Disabilities Coordinator***

**Phone:** (505) 552-6544 Ext. 5104

**Email:** [m.mascarenaz@lagunaed.net](mailto:m.mascarenaz@lagunaed.net)

**What is Early Intervention (EI)?**

Early Intervention (EI) is the term used to describe the services and supports that are available to babies or young children up to the age of 3. EI may include speech therapy, physical therapy and other types of services based on the needs of the child and family. Eligibility for EI services is based on an evaluation of your child's skills and abilities. If you, your child's doctor or your child's teacher is concerned about your child's development, there are services in Cibola County that provide early intervention services for infants/toddlers.

Please contact your child's teacher or the DEC Disabilities Services Coordinator for more information.

\*\*For children older than age 3, Grants/Cibola Schools Special Education Department, will provide screening and evaluation services for children enrolled here at Laguna DEC. If you suspect or are concerned that your child has a learning issue, you may contact the DEC Disabilities Services Coordinator for information about a referral to Grants. The next public **Child Find** for Cibola County will be held on: [Thursday, January 18, 2024 from 9:00-4:00 at the Special Education Complex in Grants. Contact- Desiraye Lopez at 505-285-2643 to make an appointment.](#)

**If families with infants/toddlers/preschoolers have any concerns regarding their child's development, they may contact their child's teacher or the DEC Disabilities Coordinator .**

**Development and learning while enjoying books:**

**Young Children-** Sharing stories and books with infants, toddlers and/or preschoolers in your family can be one of the most treasured times of their day and of your day also! Sharing books with young children also supports their development and learning in many ways.

**Learn about themselves and others, learn about moving**

Interacting with books encourages very young children to use their fingers and hands, older children can use large motor skills to act out motions in books.

**Communication.** Young children enjoy the sounds of language and learning new words as you read. Research shows older children, these children learn to read better than children who have few book experiences.

**Some points to remember when reading books with children:**

- \*Select books for each child's developmental level
- \*Rotate and add a new book to encourage different interests
- \*Keep old favorites available for repeat reading
- \*Keep talking to your child throughout the whole reading and afterwards to encourage language and learning new words.

Families: ENJOY snuggling with your child/children as you read a book, enjoy your time together. Happy New Year!



# Disabilities Coordinator continued....

## **SPECIAL EVENT**

Grants/Cibola County Schools

Are offering a CHILD FIND EVENT-free developmental screening

For children ages 3 and above.

WHEN: Thursday, January 19, 2023. Time: 9:00a.m.-2:00p.m.

WHERE: Special Ed. Complex in Grants

Contact person: Desiraye Lopez— 505-285-2643

Thank you. Happy and Safe Holidays!

If families have any questions, please contact me. Thank you.

*Margaret Mascareñas,*

*Disabilities Services Coordinator*



# Health Aide

Happy New Year!

Welcome back families, I hope you all enjoyed the holidays and stayed warm. With the New Year brings opportunity for new resolutions. One of the most popular resolutions, is to be healthier. Below are some tips for a healthier New Year.

- Get moving— even if it's just for 30 minutes a day, of simple fitness or walking can help to stay active.
- Get enough sleep— getting plentiful sleep can help reduce the risk of diseases like obesity, diabetes, hypertension. Plus, many more benefits!
- Drink enough water— dehydration can lead to many illnesses and mood disruptions. Getting plenty of water helps with proper bodily function.
- Modify your diet— this New Year try to implement as many nutritious foods in your diet, as you can. Try to minimize your intake of sodium and sugar rich foods.
- Practice self care— mediation, practicing gratitude, deep breathing exercises can help to lower the stress and help us maintain calm responses.

**REMINDER:** If your child has seen the doctor/dentist due and illness or an appointment, please remember to get a doctors note and send it to school with your child. Please keep your child home if they are not feeling well. Vaccines remain available for COVID, Flu, and RSV. Please speak with your primary care provider about the best option for you and your family.

*Angelica Baca, A.A.S.*

**DEC Health Aide**

**Email:** [a.baca@lagunaed.net](mailto:a.baca@lagunaed.net)

**Office Phone:** (505) 552-6544 Ext. 5103



# Dressing kids for winter

## Playing safely in cold weather

Kids can play outdoors all year long — they just need to be dressed properly for the cold. Staying dry and active will also contribute to how long they can comfortably be outside. Parents: remember, these tips apply to you as well!

### Watch for wind chill -5

In winter the wind draws more heat from the body. Windy days can feel much colder. The temperature might be -5 but it can feel like -20 with wind chill. Check the weather forecast before going outside, and as a general rule, stay inside if wind chill goes below -27.

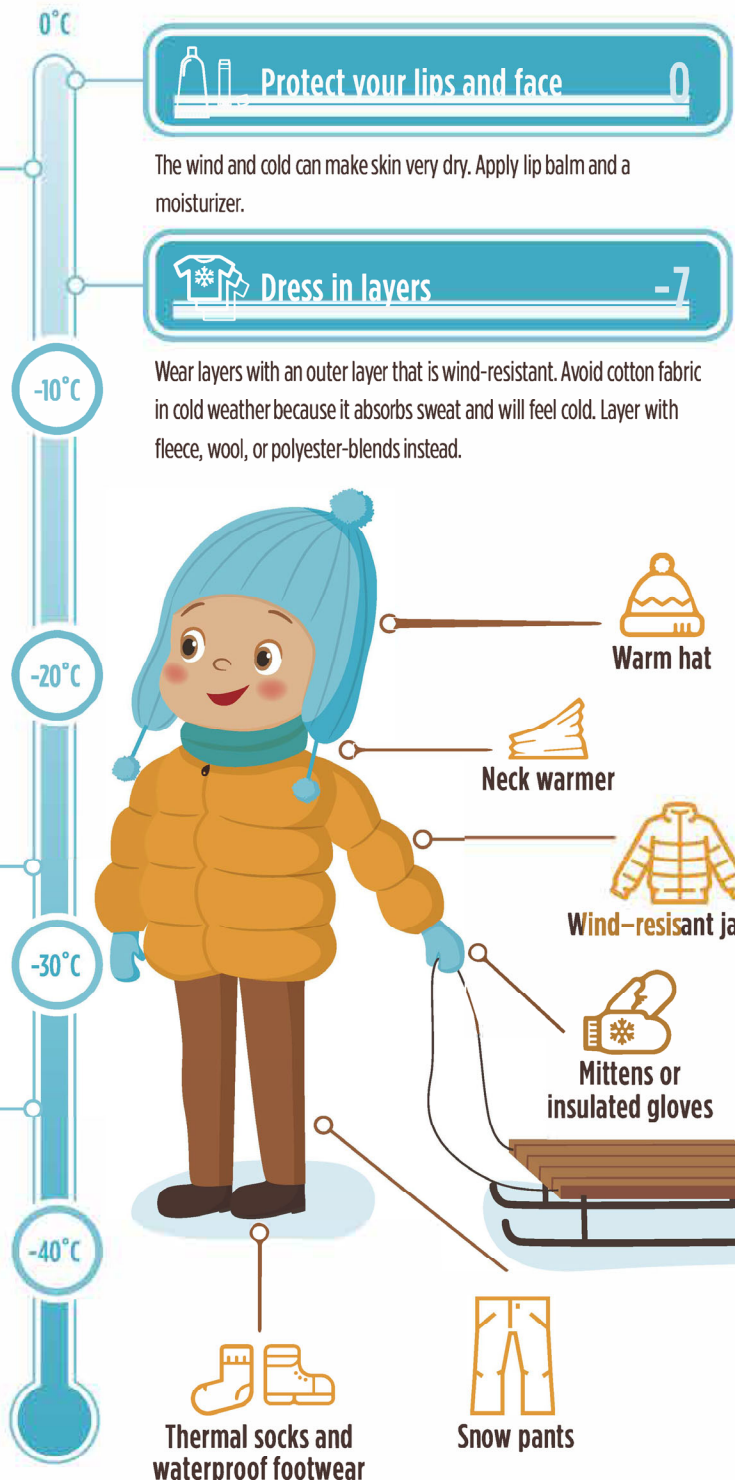


### Cover exposed skin -28

Exposed skin can freeze in 10 to 30 minutes. Keep the face warm with a neck warmer, balaclava, or face mask.

### Frostbite and hypothermia -35

Check face, hands, and feet for numbness or whiteness — this could be a sign of frostbite. If this happens, head inside immediately and warm the affected area slowly with your hands or warm (not hot) water. Hypothermia is also a risk if outside for long periods in very cold temperatures without adequate clothing or shelter from wind and cold.





# Program Assistant

Happy New Year and Welcome Back!

I hope everyone had a wonderful holiday season and that you are ready to finish the second half of the school year strong.

First of all, I just want to thank all parents, families and community members that visited DEC for the month of December activities. It was great to see all of you and I enjoyed your company.

Reminders, reminders, reminders...

1. If your child is experiencing symptoms of illness, please keep them home from school and get them seen by a medical professional. A doctor's excuse is required upon return to school.
2. Call the front office to notify that your child will be absent and the reason why. Messages can be left on the machine in the case there is no one available to take the call.
3. Practice pedestrian safety by holding your child's hand while in the parking lot areas and walking to their classroom.
4. Adhere to the 5 MPH school speed limit.
5. Close gates when you go through them to keep children safe.
6. Do not leave your vehicle running unattended.
7. Do not leave children in the vehicle unattended.
8. You may sign your child in and out of class in their classroom. If you are on campus for any other reason, please sign in at the front office.
9. Keep your contact information current. Forms are available in the front office to change a contact number, add contacts and to remove contacts.

Best wishes to all for a happy, healthy and prosperous new year 2024.

Iris Gallegos, Program Assistant

[i.gallegos@lagunaed.net](mailto:i.gallegos@lagunaed.net)



# Family Service Providers

HAPPY NEW YEAR TO ALL FAMILIES, AND GOOD WISHES FOR THE NEW YEAR!

- ⇒ **January 16** - Parent Committee Meeting @ 10:00, in the PRC, Family Engagement Events
- ⇒ **January 25** - Chile Stew Demonstrating
- ⇒ **January 30** - Momma Doll Making
- \* A reminder to follow up with your child's Well Child appointments. Please provide a copy to DEC.
- \* It is very cold! Please send your child with a heavy jacket and hat. The classroom will go outside to the playground or take a short walk, weather permitting.
- \* Reach out to your Family Service Provider, Tiffany or Kathleen, if you have any questions, concerns or ideas.

*KEEP WARM AND CONTINUE TO BE SAFE!*

***Kathleen Herrera***

***Email:*** [k.herrera@lagunaed.net](mailto:k.herrera@lagunaed.net)

***Phone:*** (505) 552-6544 Ext. 5105

***Program Cell:*** (505) 290-9163

***Tiffany Touchin***

***Email:*** [t.touchin@lagunaed.net](mailto:t.touchin@lagunaed.net)

***Phone:*** (505) 552-6544 Ext. 5003

***Program Cell:*** (505) 220-2549



LAGUNA DIVISION OF EARLY CHILDHOOD

MAMA DOLL  
DEMONSTRATION  
JANUARY 30, 2024

Location: PRC BUILDING  
EHS: 9:30 A.M. - 10:00 A.M.  
PHS: 10:00 A.M. - 10:30 A.M.

FOR MORE INFORMATION PLEASE CONTACT FAMILY  
SERVICE PROVIDERS (505) 552-6544  
TIFFANY TOUCHIN @ EXT. 5003 or KATHLEEN HERRERA @  
EXT. 5105





A photograph of a long, straight road covered in snow, flanked by trees heavily laden with white frost. The sky is a clear, bright blue. The overall scene is peaceful and wintry.

**Happy New Year & Thank you!**

**-DEC Staff**