

March 2025

Newsletter

Laguna Division of Early Childhood

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What's Inside

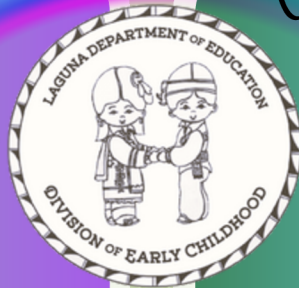
EHS

Sunnyside
Chinatown
New York
Turquoise Springs

PHS

Paguate
Village
Casa Blanca
Encinal
Seama

Cultural Lifeways
Program Assistant
Health Aid
Family Service
Providers
Support Services
Coordinator
ERSEA Coordinator



Upcoming Events

- **3/06**
-NO SCHOOL-
Parent Teacher
Conferences
- **3/10 - 3/14**
SPRING BREAK
- **3/18**
Nutrition Activity (Veggie
Rainbow)
- **3/19**
-NO SCHOOL- LAGUNA
FEAST DAY
- **3/20**
Family Engagement
- **3/24 - 3/28**
Dr. Seuss Week
- **3/26 - 3/27**
ACL Dental Screenings



Families of DEC

Being selected to be featured in the month of March newsletter is exciting. If you were given the opportunity, how would you feel?

Within the last month, our greatest achievement is getting a new house. Our home is currently being remodeled/renovated for a couple of months, but the New Year is definitely off to a good start.

DEC has taught generations of my family. It is a trusted school, has great staff and faculties throughout the years, a perfect combination of day care and Head Start. Most of all, we like that the school is close to home.

I have two daughters currently attending DEC. Their developmental improvements are social relationships, cooperation, and communication skills. That is for both at home and within the classroom.

I believe all staff members deserve a shout out. Everyone is always acknowledging you, greeting you, and wishing you well. I would personally like to give a shout out to Ms. Deutsawe (Chinatown Classroom) Ms. Kayla & Ms. Carol (Seama Classroom) for always giving feedback, keeping me up to date, and most of all advising my girls, because now they come home saying "Mom, I need to help you."

We are honored to be given this opportunity, thank you. Best wishes to all.

-The Mooney Family

Families Of DEC

Hello, my name is Dallas Lorenzo, my parents are Mariah Whitmore and Julian Lorenzo. This is my family. We live in the village of Paraje. My family has had a few milestones. The first one is that my grandmother Annette has worked in the health care field for over 30 years, and now works as an educational assistant with Laguna Elementary School. The next one is that my godmother, Aunt Monika A. Whitmore graduated from UNM with a doctoral degree. She is now Dr. Monika Whitmore.

Some developments we have seen, in Dallas, is in his speech. He is using many words, and writes more clearly. He loves to help at home.

One of the reasons our family chose DEC was because we wanted our child to be taught by our own native teachers, to include cultural teachings with in their educational lessons. What Dallas likes most about DEC is the homework, all his friends and playing with toys. What we like most about DEC is they include all our cultural lifeways into the lesson plans.

Also, I got to see my son start school at six weeks old to now finishing in June. That is the plus side of being an Educational Assistant at DEC. I got to watch my baby boy grow up!

I would love to give a shout out to all the teaching staff for playing a vital role in my son's upbringing in his education. He will keep all of you close and remember you always.



Cultural Lifeways at DEC

Lifeways:

Wild onion & Celery / Directions
(North, South, East & West)

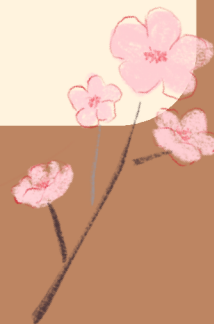
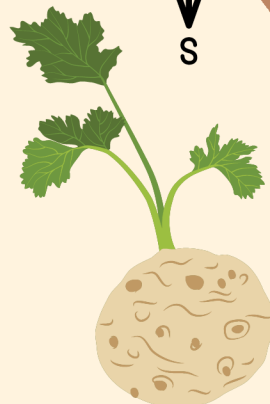
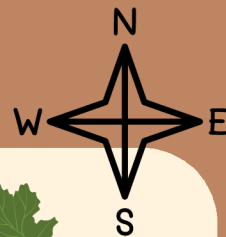
Cultural Learning Targets:

- Children will learn to identify the wild herbs in the community and learn how the herbs are used
- Children will learn to identify their locations
- Children will take outdoor walks to pick herbs (wild celery / wild onion)
- Children will taste and smell the herbs they have picked
- Children will draw and create their own directions book

Vocabulary:

- wild celery
- wild onion
- north
- south
- east
- west

Color of the month: Pink



Sunnyside Classroom

Andrea & Makayla (505) 552-6544 Ext. 5201
a.lucario@lagunaed.net / m.sarracino@lagunaed.net



February / March

We welcome a new peer to the classroom who started at the end of February.

Creative Curriculum: For the month of March, we are going to be exploring Brushes. In the classroom, we will discover and explore the different types of brushes we use every day. The children will have an opportunity to show and use the different types of brushes we collected. We will look at pictures of people whose jobs require brushes. **Home activities:** Look around your home for different types of brushes you have and use. Show your child how to use them and give them the opportunity to use them for cooking, cleaning, for example.

Social-Emotional: The children are greeting each other in the morning, by saying "hi". One child is saying the names of their peers.

Cultural lifeways: Easter activities. The children will identify and say their clans (big/little), in English and Keres.

Conscious Discipline: Using the I Love You Rituals to interact with peers.



Achievements / Milestones

- K.L. going up the steps of the changing table on his own
- N.P. knows and says the names of her peers
- J. P. is snapping the buckles on the highchairs and in the books
- M.M. identifies peers when named by pointing
- K.G. shows interest and engages in planned activities
- S.A. adjusted to the routines of the classroom
- E.W. new to the program

Parent Reminders:

- Children engage in teacher-led activities. Working one-on-one
- Read and fill out Reading Logs
- Encourage your child to explore and try new things

Birthdays – No birthdays for the month





Chinatown Classroom

TEACHERS: MS. CAUNDICE D. & MISS ROYCE K.
c.duetsawe@lagunaed.net / r.kie@lagunaed.net
(505) 552-6544 Ext. 5200

February

Greetings Families,
We are moving swiftly into the month of March. We believe that both children and teachers are anticipating Spring Break and are ready for the nicer and milder weather.

In February, we studied BALLS. Children enjoyed playing and learning about the many types of balls that exist. Children had opportunities to make balls with play dough, draw balls by tracing items that were circle shaped of different sizes, matched physical balls to their picture and most of all, we increased our awareness of sharing and taking turns.

For our STEAM activity, Chinatown sent parents on a scavenger hunt for different type of rocks. Thank you, families, for participating. I hope you enjoyed the quality time outdoors searching for the rocks.

Topics:

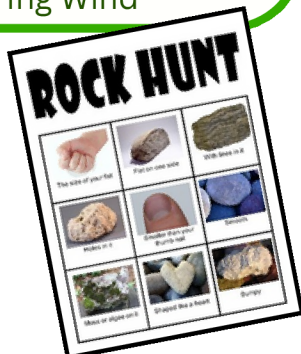
Color: Purple

Culture: Wild Celery/Onion picking

Curriculum: Brushes

Nutrition: Vegetable Rainbow

STEAM: Exploring Wind



March

This month, we will be studying BRUSHES. There are many different types of brushes that are used in various ways and made of different materials.

Children will build problem solving skills to determine which brush they might use to sweep the floor, brush their hair and/or for cleaning. Children will increase their vocabulary by learning new words related to the theme of brushes: Bristles, sweep, broom, toothbrush, clean, hairbrush, care, and groom.

STEAM: Children will engage in the exploration of wind. Wind can be useful to us as humans. A nice gentle breeze can help dry our clothes while they are hanging on the clothesline and keeps us cool when it is hot. Wind is helpful when flying a kite. Children will have the opportunity to play with Ribbon Sticks when we have a breeze outside. Another activity we have planned is to explore homemade parachutes.

Shcha mu (wild celery) season is coming soon. As a cultural experience, take the family for a drive, get out and walk to look for shcha mu. If you find some, wash thoroughly and have your child try the shcha mu by itself or by adding it to your food. If you go out shcha mu picking take pictures so we may share with the class.



New York Classroom

Teachers: Ms. Sandra & Miss Kay-Mani

Phone: (505) 552-6544 Ext. 5207

E-mail: s.lewis@lagunaed.net /
km.riley@lagunaed.net

March



Creative Curriculum: Brush, Brush, Brush your teeth and hair. This month we will be discussing, and exploring different brushes. Children will be able to identify the different brushes we use on a daily basis in both the classroom and at home. Children will not only explore the different brushes but also get to learn the different uses, and sizes.

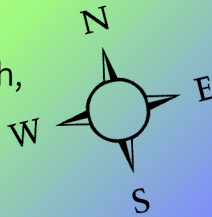


Cultural Lifeways: Wild Celery & Onion Picking. We will be discussing celery and onion topics such as where it is grown, how it is picked, and how it is used and eaten. We will also learn vocabulary.



English and Keres: wild celery, wild onions.

Color of the month: pink. Directions: north, east, south, and west)



Conscious Discipline: Power of will. The only person you can make change is you. Teachers will encourage the children to have a choice, by giving or showing positive options to encourage positive choices.



STEAM Activity: Exploring Wind



Milestones / Goals:

In the classroom, we have three children in underwear and two more following along. Our children also remember to brush their teeth and are in full knowledge of the routine. They have started reminding us about steps we may have missed throughout the day.

Happy Birthday!



•E.S.- 3/03
•A.L. - 3/07



TURQUOISE SPRINGS CLASSROOM

MARCH 2025



Teachers: Candice L. & Marilou A.

March

Our studies for the month will cover:

Curriculum: Brushes- The children will be introduced to different types of brushes, their uses and purpose.

Cultural Lifeways: Easter Activities- Children will learn to identify their Kawaika hanu, and learn about the traditions and activities celebrated during Easter season.

Conscious Discipline: Power of Will- respecting your own will and the will of others, in addition to being aware of your thoughts, feelings and actions, and how they can affect others.

Goals/Milestones:

1. We will continue to work on vocabulary with flash cards, reading books and repeating words.

2. We will work on numbers by counting toys and our fingers.

Some of the children's vocabulary has expanded into multiple word phrases along with how quickly they are learning new vocabulary words.



What We Learned

February

Our study focused on rolling, catching, and kicking balls of different textures and sizes.

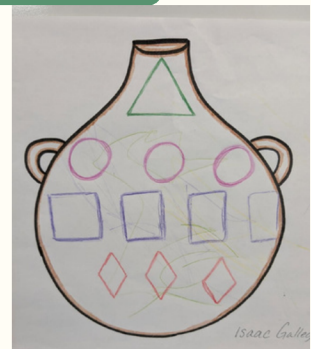
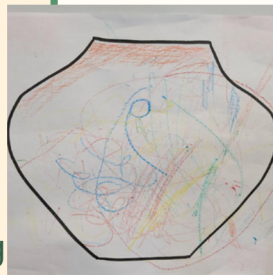
Parent Reminders

Please monitor your child for signs/symptoms of illness and keep them home until they are feeling better.

Also, remember to please check your child's backpack for classroom information as well as notes from the front office.

Remember to fill out Reading Logs and return weekly.

Thank You.



Contact Info

Phone: (505) 552-6544

Ext. 5202

Email: c.lucero@lagunaed.net
m.arkie@lagunaed.net

PAGUATE CLASSROOM

Teachers: Evelyn & Angela



What We Learned

February

Hello families, we hope your month has been as productive as ours. First, your children have been given more responsibility in their classroom jobs. We have added toothbrush helper, snack helper, and clean up monitor. As we explored boxes, your children were introduced to 3-dimensional shapes (spheres, cubes, cylinders, and prisms). Also, with your help and donation of cereal boxes, they were able to go on a letter hunt to find which boxes have some letters in their name.

With some children absent due to illness, we focused on hand-washing and covering their sneezes/coughs. We found a video on YouTube titled, "Germ Smart Kids: How-To Handwashing" (link is <https://www.youtube.com/watch?v=eNmte6Xe3R4>). The video shows how to wash all parts of your hands. We hope to cut down on sharing germs with one another using this tool.

Our Laguna Language/Culture Class has been going well. The children are learning the words for the colors by listening to "Brown Bear, Brown Bear, What do you see?" Ms. Angela also created the color circles for display on the wall for us to go over during our Large Group Morning Meeting. We also use a color hunt as an activity to transition between the large group to children's choice time.

Finally, as we get ready for the month of March, Paguate classroom will participate in our annual Dr. Seuss week. The children were read to and shown six different Dr. Seuss stories, three on Wednesday and three on Thursday. After voting on which story they liked most ("The Cat in the Hat" from Wednesday and "One Fish, Two Fish, Red Fish, Blue Fish" on Thursday), they chose which story they wanted to display for the Dr. Seuss Book Parade. The children chose "One Fish, Two Fish, Red Fish, Blue Fish". If you have any ideas on how to celebrate the children's book choice, please let us know. You can email us your ideas or simply write your suggestion and place it in your communication folder.

March

Interestingly enough, our study in March is "Pets." If you have a pet, we will need your empty and clean pet-food containers, plastic or stuffed animals, cardboard shoe boxes, and maybe pet toys.

We will follow your children's interest if they want to make a pet store or animal hospital. This will extend their literacy, math, science, and social study skills. For families that have a pet, please take a picture of your animal.

We can use pictures to make a small classroom book for your children to read or look at. If you are able to donate some items, please label them with your name so we can return them to you at the end of the study. I have some stuffed animals that I can bring for the children to explore and learn about.

Thank you!

Contact Info

Email: e.garcia@lagunaed /
a.yawea@lagunaed.net

Phone: (505) 552-6544 Ext. 5109



VILLAGE CLASSROOM

Teachers: Mrs. Peacock & Miss Mariah

Phone: (505) 552-6544 Ext 5114

Email: l.peacock@lagunaed.net / m.whitmore@lagunaed.net

IMPORTANT INFORMATION:

Hello Families and Friends of the Village Classroom,

Guu whaa zee, sai ho ba

March: We are excited to begin a new study of pets in the Village room. Children will have fun learning how to care for our classroom pets. Children do become very curious about the different types of pets they see, what pets need, how pets make us feel and the kinds of jobs that involve working with pets. Pets are part of our home families and they give us comfort and joy. Pets are fun, yet require attention, patience, and care. Children will practice their literacy, math, science and technology skills. In addition, our activities will enhance critical thinking skills through observation, investigation and inquiry.

Thank you, parents, for helping your child create a Friendship Box for class. There are many more projects to look forward to and opportunities for involvement. Let's get that in-kind!

Reminders:

Parents, please check your child's backpack every day for notes and dirty clothes.

Please call in to the school if your child will not be in attendance.

Call teachers if you have any questions.

Have a wonderful month of March.

Village Room Teachers: Ms. Mariah & Mrs. Peacock



CASA BLANCA CLASSROOM

Teachers: Gabe Levantonio & Ms. Yvonne

Phone: (505) 552-6544 Ext 5113

Email: g.levanontio@laguned.net / y.francis@laguned.net

FEBRUARY

Boxes, boxes and more boxes was our theme in February. The children had a blast building all kinds of things with the boxes we all collected! Children were measuring how tall boxes were, role played the "The Three little Pigs", making stick, hay and brick houses. It was exciting for them and for us teachers to see them being creative with the boxes.

Cultural Lifeways:

We talked about our natural environment and how potters use yucca stems to paint pottery, and water in the big ocean. Children made jellyfish and octopus. We displayed them in our classroom!

Pottery: Children were able to mold and paint a pottery for their mothers for Valentine's Day! The children were proud of their creativity and colorful pots!

REMINDERS

- Please check the take home folder every day for notes from teachers
- Dress children in layers, weather is unpredictable these days, cold mornings and warm afternoons
- Please read to your child and fill out reading logs

MARCH

The theme is pets. We will learn how to care for another living being to include: Responsibility - caring for a pet involves feeding, grooming, and taking them to the vet; Empathy: having patience while with their pets, teaching them new tricks and to be attentive to their pet's needs, while learning to be confident in caring for their own pets.

CLASS: Quality of feedback:

Casa Blanca room is very enthusiastic about using and delivering positive feedback with our children, while making good or bad choices. We are using words of encouragement and children are using it with each other now. This is very exciting to hear when children are using kind words during their play and interactions!

Conscious Discipline:

The power of will. We encourage children to have power of will by using their words and reminding them, they are in charge of themselves. Making good and bad choices is all up to them, with guidance and by exercising this power; children will honor their will and the will of others.

Encinal Classroom

Teachers: Ms. Juana & Miss Raina

Phone: (505) 552-6544 Ext. 5110

Email: j.natseway@lagunaed.net / r.victorino@lagunaed.net

Conscious Discipline: In class, we will talk about the Power of Will. The children will develop good habits, make thoughtful decisions, and overcome obstacles while in school.

Cultural lifeways: Children will learn to identify the wild herbs in the community and learn how the herbs are used.

Creative Curriculum: For March, the theme is grocery stores that will run for the whole month. Grocery stores play an important role in every community, reflecting on the tastes and preferences of the children's families they serve and providing access to the foods and goods they need to live healthy, productive lives. Whether it is a small independent corner market or a national supermarket chain, most people shop at a grocery store for some or all of the products that their families use. The children will learn how grocery stores are organized, the technology, and the jobs and equipment needed to operate the store, when we visit a store at the end of the month.

Nutrition Activity: The children will be making a veggie rainbow using the following ingredients: sliced red, green, yellow, and orange bell pepper, and bite-size pieces of cauliflower. The children will arrange the ingredients to make a rainbow. Have your child show you how to make the rainbow at home for a healthy snack.

Reminder to parents:

- PLEASE send your child in a warm/thick jacket and a hat if they do not have a hoodie. The weather is still very cold in the mornings
- If your child is sick or showing symptoms, PLEASE keep them home and if they are absent for more than three days, please have them seen by a doctor and bring an excuse upon returning to school. PLEASE be mindful of other children and teachers in the classroom
- Continue to check your child's bag/folder DAILY as notes are sent home

Parent tips:

- Have your child practice spelling their first and last name by looking at it and then not looking
- Have your child continue to practice writing their first and last name, and the date
- Read to your child for at least 10-15 minutes. Please write it on their Reading Log! 😊 Reading to your child helps them recognize letters and words to help them read

Student

achievements/milestones:

The children have been working hard on writing the upper- and lower-case letters using the sky, plane, grass, and worm lines. Seventy-five percent of the children can recognize the letters in their first name with no help or looking at their name and 25% can recognize the letters in their first name with little help.

BIRTHDAYS:

- **A.C. MARCH 2**
- **A.T. MARCH 19**



SEAMA CLASSROOM

• Teachers: Miss Kayla & Miss Carol

Phone: (505) 552-6544 Ext. 5112

Email: k.martinez@lagunaed.net / c.day@lagunaed.net



February



Greetings from Seama Room. Our camera theme is officially over. We are extremely happy with the support we received from parents by creating a camera for our theme. The children had fun being their own photographers.

The children have been working hard practicing writing letters and are showing improvement in using writing lines (skyline, plane line, grass line, and worm line). They have also been working hard on numbers and they are starting to do simple addition problems.

We had our first visit to Laguna library and they enjoyed listening to a story and creating turtles. Students have been learning animal names in Laguna language class through stories. Lastly, we started implementing the use of computers and utilizing our time to learn how a computer works and navigate our way around. We have been seeing a lot of improvement and eagerness to learn. Children are trying their best and maturing into independent individuals.

March

A brand-new month means a new theme, "Grocery stores". We started our new theme, which will last for the next 3-4 weeks. Children will learn how stores are arranged between, produce, and other departments, different types of jobs a store provides, and how technology is used in stores. Children will also learn how to make grocery lists to help families go shopping. We will continue working on letter writing, by practicing two letters a week.

Numbers: We will continue addition problems and working with bigger numbers. This month will go just as fast with spring break approaching and Laguna feast day. Be on the lookout for Dr. Seuss events.

Nutrition activity: Veggie Rainbow



Parent Reminders:

- Send water bottle
- Reminder to call the school if children will not be attending school for the day
- Reminder to check backpacks/ blue folders daily
- Update contact information if any changes

Happy Birthday:

3/17- A.T

3/20- G.A



Program Assistant

Greeting Parents and Friends,

I hope this finds you all doing well and ready for the warmer spring weather.

As we enter the spring season, I would like to remind you to look out for all the critters awakening from their winter naps. Talk to your child about looking around the area they walk or play in so they are safe while outdoors.

Mornings are still a bit cool but it warms up into the afternoon. Please dress your child accordingly to keep them from getting sick. If your child does get sick, please keep them home to reduce the spread of illness at school. They will be more comfortable and will be able to rest. Please call the front office to let us know that your child will be absent. There is also a message machine to leave a message with your name, your child's name and the reason for the absence.

Please adhere to the 5 MPH school speed zone and practice pedestrian safety while in the parking lot.

I would like to thank our facilities and IT departments for assisting DEC with facility repairs and technology roadblocks. I appreciate your prompt response to assist us in continuing to provide quality services to children.

I would like to thank all the parents for sending your child to school and taking precautions to keep them home when they are not well. Thank you for your communication to us when your child will not be attending. Everyone be safe and have a great month of March.

Thank you.

Iris Gallegos
Program Assistant

Contact Info:

Iris Gallegos
(505) 552-6544 Ext. 5100
i.gallegos@lagunaed.net

Dear Parent/Guardian:

Your child may have been exposed to pink eye (conjunctivitis).

General information:

Pink eye is a condition that causes inflammation of the eye. It can be caused by bacteria, viruses, or allergens, or if something gets in the eye (such as chemicals or dirt). Viral and bacterial conjunctivitis are very contagious, spreading easily to others.

What are the symptoms?

One or both eyes may have:

- Pink or red color in the white of the eye
- Swelling of the conjunctiva (the tissue that lines the white part of the eye and inside the eyelid) and/or eyelids
- Itching, irritation, and/or burning feeling in the eye
- Eye drainage (clear, thick white, yellow or green), crusting of eyelids or lashes, especially in the morning

What do I need to do?

- Watch your child for signs and symptoms of the disease
- If your child develops symptoms, please call your healthcare provider, inform the school, and keep your child home. Please follow your health care provider's instructions for home care and to prevent the spread of disease to others

Pink eye is easily spread by hands that have touched infected eyes, drainage from the eyes, or by touching contaminated items.

How do I prevent this disease?

- Avoid touching your eyes
- Wash hands often
- Disinfect objects frequently touched

When can someone with pink eye return to school/childcare?

Children with symptoms of pink eye are to be excluded from school until they have clearance from a healthcare provider. Those that have infectious pink eye may return to school with a doctor's clearance and, if prescribed, completion of 24 hours of antibiotics.



Angelica Baca,
DEC Health Aide

FAMILY SERVICE PROVIDERS NEWSLETTER

MARCH
2025

Family Service Providers

Family Service Providers would like to THANK all families for returning IN KIND forms for the Valentines Home Activity!! Family Service Providers will be continuing communication with families, providing local resources and following up on Family Partnerships.

Upcoming Homebase Event

Group Social

Date: March 21, 2025

Topic: Children's Literature

Time: 10am -11:30am

Contact: Kathleen Herrera

Location: DEC Computer Lab

Happy Birthday: Feb. 26 - V.G / March 13 X.K/X.K

Contact Information

Tiffany Touchin
t.touchin@lagunaed.net
(505) 220-2549

Kathleen Herrera
k.herrera@lagunaed.net
(505) 290-9163

Venessa Deutsawe
v.deutsawe@lagunaed.net
(505) 552-6544



Support Services Coordinator

Margaret Mascarenaz
505-552-6544 Ext. 5104
m.mascarenaz@lagunaed.net

INFORMATION:

The Crucial Role of Early Childhood Developmental Screenings

The Laguna Division of Early Childhood program provides a rich and engaging setting for all early learners-infants up to preschoolers, including any child who may be exhibiting a developmental delay in any of the following areas: large or small muscle development, in communication/language development, or social/emotional development. Sometimes parents/families may have concerns when their child's development may seem delayed or slower than expected.

If you have any questions or concerns about your child's development, share these with either your child's teacher or you may directly reach out to the Support Services Coordinator at the above contact information.



TIPS:

CREATING ROUTINES FOR LEARNING

Daily routines offer the chance to build self-confidence, curiosity, social-skills, self-control communication skills and more. Routines help babies, toddlers and preschoolers learn self-control. Consistent routines, activities that happen at the same time and in the same way each day, provide comfort and a sense of safety to young children. Routines help your child/children predict what will happen next. Routines also support and develop children's social skills.

Examples of simple routines that are learning opportunities:

*Playtime & mealtimes are two routines that are very social times for both children and parents. Through talking, taking turns, sharing toys, learning to wait, young children learn important social skills that will help them later in life.

PLEASE NOTE: Routines provide the two ingredients for learning-*Relationships and * Repetition!

If your child is having fun with you, your child is learning too!

Thank you. Have fun with your child/children.

ERSEA Coordinator

Melanie Sarracino

(505) 552-6544 Ext 5004

me.sarracino@lagunaed.net

Greetings Families,

Happy March! Hope you are well and staying healthy. It is the time of year when the plants and trees are beginning to wake back up for another season. With that said, allergies are in full bloom, please be cautious of your child's health. If students become ill, consider taking them to the doctor to get checked, and provide DEC with a doctor's excuse.

Also, if you have not submitted documents for your child's file at school, please do so, at your earliest convenience. Reminders have been sent home in the students' folders and have been included in newsletters.

It is important to keep up to date on your child's file here at DEC. The federal funding we receive requires checks and balances, one of which is maintaining student files and making sure they have current documents within their files.

The items to be included with their application are birth certificate, current immunization record, and current well child check. There is a 45-day period available from the student's first day of school to submit documentation. For most, that deadline was September 27th, 2024. Since then, we have yet to receive all documents from each student. As students continue their education through elementary school and middle school, the same information will be needed as well.

If you would like to inquire about missing documents, feel free to contact me. Submission of documents can be hand delivered to the front office with Iris or Maddie, and can be faxed to 505.796.6909, or they can be emailed to me.sarracino@lagunaed.net.

As always, let me know if you have any questions.

Take Care,

Melanie Sarracino
ERSEA Manager



We are back at the school!

ACL will be coming in to the school on March 26th & 27th to screen your child's teeth and give a fluoride treatment as a part of the school dental program that Acoma Canoncito Laguna Service Unit offers.

We will honor the permission slips that were signed with the school application for the dental screenings and fluoride treatment, but if you have any questions, please feel free to call Laura at ACL at (505) 552-5367.

Please let us know if your child sees a private dentist with private insurance, as there may be insurance complications!

Please note: every child will receive a goody bag, even if they did not get screened.



BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Visit www.MouthHealthy.org/SmileBuilders for more activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with fluoride toothpaste.
- Visit your dentist or dental hygienist twice a year.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for professional cleanings and oral exams.

ADA American Dental Association®

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Reminders

- **Please be waiting 10 minutes prior to your bus pick up / drop off time**
- **Please wait until the bus comes to a complete stop and opens doors before approaching**
- **Please make sure your child is ready to load as soon as the bus pulls up:**
 - **dressed and ready**
 - **shoes on and ready**
 - **backpacks on and ready**
 - **waiting outside vehicle and ready**

** Due to time constraints it is important that your child is ready, if your bus is having to wait for you, every other stop will be waiting as well.

Thank you DEC Families helping us protect children as we travel to and from school

If your child will not be riding the bus please call the program
@ 552-6544 as early as 6:00am M-F

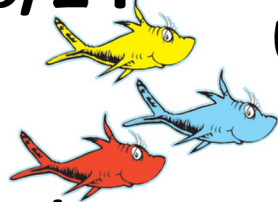
Dr. Seuss Week

March 24 - March 28



Monday - 3/24: Red Fish, Blue Fish

(wear red or blue)



Tuesday - 3/25: Green Eggs & Ham

(wear green)



Wednesday - 3/26: Wacky Wednesday

(wear your clothes inside out, backwards, mismatched, or crazy hair)



Thursday - 3/27: The Cat in the Hat

(wear anything with stripes, or the colors red or black & make a hat in the classroom)



Friday - 3/28: Dr. Seuss Book Parade

AT 10:00 a.m.

ALL FAMILIES WELCOME



*Laguna Division of Early Childhood
Parent Education*

Healthy nutrition & Meal Planning

Sharing Simple Healthy
Recipes

Date: Thursday, March 20, 2025
Time: 9:30a.m.
DEC West Modular

Join us for
Healthy Smoothies
&
Stawberry Banana
Popsicles

Laguna WIC will be
present



RSVP by Friday, March 07, 2025
call or text Tiffany @
505-220-2549



Thank you!

See you Next Month!

-DEC STAFF

