



Laguna Division of Early Childhood

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WHAT'S INSIDE



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-Family Service Providers-

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Coordinator-

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Announcements

- ⇒ **4/3** — **Purple Day** (wear anything purple)
- ⇒ **4/5** — Policy Council @ 10 am in the PRC (**check in the front office and wear your mask while on site**)
 - ⇒ **4/3-6** — Easter Activities
 - ⇒ **4/7** — Good Friday (**No School**)
 - ⇒ **4/9** — Easter Sunday
- ⇒ **4/12** — Parent Committee Meeting @ 11am
 - ⇒ **4/17-21** — Week of the young child
 - ⇒ **4/22** — Earth Day
 - ⇒ **4/24** — S.T.E.A.M Activity– Earth Day
 - ⇒ **4/25** — Parent Education @ 11am

Reminders:

- April 10th will be monthly testing for all children and staff
- April 24th bi weekly testing for unvaccinated and children in between doses

Laguna Department of Education will continue to follow Covid safe practices with the exception that a positive person is the only one to quarantine. Testing for all exposures will still take place per EOC. Please continue to wear your masks at bus stops, child drop off and at the center.

Early Head Start Sunnyside Classroom



Contact Information:

TEACHERS: Andrea Lucario & Kay-Mani Riley

EMAILS: a.lucario@lagunaed.net & km.riley@lagunaed.net

CLASSROOM NEWS!

The children had fun discovering ways to play with balls: throwing, rolling, bouncing, painting with, textures, size, same and different.

Our Mini feast was canceled due to the weather. It will happen at a later date.

The theme for this month is Containers. The children will have opportunities to explore the varieties of containers. You will have the opportunity to explore and gather containers at home. Home activities will be sent home to help with suggestions in your discovery. Questions to think about when exploring: How do we open and close containers? What do containers hold? How are they the same and different? How do people use containers?

The Culture theme for this month is Easter. The children will learn their clans. A week of activities is planned in preparation for Easter. A cooking demonstration on making Easter pudding will be provided by the Office of Laguna Learning. Their will be a Clan exchange, and an egg hunt.

For the month, Health is going to focus on Yoga/Meditation. Activities will be provided by the health coordinator.

UPCOMING EVENTS

4/3—Purple Day

4/3-6 - Easter Activities

4/17-21 - Week of the Young Child

**4/20 - Nutrition Activity:
Kumquats**

4/24 - STEAM: Earth Day

DATES TO REMEMBER

4/7 - Good Friday - NO SCHOOL

4/16 - HAPPY BIRTHDAY - KS

ACHIEVEMENTS/ MILESTONES

The children are observant of each other and they are imitating each other in their actions.

The children are showing curiosity in climbing on the furniture.

The children are following simple directions with gestures.

The children are beginning to stand and walk on a balance beam.

NEW WORDS TO LEARN

April:

Shoe/cereal boxes, baby/spray bottles, baskets, bowls, measuring cups, wipe/food storage containers, cans, milk jugs, take-out

Cultural Vocabulary:

Easter, Kawaika hanu, Easter pudding

Color of the month:

Purple

Chinatown Classroom



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

NEW WORDS TO LEARN IN APRIL:

Easter

Kawaika hanu

Easter Pudding

Directions:

North

South

East

West

Color of the Month:

Purple 4/3

Chinatown Classroom News!

Our Creative Curriculum theme for this month is "Containers." We will learn about opening and closing different types of containers. What do we store in containers? How are containers the same and different. Lastly, how do we use them?

Our Health Focus is: Yoga Meditation: We will do daily stretching exercises, (Doing simple yoga movements), throughout the month.

Cultural Lifeways Curriculum will be focused on Easter Activities: Our children will learn to identify their Kawaika hanu by using pictures. We will learn how to make Easter Pudding and taste it. We will also do a clan exchange and go an Easter Egg Hunt.

UPCOMING events

April 28-Happy Birthday N. L.

April 07- Good Friday-No School

April 22-Earth Day

MILESTONE

We have one child taking steps with some assistance.

We have our children falling asleep with little to no assistance for nap time and sleep for the duration of our nap time.

Two children started using potty chairs.

One child starting to use three-word phrases depending on activity-"What's that, see?"

Celebrating Dr. Seuss week was fun as we rode around the plaza in our buggy and saw all different hair dos, hats, wacky shoes, Thingy Thursday, and lastly we choose to dress up as one of the Dr. Seuss characters.

One child is a Star Reader! Yay N.L.



04/3-6 —Easter Activities

4/17- 4/21 — The week of the young child

04/24 — S.T.E.A.M. Earth Day

Turquoise Springs



TEACHER NAME(S): Candice Lucero and Raina Victorino

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

CLASSROOM NEWS!

Cultural Curriculum: we will learn about the different Easter activities that happen within our community; from making Easter pudding, to learning our clans, to exchanging lunch with our peers. We would like for families to make a poster with their child's clans on it.

Creative Curriculum: Our study for this month will be on "Containers". We will observe the many different sizes/shapes, the many different styles (plastic, glass, metal, etc.), to what the containers can hold or be used for. When we place a smaller item into the container what sound do we hear? Count how many items we can fit into several different containers.

Nutrition Activity: We will observe and have the opportunity to taste a "kumquat". We will discuss the color, size, and use our fine motor skills to peel the kumquat.

Health Activity: Yoga activities. We will use a time during our day to try some Yoga exercises, be on the lookout for some handouts to be sent home for you all to try.

At-Home Activity

Blowing bubbles is for lip and cheek weakness and it is a really fun way for children to play with bubbles without knowing it is therapy. We also love using bubbles to aid with strengthening their core as well as breath support. Bubbles give instant gratification if blown appropriately by moving their lips to protrude and have enough air support to blow the bubble! To increase verbal output and provide some more lip work, have your child say "pop," "pop," "pop" when popping the bubbles.



UPCOMING EVENTS

4/3/23 Wear the color purple

4/3-7/23 Easter Activities, TBA

4/20/23 Nutrition Activity: Kumquats

4/17-21/23 Week of the Young Child



NEW WORDS TO LEARN IN APRIL:

Easter

Easter pudding

Egg

Rabbit

Color purple



DATE TO REMEMBER

Happy Birthday Ms. Raina 4/1

It is so great to hear the children using more of their own words, when we have conversations at the tables, they are repeating a lot more words for us to understand!

Casa Blanca Classroom

TEACHERS: Evelyn Garcia & Marilou Arkie

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

CASA BLANCA NEWS!

Happy Spring everyone! Join us in welcoming Mariah Whitmore to the classroom, she is helping us as a very needed and wanted third person! This month we are learning about containers and we need your help to help us with our study, any container will be appreciated: plastic or cardboard with their lids, if possible. Your children will learn about sizes, shapes, matching, sorting, and environmental print! Please send items that you don't mind parting with and will be kept in the classroom for further use.

Also, we'd like to connect the STEAM activity with our study. If you are able to, please send any large and emptied plastic containers such as laundry detergent, milk, water, or beverage jugs, to cut, glue, and paint. These containers will be returned by the end of the month.

NEW WORDS TO LEARN IN MARCH:

Shoebboxes

Take-out containers

Measuring cups

Soap dispensers

Nesting cups

Jars

Boxes

Spray bottles

Toothpaste tubes

Shape sorters

Classroom bins

Milk cartons

Trash cans

Paint ups

Wipes containers

jugs

UPCOMING EVENTS

4/3—Purple Day

4/3-7—Easter Activities

4/7—Good Friday, LDOE Closed

4/17-21—Week of the Young Child

4/24—STEAM Earth Day

4/20—Kumquat Nutrition Activity



Achievements/ Milestones

The children in our classroom are learning more about expectations that are presented in Head Start classrooms. They have a seating chart and are encouraged to sit on it during our Large Group meeting in the morning. More songs are being introduced which help with developmental skills and school readiness goals.

We are still working on Potty Skills! Many children are staying dry through the day though will need to be changed after snack. Each week, we will send home a chart with how many times your child has used the toilet. Let's keep working together to get them out of pull-ups by the end of June!



Preschool Head Start Encinal Classroom



TEACHERS : Teacher Bee and Ms. Yvonne

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

Words to learn in English and Keres Language:

Easter

Laguna

People

Easter Pudding:

Flour

Whole wheat flour

Sugar



This Month's Theme: Gardening

Gardening encourages children to explore a variety of plant types and what they produce.

Teachers will introduce the topic and ask the children open ended questions:

- What do you know about Gardening?
- What do you want to find out about Gardening?

Children will explore with books, plants, materials and gardening tools.



ACHIEVEMENTS/ MILESTONES

Achievements: Learning new vocabulary words and making four to five sentences. Using polite words such as excuse me, thank you, please and I am sorry.

Next steps: Use complete four to six word sentences.

Describe use of many familiar objects.

Responds appropriately to specific vocabulary and simple statements, questions, and stories

UPCOMING EVENTS

4/3 Wear Purple

Easter Activities

4/3-4/7 Clan exchange, Easter Egg hunt, Easter pudding making

4/17-4/21 Week of the Young Child

4/20 Kumquats

4/25 Steam Earth Day



Encinal Celebration

April 7th Good Friday No School

April 9th Easter Sunday

Yay!!! We are proud to announce Encinal Classroom is growing. We are now up to 12 students in our classroom.

We would also like to say "Thank You" Parents for your participation in the school activities and being part of your children's learning development. We appreciate you all so much :)



Seama Classroom

Tsiya'ma Kii ya

EMAIL:

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l.peacock@lagunaed.net

r.kie@lagunaed.net

Teachers: Mrs. Leona, Mrs. Venessa & Ms. Royce

UPCOMING EVENTS

4/3/23-Wear Something Purple

4/3-7/23 Easter Activities in Classroom

4/7/23 **NO-SCHOOL GOOD FRIDAY**

4/17-21/23 Week of the Young Child

4/24/23 STEAM-Earth Day

Seama Classroom News!

In the Month of April Seama Room will be focusing on Gardening. Learning our Big and Little clans.

Children will learn new skills, have fun, play and develop self-confidence by spending time in the garden tending to plants and growing our own food. We all love and enjoy being outdoors, digging in the soil, getting dirty, creating things and watching plants grow. Plants are the main food source for living things, including us humans. Plants also provide us with many vitamins to keep us healthy. When is a good month to start getting a garden going? What types of plants do we want to use? What type of soil will I need? These are questions we need to know.

"To plant a garden is to believe in the future."

Words to Learn in April:

Easter-Kojai yats zimmie

Easter Pudding-ziit shee

Purple-pish shuuna

Laguna People-

April-

Big Clan-Hanuu

Little Clan-Washch'ii

ACHIEVEMENTS/ MILESTONES

We have been learning about simple machines and how certain gadgets work. What do pulleys do, what does a wrench do? How do these simple items work? Children were able to identify simple items we use and have in our house and what they are used for, a can opener, nut cracker, whisk, mixer, flash light, pan. We have gained knowledge in identifying numbers 1-30. We have learned parts of a book the cover, the back, the spine, who draws the pictures and who writes the words. We are doing lots of writing in our journals writing letters of the ABC's and cutting with scissors. Children have been doing such a great job with our simple tools, and learning our directions in Keres.

MARK YOUR CALENDAR

Easter Activities in your child's classroom April 3-6, 2023

NO-SCHOOL GOOD FRIDAY APRIL 7, 2023

Thank you parents for making time to read to your child and logging the books that your child takes home every evening. YOU'RE INCREDIBLE!

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





Paguate Classroom

Teacher Juana & Ms. Maddie

EMAIL(S): j.natseway@lagunaed.net / m.francis@lagunaed.net

WORDS TO LEARN IN

APRIL:

Easter

Kawaika Hanu

Easter Pudding

Purple



Salutations Families,

Paguate News!

As we spring forward into the month of April, our creative curriculum topic will be focusing on 'Gardening' and discovering the many different ways people garden, what they garden, the hows and whys. Cultural Lifeways children will learn the process of planting and begin to identify wild tea, wild celery, and wild onions and the words for them in Da'she'yah. For Conscious Discipline we will focus on the Power of Intention. We will learn that intention can divide, exclude, stagnate, and inhibit learning. Intentions can also bond us together, enhance our communication and foster achievements towards our goals in health we will discover yoga and meditation and the many ways they help regulate our emotions.

UPCOMING EVENTS

4/3- Purple Day

4/3-4/6 - Easter Activities

4/7- Good Friday—No School

4/17-4/21- Week of the Young Child

4/20- Nutrition Activity - Kumquats



Achievements/ MILESTONES

Thank You Parents for attending our last Parent Teacher Conferences of the school year, great job parents!

As mentioned during conferences, each child has reached a personal goal that was set for them in the beginning of the school year and we are continuing to work towards new goals set before they head off to Kindergarten.



Laguna Classroom

Teachers: Kailyn Aragon
Caundice Deutsawe

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

Hello Families,

Laguna Classroom News!

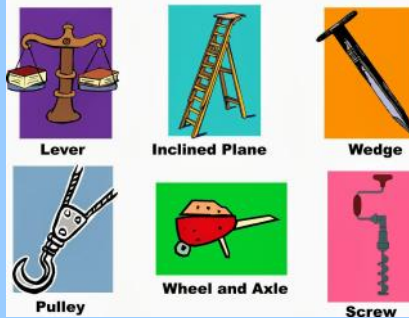
Simple machines was a new study for us all. Together, we learned the difference between simple and complex machines.

We showed the children examples, and their uses, of simple machines such as a seesaw, slide, lever, tongs, and pulley.

Children learned new vocabulary: levels, pulleys, fulcrum, dolly, axel, wheel, seesaw, and inclined plane. Very interesting study!



Simple Machines



MILESTONES

We would like to thank our Laguna classroom families for completing their parent-teacher conference by phone or Zoom.

All 18 conferences have been completed!

GREAT JOB FAMILIES! YOU ARE SPECTACULAR!



DATES TO REMEMBER:

4/3 — Purple Day

4/3-6 — Easter Activities

4/7 — Good Friday- No School

4/17-4/21 — Week of the young child

4/20 — Nutrition Activity- Kumquats

4/24 — S.T.E.A.M Activity- Earth Day



New Words to learn in

April

Kawaika Hanu

Roadrunner

Badger

Parrot

Corn

Turquoise

Oak

Eagle

Antelope

Bear

Lizard

Water

Turkey

Sky

Laguna Classroom Star Readers:

Khaine G.

Andre L.

Andrea W.





Family Service Providers

Kathleen Herrera (EHS/PHS) and Tiffany Touchin (PHS)

A message from Kathleen, Family Service Provider.

Parents and Guardians are encouraged to bring your child to school on time. Your child(ren), begin to learn and develop when arriving at school. Teachers and staff offer a variety of learning opportunities to practice their emerging skills.

There are the 5 Major Areas in which a child is observed:

• Social Emotional Development	• Language and Integration into the Curriculum
• Approaches to Literacy	• Cognition and General Knowledge
• Physical Well Being and Motor Development	

Breakfast time is an **EXCELLENT** opportunity to observe these skills.

EHS begins their day at 8:45 am. PHS begins at 9:00 am.

Just a reminder, **ATTENDANCE is IMPORTANT** as well. Call the school, to let us know your child will be absent, 505-552-6544.

ENJOY THE WARMER DAYS AND CONTINUE TO BE SAFE.

Family Involvement Events:
 April 12 Parent Committee @ 11am
 April 25..... Parent Education @ 11am
 Contact FSP for more information



Contact Information:
 Tiffany Touchin
 Program Cell Phone: (505) 220-2549
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 Fax number: 552-7533

Contact Information:
 Kathleen Herrera
 Program Cell Phone: (505) 290-9163
 Email: k.herrera@lagunaed.net
 Fax number: 552-7533



Education Manager

Gayleen Ruben

Greetings Families,

Happy Spring! Although it may still feel like winter.

As the weather is changing, it is an opportunity to get outside with your child and explore.

Why get families outdoors? Quite simply, nature is good for us. Evidence shows that it is important, healthy, and fun for children to have frequent and varied opportunities for play outdoors—and especially outdoors with natural vegetation—as a part of their everyday lives. (C&NN's annotated bibliographies.) When they do, they are happier, healthier, and smarter. Children are more self-disciplined and focused. They are more self-confident, creative, and cooperative. They are better problem-solvers, more optimistic, and more physically fit. Family ties are strengthened, a sense of community is nourished, and a sense of place is cultivated. All in all, nature is good for children and their friends and family, too!

We are excited that we have our outdoor learning area with canopies, tables, and chairs. We are planning for more outdoor learning activities for the children.

For questions, please feel free to contact me @ 505-552-6544 or the program cell at 505-280-3656.

Thank you,

Gayleen Ruben, Education Manager/ Instructional Coach

Mental Health Day!

DEC staff enjoyed a day of team-building with bowling and lunch.

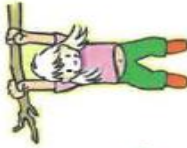
Thank you to our DEC staff for all the work they do with children and families.





25 Easy Nature Play Ideas for Early Childhood Centers

Great nature play doesn't require elaborate and expensive play spaces! Even a limited outdoor area can be affordably enhanced for nature play, using common materials and plants to create a young child's heaven that is chock-full of small-scale wonders and magical discoveries.



Try the suggestions in this brochure, and then add your own ideas over time!

Why More Outdoor Play?

For eons children have enjoyed the outdoors as their greatest playground — climbing trees, digging holes, catching frogs, building forts, picking berries, or just running gleefully through tall grass.

These are fond memories for most adults, but unfortunately they have little to do with modern childhood. Today's children are disconnected from nature. American kids (ages 3 - 12) now spend 27 percent of their time with electronic media, versus only one percent outdoors. If you count only time for *unstructured* outdoor play — that is, play that kids make up themselves, on their own schedules — it amounts to just 30 minutes per week!

With a little planning, outdoor enrichment, and commitment, your early childhood program can easily double that weekly amount of outdoor free play! This kind of play is perfect for developing the "whole child." In fact, a growing body of research shows that frequent, unstructured play in diverse natural settings is great for:

- ▼ Social and emotional development;
- ▼ Creative development;
- ▼ Intellectual development;
- ▼ Physical fitness and overall health; and
- ▼ Creation of lasting personal bonds to the natural world.

What Makes the Best Nature Play?

Green Hearts promotes three key dimensions of great nature play.

- 1. The right kind of place:** A naturalistic area where kids are free to explore, play, and relax — and even to cause a little minor damage. The "richer" the space, the better: extensive and diverse plantings, dirt piles or digging pits, water, shrub dens, vines, boulders, "secret" niches, expanses of sand, balancing logs, etc. The space doesn't need to be large, but it should be "dense" with natural features, on the small scale of young children!
- 2. The right kind of play:** Truly free play, where the kids "make it up as they go." Adult supervision is fine and necessary for all child care, but adult *intervention* should be limited. Let the kids use their own imagination to create play; don't try to be their coach! If the site is naturally rich, they'll find plenty to do. And be sure to stress play *with* nature — i.e., digging, wading, picking, catching, smelling, climbing, etc. — not just play *in* nature!
- 3. The right kind of re-play:** That is, frequency! Research finds that the greatest impacts of nature play come when it is a regular part of children's lives. Early childhood centers have the perfect opportunity to provide that frequency, since kids return to your site day after day. Even a small play area can offer a powerful experience of nature for your young children!

For more ideas and understanding, visit www.greenheartsinc.org. Be sure to check out our "Parents' Guide to Nature Play." Also, please consider *Green Hearts for a keynote address or workshop about nature play at your next early childhood conference!*

Ideas You Can Do!

Outside Door

Use it — more than you already do, in all safe weather conditions!

Water

Kids love water play! Provide water from multiple sources, if possible: a hose, a faucet, a sprinkler, a rotating sprayer, a rain barrel, a hand pump, or even just spray bottles.

Water Transport

Part of the fun of water play is moving it around! Use watering cans, buckets, hollow bamboo poles, plastic pipe (with curves & connectors), plastic gutter sections, pots and pans, recycled milk jugs, etc. You can get the water from a faucet or hose, or use rain barrels to collect it.



Digging Pit

Just plain dirt, going down — plus kid-sized shovels. If you have heavy clay soil, you may want to lighten it by mixing in a few bags of sand or mulch. Pea gravel or plain mulch can also be used for digging pits. *Note:* Dirt digging pits will miraculously turn into mud puddles after a rain. Your kids won't mind a bit — but be sure to forewarn their parents!

Dirt Pile

Just plain dirt, going up. The larger the pile, the more fun and creative play your kids will have. It will inevitably get muddy and messy — and your kids will have even more fun!

Leaf Pile



If you're lucky enough to have large deciduous trees nearby, rake the fallen leaves into giant piles and let the kids have at 'em! Better yet, let your kids do the raking — they'll love it! The good memories will last longer than the leaves.

Sand

Lots of it! — contained by shrubs, landscape timbers, old tires used as planters, boardwalks, whatever. The more sand, the better! Avoid small commercial sand boxes, which don't have much magic to them. Have a source of water nearby, or a handy way for kids to take water to the sand — since sand becomes *really* great for artistic play when it's wet! (*Note:* Check with your license inspectors about requirements for covering your sand area at night. Sometimes landscape-scale sand areas have less burdensome cover requirements than smaller sand boxes.)

Plants! Lots of Plants! Everywhere!

Grow plants in beds, in giant pots, in window boxes, in old tires, and vining up trellises and trees. Choose plants for species diversity, various colors, different heights and textures, and strong fragrances. Have the kids help plant and care for them. Raised garden beds can help protect young or more fragile plants from active preschooler play.

And if you don't have a good shade tree, buy the largest one you can afford and have it planted by the pros. Use a hardy, native species: protect it from harsh play until it is established; and don't compact the soil over the root zone. It will take years to become a great play tree, but the sooner you get it growing...

Vegetable Garden

Choose veggies that will ripen during your school season — either rapidly in the spring (like peas, radishes) or ones that will be ready in late summer. (If you operate year-round, this is no issue.) Good possibilities include potatoes, sugar snap peas, corn, carrots, and cherry tomatoes. Use planting beds, giant pots, or both. If you have a sunny window sill, you can start most veggie seeds inside during late winter or early spring, and then transplant them outside after last frost. If garden care is needed during vacations, ask one family to voluntarily tend the garden each week until school re-opens.





Disabilities Services Coordinator **MARGARET MASCAREÑAZ**



Happy Spring! Welcome Back! We hope everyone had a restful and enjoyable Spring Break!

Question:

Why is it important to provide early mediation for infants/toddlers and preschoolers that have developmental delays?

Answer:

The idea behind “early intervention” is that if a child has developmental delays. These can typically be addressed best when they are discovered early in the child’s development.

The Laguna Division of Early Childhood program provides robust settings for all learners, including those with disabilities or developmental delays, such as in the areas of motor, communication or social and emotional development. Sometimes parents/families are concerned when a child’s development seems slower than expected. If you have any questions or concerns about your child’s development, share your concerns with the classroom teacher and/or Disabilities Services Coordinator.

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 can happen at the same time and in the same way each day which provide comfort and a sense of safety to young children.*

Routines help your child predict what will happen next.

*Routines support and develop children’s **social skills**.*

Examples of simple routines that are learning opportunities:

- * **Playtime & mealtime 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.**
- * **Greetings— good-byes and short chats are examples of routine interactions that teach social skills.**
- * **Bedtime routines can help make transitions easier. “Would you like to brush your teeth now or after you put on your pajamas?”**

PLEASE NOTE: Routines provide the two key ingredients for learning: relationship and repetition. If your child is having fun with you, your child is learning too! Enjoy these moments with your child/children.

Contact Information:

505-552-6544 Ext. 5206

mmascarenaz@lagunaed.net



ERSEA Coordinator/Child Care Manager — Patricia Charlie
(505) 552-6544 ext. 5004 / (505) 235-9286
Email: p.charlie@lagunaed.net

Parents/Guardians,

Spring has sprung, but it is feeling more like winter!

Here are a few notes regarding enrollment and child care:

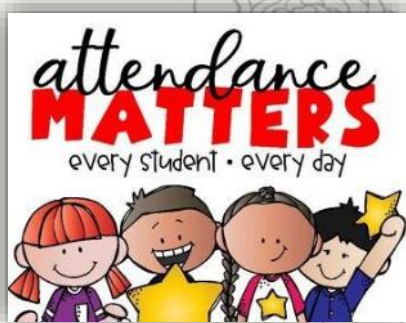
- **Enrollment for PY 2022-2023 will be closing March 31, 2023**
- **Current enrollment: PHS — 57 enrolled; EHS — 22 enrolled**
- **Child Care enrollment: PHS — 4; EHS — 7**
- **Applications for PY 2023-2024 will be on the LDoE website soon**

For the months September thru February, the following children have perfect attendance:

- **J. Chinana**

For the months September thru February, the following children have attendance above 85%:

- **H. Garcia**
- **D. Pacheco-Juanico**
- **A. Talahaftewa**
- **R. Shije**
- **A. Salvador**
- **C. Chino**
- **M. Day**



- **K. Reid**
- **C. Waconda**
- **J. Garcia, Jr.**
- **D. Garcia**
- **M. Martinez**
- **C. Sarracino**
- **H. Shije**

THANK YOU parent/guardians for sending your child/children to school every day!!

DEC Staff member had perfect attendance:

September: M. Aragon, V. Deutsawe, G. Levantonio, S. Lewis & E. Garcia

October: K. Aragon, E. Garcia, & G. Levantonio

November: M. Aragon, J. Natseway, L. Pacheco, C. Deutsawe & L. Peacock

December: K. Aragon, V. Deutsawe, K. Herrera, L. Hooee, M. Arkie, E. Garcia & T. Patricio

January: R. Kie, A. Lucario & T. Patricio

February: K. Aragon, R. Kie, L. Peacock, E. Garcia, M. Aragon, G. Levantonio, T. Touchin & L. Pacheco

THANK YOU DEC staff for being present at work everyday!!





Health Aide Lorisa Pacheco

(505)552-6544 / (505) 240-0793
Email: l.pacheco@lagunaed.net



Healthy Snack

“Flower Fruit pop”

What you will need: Grapes, Cantaloupe, Watermelon, Plastic lollipop sticks, flower cutter, circle cutter

Directions: Slice the watermelon into slices 1/2” thick and punch out as many flowers as you can with your flower cutter. Punch out the center with your round cutter.

Repeat with cantaloupe, take the centers of the watermelon and place them in the centers of the cantaloupe and vice versa. Skewer the grape down the stick, followed by the flower. Be careful not to push the stick through the top of the flower.



Health Benefits of Yoga and Meditation



Kids that participate in yoga and meditation can see both mental and physical benefits.

Physical: Yoga improves balance, strength, endurance and aerobic capacity in children and helps reduce the risk of diabetes. If kids have abdominal pain from stress, yoga can ease those symptoms, too. They'll also become more attuned with their bodies and breathing. Meditation can also help kids sleep better, manage physical effects of their emotions and improve focus.

Mental: Yoga and meditation can help children improve focus, memory, attention span, mental resilience, self-esteem, academic performance and classroom behavior. Children also learn to recognize how they're feeling and communicate about their feelings.

Some easy poses that you and your child can enjoy!



Important Reminder:

If you received a health form stating your child is missing health documents or screenings, and/or haven't turned them in, please do so as soon as possible.

Thank you!

Program Assistant



Katrina Antonio

(505) 552-6544 ext. 5005

k.antonio@lagunaed.net



Hello Families:

It is sad for me to say that I Katrina Antonio will be resigning from my position as DEC Program Assistant at the end of March. The 3 1/2 years I've been with DEC has been a life change for me. The memories I've experienced will be forever engraved into my heart.

I will truly miss working with DEC children as well as working with families. You are the true heroes to your child's education!

To the staff, I wish you nothing but the best in health, life & prosperity. It takes dedication, hard-working, enthusiastic, strong individuals to make a TEAM and that's what you all are. I couldn't have done a better job without your proper guidance and mentoring.

"Good-bye may seem forever. Farwell is like the end, but in my heart is the memory and there you will always be" — Walt Disney

Sincerely,

Katrina Antonio — DEC Program Assistant

The word "APRIL" is written in large, colorful, bubbly letters. Each letter has a different color: A (orange), P (purple), R (blue), I (pink), L (green). The letters are outlined in black and have small decorative elements like leaves or dots.



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