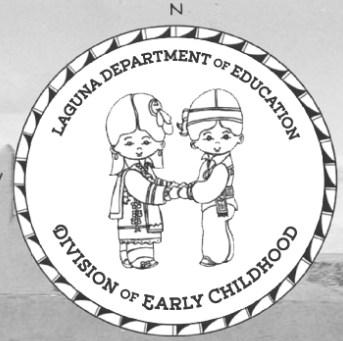


# Laguna Division of Early Childhood



October 2021 Newsletter

PO Box 798 Pueblo of Laguna, NM 87026

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



Dear Laguna Division of Early Childhood Families,

## Letter from Interim Director

I want to take this opportunity to reach out to you and offer my support during this challenging time. As interim director, please know that DEC staff and LDoE are working hard to meet the needs of children and families, and the systems that support you.

COVID safe practices are part of our daily routine and instruction. Thank you for pre-checking your child for COVID symptoms before leaving home for school. As part of our Return to School Plan, we conduct symptom check questions and temperature checks before students board the bus and when they are dropped off at the center.

Our role has not changed during this crisis. Our responsibility is to support our students by identifying their needs, and gaps within the early childhood service system. Our job is also to make sure all of our various early childhood partners are working together and coordinating to meet the needs of families.

As we move through different phases in this pandemic, we will continue to face new and unforeseen challenges. DEC stands ready to embrace those challenges and help families find solutions.

Please do not hesitate to reach out to me if you have any questions or concerns. Stay safe.

Thank you.

Ruth Hidalgo

Interim Director

Laguna Division of Early Childhood [r.hidalgo@lagunaed.net](mailto:r.hidalgo@lagunaed.net)

505.321.8490



# Happy Halloween!





# School Announcements



⇒ **Monday October 11, 2021**– Consent Form Due from Parents/Guardians.  
**Note: Forms not sent by the deadline, Student will proceed to virtual learning on Tuesday, October 12, 2021.**

⇒ **Wednesday October 13, 2021**– Drive thru Mandatory COVID Testing (Mouth Swab)

Time: EHS Students @ 8:35am

Testing Time: 8:30am-9:30am

PHS Students @ 8:45am

Testing will take place at the DEC drop off. Parents are responsible for registering their student through the Pueblo of Laguna Website. This will be a one-time registration and parents will not need to register their child after October 2021.

**Note: Only fully vaccinated parent/guardian/family member are able to be with their student when being tested.**

(Optional) EOC is offering tests in Mesita on Saturday October 9, 2021. Time 8:00am-9:00am.

⇒ **Friday October 15, 2021**– No school/Staff Professional Development Day

⇒ **Wednesday October 27, 2021**– Fall Festival (DEC Students) More information is forthcoming.



HAPPY HALLOWEEN







**Division of Early Childhood  
Staff  
Preschool Head Start**

Meet Your  
**TEACHERS**



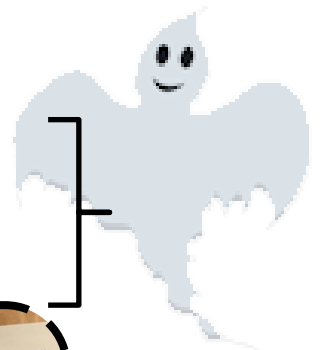
**Teacher Kailyn**



**Teacher Marissa**

**Mesita Classroom**

Happy Halloween



# Laguna Classroom



Teacher Caundice



Teacher Yvonne



Teacher Madalynn

# Encinal Classroom



Teacher Candice





rampixel

# Seama Classroom



Teacher Faye



Teacher Kayla



# Casa Blanca Classroom

## Early Head Start

Teacher Sandra



TEACHER ANNABELLE





# Village Classroom



Teacher Juana



Teacher Venessa



TEACHER BEE



# Turquoise Springs

Classroom





Teacher Marilou



# Sunnyside Classroom



Teacher Margaret



TEACHER ANDREA





# ADMINISTRATION

INTERIM DIRECTOR

**Ruth Hidalgo**



EDUCATION MANAGER

**Gayleen Ruben**





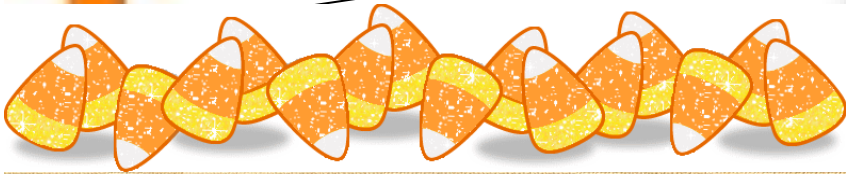
**FAMILY SERVICE PROVIDERS**



**TIFFANY TOUCHIN**



**Kathleen Herrera**



**SOCIAL WORKER**  
**Tawnia Manuelito**







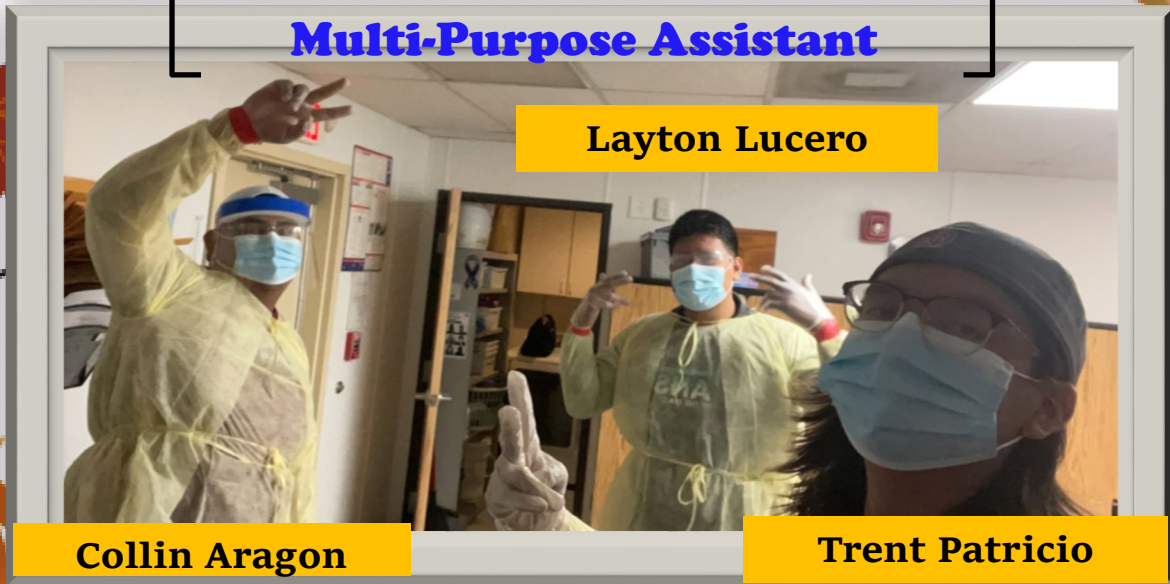
PROGRAM ASSISTANT

**Katrina Antonio**



CUSTODIANS

**Multi-Purpose Assistant**



**Layton Lucero**

**Collin Aragon**

**Trent Patricio**

Not Pictured:

Patricia Charlie-ERSEA Coordinator/Childcare Manager  
Iris Gallegos- Program Assistant





Laguna Early and Preschool Head Start invites you to:

## A FAMILY ENGAGEMENT

### S.T.E.A.M. PROJECT WITH PUMPKINS

Bubble Science Pumpkins/soapy bubbles experiment

Volcano Pumpkins/baking soda science experiment



**Come join us and have some fun!**

When: October 12, 2021

Time: 11:30 am

Join Zoom Meeting:

[https://us02web.zoom.us/j/88649212941?  
pwd=UjN4c0g4MEhodWoyYVl5T2Fncm5kdz09](https://us02web.zoom.us/j/88649212941?pwd=UjN4c0g4MEhodWoyYVl5T2Fncm5kdz09)

Meeting ID: 886 4921 2941

Passcode: STEAM



Families can use items from home

Dish soap, sugar, water, baking soda, food coloring, vinegar and a tray or pan to control the mess.

**Recommended for Preschoolers 3-5. Mini pumpkin volcanos are simple science and perfect for showing a true chemical reaction and making it fun to watch.**

Parents will need to assist their child by cutting off the top of the pumpkin, and having the child clean the inside of the pumpkin.

-Exploring states of matter with solids (baking soda and the pumpkin), liquids (vinegar), and gasses (carbon dioxide)!

-How does baking soda and vinegar react when mixed together?

-when an acid {vinegar} and a base {baking soda} is combine, they produce a gas called carbon dioxide which is the eruption you will see.

-bubbles and fizz are a telltale sign of a chemical reaction vs a physical change. Plus, a new substance is formed!

#### **Materials needed for the Volcano Pumpkin**

**1 mini Pumpkin, Baking Soda, Dish Soap (any kind will do), Vinegar, Food coloring (optional you can use 3 colors), 1 tray or pan to catch the liquid in, so you don't make a mess.**

1. Cut off the top of each pumpkin and scoop out most of the insides (this doesn't need to be perfect).

2. Set your pumpkin volcanoes on the tray or pan or you can go outside.

3. Add a 3 tablespoons of baking soda to your pumpkin volcano.

4. Add a 3 squirts of dish soap to your pumpkin volcano.

5. Add 2 squirts of each color of food coloring to pumpkin volcano.

6. Start pouring vinegar into pumpkin; you'll likely need about 1/3 cup for each.

Watch your pumpkin volcanoes erupt!

**Tip:** You can rinse the pumpkins out and try this volcano activity again and again! Trust me, your kids will **request** demand that you do so!

# Bubble Experiment recommended for Infants and Toddlers

⇒ Due to having one to one supervision

\*pre-gutted pumpkin for each child (I use the small "decorative" pumpkins and let my kiddos help in the gutting process.

\*straw for each child

\*warm water

\*dish soap

\*optional: pans to catch the mess (you can always do this outside or on a table...the cleanup is easy!)



## How to Make Homemade Bubbles

### INGREDIENTS

- 4 cups warm water
- 1/2 cup sugar
- 1/2 cup dish soap (any type of dish soap is ok)
- 1 Straw-Food coloring is optional

### INSTRUCTIONS

Parents will mix these ingredients first then add enough to the pumpkin and let your child began blowing with the straw

1. **Combine the sugar and water in a bowl stir until the sugar dissolves, add the dish soap and stir with a whisk.**

**Blow bubbles! Now it's time to blow bubbles with your new bubble solution!**

- \*Sensory experience
- \*explore bubbles
- \*explain how bubbles work (basic bubble science)

\*\*At some point, show them that the **straw will not pop the bubbles, but their dry fingers will**. Ask them why they think that is (the straw is covered in bubbles too). They may want to dip their fingers in bubbles and see if it can "go through" the bubbles too.





# NAVIGATING

a mental health

# CRISIS



## WARNING SIGNS of a Mental Health Crisis

It's important to know that warning signs are not *always* present when a mental health crisis is developing.

- ✓ **Trouble with daily tasks** like bathing, brushing teeth, changing clothes
- ✓ **Sudden, extreme changes in mood**
- ✓ **Increased agitation**
- ✓ **Abusive behavior** to self and others, including substance use or self-harm
- ✓ **Isolation**

- ✓ **Symptoms of psychosis**, like difficulty recognizing family or friends, hearing voices, seeing things that aren't there
- ✓ **Paranoia**



## WHAT TO DO in a Mental Health Crisis

**IF YOU ARE WORRIED** that your loved one is in or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start.

- ◆ **Is the person in danger** of hurting themselves, others or property?
- ◆ **Do you have time** to start with a phone call for guidance from a mental health professional?
- ◆ **Do you need emergency assistance?**

- 
- ✓ Keep your voice calm
  - ✓ Avoid overreacting
  - ✓ Express support and concern
  - ✓ Ask how you can help
  - ✓ Offer options instead of trying to take control
  - ✓ Avoid touching the person unless you ask permission
  - ✓ Be patient
  - ✓ Give them space



If the situation is life-threatening, call 911 and ask for someone with mental health experience to respond, like a Crisis Intervention Team.

