

# Preschool/K-Readiness Newsletter



**FEBRUARY 2012**



**HOME - SCHOOL - CONNECTION**


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**POINTS OF INTEREST:**

- Early Start with Dental Health 1
- Keep in Touch 1
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**UPCOMING EVENTS:**

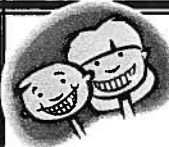
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**FEB. 14**  
**Happy Valentine's Day**
- FEB. 13 & 20**  
**Presidents' Day Holidays**  
**NO CLASSES**
- MAR. 2 PTA**  
**General Association Meeting 6:00 PM**  
**at CDC Rm 3**



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## Starting Early With Dental Health

February is Dental Health Month. The preschool classrooms plan activities that can help influence the children's attitudes regarding dental hygiene. Learning about good dental health care at an early age can help your child throughout his/her lifetime. Dental disease can be prevented and healthy teeth can last well into a person's "Senior Years".

There are many ways you, at home, can provide meaningful learning experiences about dental health

Here are some activities that can help reinforce good dental habits at home:

1) Adults and older siblings can model good dental health practices: brushing and flossing teeth, regular visits to the dentist, sensible snacking on healthy "teeth friendly" foods - NO "sugar buddies", etc.

2) Help reinforce your Children's dental health habits. Reward good dental behavior, not with sugary snacks but with stickers or a good word or smile. Make a family brushing chart and work with your children to mark the chart each day.

3) To help build your child's self-esteem parents could say:

"You do a very good job cleaning your teeth."

"You have a nice smile!"

"You're special to me and our family. I'm glad you take such good care of yourself."

"I'm proud of your good snack choices."

Good health practices that begin early, can last a lifetime.

Dental Screenings will take place in the preschool classrooms in March. Check classroom for schedule.



## US KEEP IN TOUCH Keep Contact Information Current

If there has been any changes to your contact information, it is imperative that you inform your child's teacher and the Preschool Office 951-304-1623

## PTA Fun Nights

**FEBRUARY 6**  
**Chick-Fil-A**  
 5:30 - ?

**FEBRUARY 24**  
**Jersey's Pizza**  
 5:30 - ?

**Join the Fun**



This Valentine's Day, I came to say,  
 How special you are in every way!  
 You're caring, loving, helpful too,  
 I think that I will stay with you!

*With Love,  
 The Kids*



## PTA General Meeting

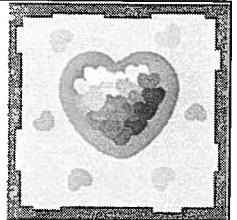
**Friday, March 2**  
**6:00 PM - 7:30 PM**  
**Child Development Center-RM 3**  
**24300 Las Brisas Rd. N**







# School Readiness Snack Calendar

## FEBRUARY 2012



Monday	Tuesday	Wednesday	Thursday	Friday
 George Washington	 Abraham Lincoln	<b>1</b> Cereal / cereal  Milk or Juice / Leche o Jugo	<b>2</b> Animal Crackers /Galletas  Milk or Juice Leche o Jugo	<b>3</b> Pretzels / Galletas  Milk or Juice / Leche o Jugo
<b>6</b> Fruit or Vegetables Frutas o vegetables  Milk or Juice / Leche o Jugo	<b>7</b> Cheese Crackers /Galletas de queso  Milk or Juice Leche o Jugo	<b>8</b> Cereal / cereal  Milk or Juice Leche o Jugo	<b>9</b> Graham Crackers/Galletas  Milk or Juice Leche o Jugo	<b>10</b> Pretzels / Galletas  Milk or Juice Leche o Jugo
<b>13</b> <b>HOLIDAY</b> <b>No Classes</b>	<b>14</b> Cheese Crackers / Galletas de queso  Milk or Juice / Leche o Jugo	<b>15</b> Cereal /cereal  Milk or Juice Leche o Jugo	<b>16</b> Animal Crackers /Galletas  Milk or Juice Leche o Jugo	<b>17</b> Pretzels / Galletas  Milk or Juice / Leche o Jugo
<b>20</b> <b>HOLIDAY</b> <b>No Classes</b>	<b>21</b> Cheese Crackers / Galletas de queso  Milk or Juice Leche o Jugo	<b>22</b> Cereal / cereal  Milk or Juice Leche o Jugo	<b>23</b> Graham Crackers/Galletas  Milk or Juice Leche o Jugo	<b>24</b> Pretzels / Galletas  Milk or Juice Leche o Jugo
<b>27</b> Fruit or Vegetables Frutas o vegetables  Milk or Juice / Leche o Jugo	<b>28</b> Cheese Crackers / Galletas de queso  Milk or Juice Leche o Jugo	<b>29</b> Cereal / cereal  Milk or Juice Leche o Jugo	Children's bodies never turn off, even when they sleep. So, after a long night's rest, they need to refuel with a nutritious breakfast. Breakfast powers up their bodies and their brains. That morning energy helps make school more fun !	

**SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE**