



The Center

Volume: 14

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Early Childhood Programs of Lake County School District

Our mission is to serve and respect children and families by providing research-based early childhood services that promote the development of knowledge, life skills, and self-esteem

It's Cold and Flu Season!

It's January, which means it is cold and flu season. Kids in preschool often get many colds due to the fact that they are explorers- with their hands and their mouths- spreading many germs just through their play. Preschoolers are still building up their immunity to colds and other diseases every day; it is simply a part of their growing process. Keeping your child healthy by giving them a lot of water, exercise, lots of rest, and healthy food, is one way to combat the cold and flu germs from getting them sick.

According to the Center for Disease Control (the CDC), the flu is spread when people cough, sneeze, or talk to others who are sick or when you touch something that has the virus on it and then touch your eyes, mouth, or nose. People can spread the virus one day before you have symptoms yourself (before you even know you are sick!) and up to 5-7 days AFTER you become sick. This means that you can come into contact with someone who may already be sick, and neither one of you knows that you have been exposed to the virus.

However, there are ways to help prevent the spread of colds and the flu. Washing your hands with soap and warm water is the best thing you can do to help. Cleaning toys and other surfaces with disinfectant if your child becomes sick will help to kill the germs. Using a tissue when you cough or sneeze and then throwing it in the trash. Try to avoid touching your eyes, nose, or mouth and teaching your child to do the same.

If your child becomes sick, please keep them home. Let them rest and get healthy before you bring them back to school. Remember that if your child has a fever, they are not allowed back to school until they are fever free for 24 hours without the aid of medication. This is the best way to prevent the spread of diseases within our schools.

For more information visit the CDC website: <http://www.cdc.gov/flu>



January 2020 Events



January 6-No School, last day of Winter Break

January 7-Back to School

January 9-Ski Program children to Ski Cooper for Boot Fitting.

January 14, 15, & 16-Ski Program skiing at Ski Cooper

January 17-The Center is Closed for Professional Development

January 20-The Center is Closed for MLK Jr.

January 21, 22, & 23-Ski Program skiing at Ski Cooper

January 29-Coffee Talk here at The Center 9:00-10:00

Parents' Voices

It is important for us to hear from you. We welcome your input to operate a program that meets the needs of the families we serve. To reach:

Holly DeBell 486-6921
Director of Early Childhood Programs

Policy Council 486-6888
extension 2190

EDUCATION

Jackie Lujan, Assistant Director of Education

This month would be exciting since we will be starting our study on boxes!

Why Investigate Boxes? Boxes are endlessly fascinating to young children. Perhaps more than any other toy or game, boxes have the power to hold children's attention and spark their imagination in astonishing ways. I'm sharing this article from NAEYC - *Teaching Young Children*, to help families get some ideas on how to support their children's learning.

"With nothing more than a little imagination, boxes can be transformed into forts or houses, spaceships or submarines, castles or caves. Inside a big cardboard box, a child is transported to a world of his or her own, one where anything is possible."

—National Toy Hall of Fame

Preschool Play Plans: Creativity with Cardboard

by: Blakely Bundy, Diane E. Levin, and Members of TRUCE

Cardboard boxes are simple, everyday items that can inspire hours of play. As children play together, they learn skills like cooperation, turn-taking, problem solving, hand-eye coordination, carrying out a plan, and much more.

Watch children as they play. This can help you figure out what they are working on and how to encourage and challenge them. Add to the play by talking about what's happening: "I see that you have crawled into that box." "That box is taller than you are!" Ask simple questions: "What else can we make out of this box?" "Do you think there is room inside the box for you and some friends?"



Building with Cardboard Boxes:

- Make a vehicle - a car, plane, truck, or rocket ship - out of a box. Plastic or paper plates can be the wheels.
- Build a box city. Cover smaller boxes (empty juice and cereal boxes, jewelry boxes, shoe boxes) with construction paper. Draw windows, doors, signs, and other objects found in a city.
- Add small figures of people and animals so that a box becomes a zoo, a pet store, a dog house, or an apartment building.
- Tie rope around a large box and have your child sit inside as you are pulling it. The box transforms into a wagon, sled, or carriage!
- Connect several boxes to make a train.
- Cut out head and arm holes in medium-size boxes. Children can wear the boxes and pretend to be robots!

FAMILY SPOTLIGHT

Thanks for joining us at our Winter Festival! We had a GREAT time!!



POLICY COUNCIL

The Center's Policy Council is looking for a few new members!!!

**Please come talk to Ms. Lisa in the Family Resource Office for more information!
This is a GREAT opportunity to be heard and have a voice for your child and the preschool program!!!**

Participants
***Free Dinner**
***Free Childcare**

Policy Council Members
**Is a Committee of parents and
community representatives who meet
monthly to review and approve
budgets, policies, and strategies for our
program!**

**Please call these dedicated
parents that have recently
served or are serving as Policy
Council Members!!**

Beverly Lauchner 917-318-4780

Maria Perez 719-293-5150

Marika Guthrie 719-838-0977

Casey Curry 719-293-1347



In-Kind

Parents, please don't forget to sign and return the In-Kind forms on the back of your Practice Packs. We can count all of your practice pack and reading hours as volunteer time in support of The Center Program. If you have any questions please feel free to talk to Ms. Mary in Room 9.

Thank You!!



HOW TO CONTACT THE CENTER

Please see your child's classroom calendar for your child's teachers email address and phone numbers.

Holly DeBell-Director of Early Childhood Programs
(719) 486-6921 hdbell@lakecountyschools.net

Marissa Martinez- Child Care Director
(719) 486-6925 mamartinez@lakecountyschools.net

Mary Jelf- Business Manager
(719) 486-6927 mjelf@lakecountyschools.net

Jackie Lujan-Education Director
(719) 486-6927 jlujan@lakecountyschools.net

Jenny Mascarenaz-Transportation Manager
(719) 486-6920 jmascarenaz@lakecountyschools.net

Lizz Holm- Health Manager
(719) 486-6923 lholm@lakecountyschools.net

Lisa Roeder - Family and Community Partnership Manager
(719) 486-6928 lroeder@lakecountyschools.net

Kelly Horning- Early Childhood SPED & Child Find
(719) 486-4406 khorning@lakecountyschools.net

Lindsay Rapke- Speech Pathologist
(719) 486-4403 lrapke@lakecountyschools.net

**If you need to call after
3:30 P.M.**

Please call us at 486-6925
***This is the only phone line that s
staffed after 3:30p.m.***



You may leave a message at this number and it will be checked. If you call other numbers, or leave messages at other extensions, your message may not be heard until the following morning.

PARENTS

If you need to reach your child's teacher, please look at your class calendar and information sheet!!!

You may also call 486-6920 and the office will direct your

**Lake County School District
The Center
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