



Miss Christina & Miss Alycia

Monthly News

This month

We are working on our classroom routines, making friends, passing food, and scraping our plates. We are working hard on classroom rules and being a superhero.

Reminder

***Parents please remember that your child is required to wear a mask on the bus to school, please make sure they are ready and waiting with a mask every morning at pick up to ensure health and safety.
Thanks so much!**

Something to Try at Home

**Have your child practice writing and drawing in shaving cream.
Ask your child how they can be a superhero at school.**

Nurse Notes

Healthy children learn better. Please keep in mind the basics of healthy living as you teach your child good life-long health habits:

What you can do as a parent to boost your child's immune system:

- Be sure they get plenty of rest each night.
- Encourage healthy foods: Offer lots of fruits and vegetables and whole grains; limit junk foods such as sweets and chips; have regular mealtimes; encourage water for thirst instead of soda pop or juice.
- Be sure your children get DAILY exercise out in the fresh air whenever possible.
- Avoid exposing your child to second-hand smoking, either in the house or in the car.
- Teach your children to keep their bodies and hair clean (daily showers/shampoo), use deodorant as needed, to brush their teeth.

The Eat, Play and Grow program will be back in September, we plan to do an in-person class, so parents or caregivers can participate. Childcare is not provided but if the child is a student with head start, they are encouraged to come along.

Hearing/Vision Screenings are coming Sept 8th and 9th, so please make sure your child is at school and on time both days

Hult Health Center Amazing Body program is coming Sept 21st they will be in the classrooms, doing fun presentations. They are excited to see the kids this year.

“There is no such thing as a perfect parent, so just be a real one!” ~Sue Atkins

As always if you have any questions please contact me at 309-699-6843 LaToya Jorden, Health Coordinator