



Newsletter

FEBRUARY NEWSLETTER 2022

Message from the Director Mrs. Shabana Syed

TESTING CHILDREN FOR COVID-19

FREE COVID-19 testing program is provided onsite at LA PREK and is underway, thanks to our partners at covidcarecenter.org. We have already had several families participate. For our preschool children, it is a fast and simple cheek swab! To assist our working parents and those who cannot be present during our testing hour, we can offer cheek swab testing to your child with a signed parent consent form. The quick and easy cheek swab test will be performed by a lab technician and results will be emailed to Ms. Shabana within 24-72 hours.

Remember: Testing is free with or without health insurance. You will not receive a bill from CovidCare. Please be aware that regular COVID-19 testing is an important component of our overall preschool COVID-19 safety protocols and can provide peace of mind for parents of unvaccinated young children. We strongly encourage all our students to participate in this testing opportunity. Our testing is open to parents and family members as well.

At this point in the COVID-19 pandemic, testing is an essential tool to prevent the spread of COVID-19. Children are back to in-person child care, school, after-school programs, and sports. Families are taking trips for vacation or to see relatives. The omicron and delta variants spread from person to person easily.

When people of different household's mix together, they risk spreading COVID-19. We can reduce the risk with tools like wearing masks and physical distancing, staying home when sick, and getting vaccinated. When available, testing is another useful tool to reduce the spread of COVID-19.

There are a few reasons to get a test. Your child should be tested if they have symptoms or if you know they have been exposed to COVID-19. They may need to be tested when returning to child care or school after a break or vacation.

By getting tested for COVID-19, a person can find out if they are contagious and isolate themselves from others so they don't spread the virus. A school, child care, or sports program can use testing to prevent outbreaks and stay open.

We appreciated all of your support during last year's unprecedented times because of the COVID-19 pandemic. Little Angels Preschool is dedicated to providing an excellent education for every student in a safe, supportive, and positive learning environment. There will be new information and reminders that will be coming to you throughout the year. Please feel free to call, text, or email me whenever you have questions or need assistance.

Thank You!

IMPORTANT DATES TO REMEMBER

February 1st - Virtual Visit from Dr. Sahar M. (WUHS)

February 8-10 - PT Conference

February 10 - Local Mechanic Place (Field Trip)

February 17 - Train Ride (Field Trip)

February 21 - Presidents' Day- NO SCHOOL

February 24 - Visit from Dr. Fida Salamah (OT)

TYPES OF

COVID-19 TESTS

There are two main types of tests that can tell if a person has COVID-19, even if they aren't showing any symptoms: PCR or nucleic acid diagnostic tests and antigen screening tests.

	PCR or nucleic acid test	Antigen test
What does it detect?	Genetic material from the virus	Proteins on the surface of the virus
How accurate is the test?	Extremely accurate	Less accurate than PCR, but still good at finding people who are contagious
How are you tested?	Swab in your nose and/or mouth, saliva	Swab in your nose
How long does it take to get results?	1-3 days	15-30 minutes
Will you need to repeat the test?	Not usually. This test is highly accurate.	Sometimes. If a person has symptoms but tests negative or a person tests positive and is asymptomatic, it may be necessary to repeat the test to confirm the result.

Adapted from the US Food and Drug Administration's "Coronavirus Disease 2019 Testing Basics," December 2021

<https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics>

COVID-19 POLICY & SICK POLICY

We all need to work together to keep everyone safe and healthy.

Children will be asked to stay home or return home if any of the following applies:

- Child, or anyone in the household, has a fever of 100.4 or higher or other potential symptoms of COVID-19, such as shortness of breath, persistent dry cough, sore throat, muscle pains or gastrointestinal symptoms (vomiting, nausea or diarrhea), chills with repeated shaking, fatigue, congestion or runny nose within the last 48 hours.
- Child, or anyone in the household, has come in contact with others who have or suspect to have COVID-19 or exhibit the symptoms above.
- Colds and the flu are still out there. If your child exhibits any of the symptoms and has tested negative for COVID, please keep them home for 24 hours after fever ends without the use of fever reducing medication. We want to make sure your child feels well enough to participate.

The Health Department as well as Community Care Licensing will not let us attempt to distinguish whether the symptoms are caused by COVID-19 or another cause, such as allergies or a common cold. Any of the symptoms listed above will prevent a child from attending school. We all need to work together to keep everyone safe and healthy.

Additionally, our policy is designed to protect the well-being of all the children, as well as the staff. When there are symptoms of illness or other indications that a child is not well enough for group activities, arrangement must be made for their care at home. If your child becomes at school, they will be isolated, and you will be called to pick up your child. Exposure to communicable disease should be promptly reported. By the same token, the school will notify you when your child has been exposed to an infectious disease.



FEBRUARY 8-10, 2022

My friends' daughter recently attended the parent/teacher conference for her twenty-month-old son. Prior to the meeting, she questioned the importance of attending a conference for a child so young. What would the teachers possibly have to say about my son, she asked? After attending the conference, she had an answer: a lot!

At Little Angels Preschools, parent/teacher conferences are held twice a year: once in the fall and once in the spring. Parents have the opportunity to speak directly with their child's teachers about the child's school experience. Whether your child is two-years-old and just starting school, or five-years-old and heading to kindergarten next year (or beyond), there is important information to be learned at every level.

Here are some of the many topics you can expect to (or ask to) hear about at your child's conference:

SOCIAL/EMOTIONAL SKILLS:

A child's ability to interact with his/her peers and teachers is a skill that spills over into all aspects of learning and growth. Children learn how to ask for (and obtain) what they need or want, initiate play, and navigate through daily routines. Self-confidence, taking on different roles in play, and regulating emotions when frustrated are also part of this skill area. You might learn whether your child has a friend that he/she gravitates towards. Teachers can give you suggestions as to who might be a good play date choice for your child as well. Play dates are a wonderful way for children to build friendships with their peers; it creates a "bridge" between school and home, and likely will lead to interactions within the classroom.

COGNITIVE SKILLS:

Your child's teachers, particularly in the 3s, Pre-K, classrooms, will speak about his/her emergent literacy, writing, and math skills (i.e. an interest in sorting items, ability to write his/her name, counting with correspondence). A child's skills are measured in two ways: (1) against standard milestones and (2) in relation to his/her abilities from when he/she first entered the classroom. Teachers (and parents) want to see growth from point A to point B; if a child enters the classroom in September and does not recognize his/her name in print, but is able to in November, that is something to be proud of!

LANGUAGE DEVELOPMENT:

A child's ability to follow directions, listen to and retell stories read aloud, remember past events, and make connections between school and home are all part of your child's language development.

GROUP ACTIVITY INTERACTIONS:

You might hear about your child's interest level with regard to small and large group activities. Does your child enjoy whole group story time, or does he/she prefer working one-on-one or in a small group at Table Time? Attention span and ability to work independently are also observed and relayed during conferences.

AREAS OF STRENGTH/INTEREST:

Is your child a master at puzzles? Does he/she have an innate ability to cheer up their friends when they are upset? You will learn all about your child's strengths and interests at this time as well. Teachers can suggest ways to build upon these interests and strengths outside of school (i.e. a child who shows an interest in science might enjoy attending an after school science program).

GOALS:

This may be the most important point of all to be learned at your conference. Teachers create a set of goals for your child to strive to achieve throughout the year. It might be to increase his/her gross motor skills, or to offer information more frequently at circle time. Goals are individualized to the needs of each child; the attainment of those goals are assessed throughout the school year.

Conferences are a wonderful time to meet with your child's teacher. The teacher has valuable insights regarding your child's experiences at school and can give you a more complete picture of his/her day. Don't be afraid to take notes, ask questions, and if need be, follow-up for a future meeting or check-in via email or telephone call. Parents know their children best; your input, concerns, and interest in your child's preschool experience is valued and appreciated by his/her teachers.

FIELD TRIP TO

PLANES OF FAME AIR MUSEUM



SHADOWS

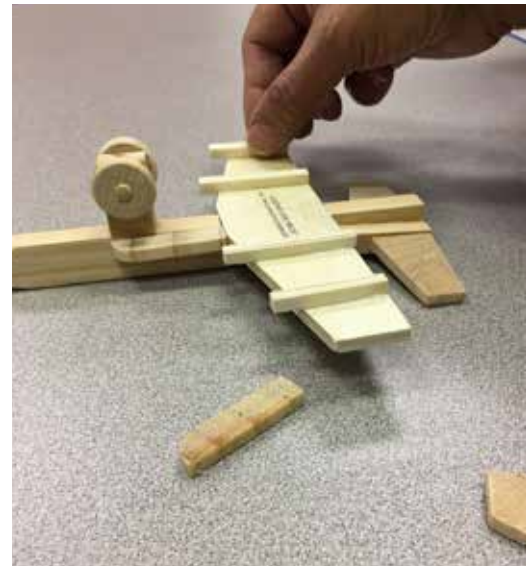
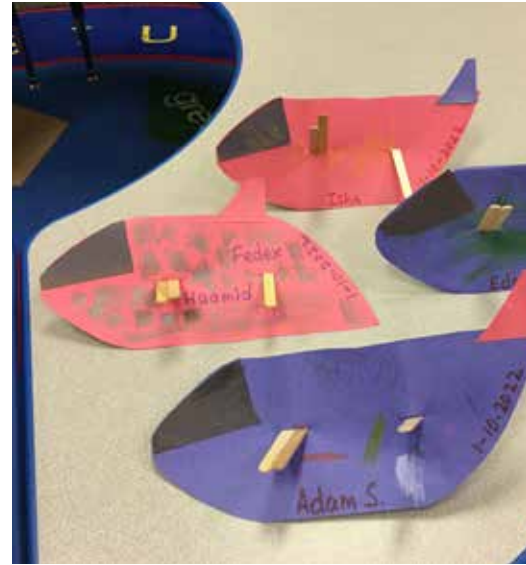
SCIENCE ACTIVITY

Whenever there is light, there is a shadow with you! Why do you have a shadow? Why is your shadow a different size at different times of the day? What is a shadow? How is a shadow made? Do all objects have shadows?



DIFFERENT FORMS OF TRANSPORTATION

PLANE, CAR, BOAT, TRAIN



FEBRUARY IS NATIONAL CHILDREN'S

DENTAL HEALTH MONTH



Now's a great time to reinforce the importance of proper oral health care with your child.

Started as a one-day event in 1949 by the American Dental Association, it became a national, month-long observance in 1981. National Children's Dental Health Month aims to reinforce the importance of proper oral health care in children.

During childhood, healthy oral care habits lay the groundwork for children to carry into their teens and adult years.

Here are some ways to not only give them the best care as babies but to help them build healthy habits as children and teens:

CLEAN YOUR BABY'S GUMS

Wipe your baby's gums with a soft cloth even before their first tooth erupts to remove any milk or formula residue.

FIRST EXAM BY YOUR CHILD'S FIRST TOOTH

The American Association of Pediatric Dentistry recommends that your baby have an exam by their first birthday or when their first tooth pokes through the gum. This early evaluation helps their doctor establish a relationship at a young age and gives their doctor a chance to make sure their lips, cheeks, and jaws are developing correctly.

NO BOTTLES IN THE BED

Baby bottle tooth decay, as it's called, is just that. Sugars naturally present in both breastmilk and formula sit on your baby's teeth overnight. The acids present in the sugars eat through the enamel and can cause cavities. Even when your child is a little older, you should not send them to bed with milk, juice, or soda because of the same effects.

TWO MINUTES, TWICE A DAY

Brush your child's teeth or help them brush for two minutes, twice a day. Play a song or buy your child a toothbrush that plays music or has lights that flash for two minutes. Be sure to replace your child's toothbrush every three or four months.

DON'T SKIMP ON FLOSS

Flossing is just as important as brushing. By not flossing, you miss 33% of each tooth's surface. A toothbrush can miss particles of food and plaque, and decay can set in between the teeth. If your child has two teeth that touch, floss between them.

PROFESSIONAL CLEANINGS AND EXAMS

Make sure your child sees their dentist at least twice a year for a professional cleaning and exam. Their doctor will look for any developmental issues and confirm your child's bite is developing correctly. They can also detect tooth decay before it causes any problems. Unnoticed or untreated tooth decay can cause infections of the gums and the nerve of the tooth causing pain and sensitivity to hot, cold, and pressure.

CONSIDER SEALANTS

Sealants help prevent cavities from settling into the grooves of a child's back teeth. Sealants are a liquid resin that is light-cured and creates a smooth surface over the tooth's rough grooves, making brushing easier.

FLUORIDE

Depending on your child's age, a fluoride treatment may be recommended to give an extra layer of protection to your child's teeth.

MAKE WATER YOUR GO-TO DRINK

Water is not only hydrating, but it also helps rinse away food particles that may stick to teeth.

OFFER HEALTHY SNACKS

Instead of sugary gummy snacks or carbohydrate-filled cookies that can stick to teeth and cause decay, offer your child a piece of fruit or vegetables with hummus. They say it can take up to twelve exposures to a food before your child warms up to it, so don't stop trying if they reject it at first!

Studies have shown that early childhood tooth decay has surpassed asthma to become the most common chronic childhood disease. Children who have poor oral care habits are also almost three times as likely to miss school because of tooth pain.

Establishing good habits while your child is young will help them learn to take care of their mouths properly and may even help you step up your own home care routine as you set an excellent example for your little ones.



FEBRUARY IS

**NATIONAL
CHILDREN'S**

DENTAL HEALTH MONTH!

It raises awareness of how important it is for children to develop good oral habits at an early age to ensure a lifetime of healthy smiles.

A SPECIAL VIRTUAL VISIT FROM



**DR SAHAR
MIRFARSI DDS**

- ✔ Co-Coordinator of Advanced Oral Diagnosis Workgroup
- ✔ Assistant Professor
- ✔ College of Dental Medicine
- ✔ Western University of Health Sciences

TWO DENTAL STUDENTS:

✔ SARAH LADHANI ✔ MINDY LOMBERE

**WILL EDUCATE OUR CHILDREN ABOUT THE
IMPORTANCE OF BRUSHING AND FLOSSING**

On February 1st, 2022 @ 10:00 AM

FEBRUARY THEME: TRANSPORTATION AND

HEALTHY EATING HABITS

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH!

As there is so much to learn about 'Transportation – Air, Land and Sea' we will continue into February as well. We now understand how the food and goods in our country are brought here and distributed around the country. Every mode of transport is just as important as the next. We will also have a special guest come in to talk about the importance of brushing and flossing and develop healthy eating habits.

THEMES:

- Transportation and Healthy Habits

LANGUAGE & LITERACY:

- Recognizing and naming body parts
- Reading about foods–fruits and vegetables
- Know & Practice saying first and last name

LETTER & NURSERY RHYMES:

- Letter M N O P
- Practicing Sight words
- Cognitive & Mathematical Skills:
- Counting 1-20
- Positional & Directional Concepts

SCIENCE & SENSORY:

- Dumping & Pouring
- Textures & Touch
- Sound
- Taste
- Smell

LARGE & SMALL MOTOR SKILLS:

- Pedal a tricycle
- Hand & Finger Coordination / "Pincer Grasp"

SOCIAL & EMOTIONAL SKILLS:

- Cooperation
- Friendship

Learning At Home Activities: Cooking PB&J!

Have your child help you make peanut butter and jelly sandwiches!

Teach them how fun cooking and responsibility can be by having them help you "cook" and clean up.



Estimated Time: 15 minutes

Materials:

Peanut butter, jelly, bread, and a butter knife

Subject: Cooking



OPEN SANDWICHES



Cut bread with cookie cutters, spread cream cheese or butter on the top. Top with cucumber slices, tomato slices, ham or other meat.

Wrap in plastic wrap or place in small tupperware container.

If kids are worried that their bread will get too "soggy," place cream cheese in small container and include a spreading knife. Let them assemble their sandwich at lunchtime.