

ICSGV PRESCHOOL NEWSLETTER



Little Angels
PRESCHOOL

FEBRUARY
NEWSLETTER 2023

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

MESSAGE FROM THE DIRECTOR MRS. SHABANA SYED

Assalam alaikum Dear Parents,

January was a great month for us here at Little Angels! We rang in the New Year and are ready to make the best of 2023! The children are in full learning mode and we took a field trip to **LA Zoo**, read books on animals, their habitat and learned how each animal is created differently. We were fortunate to have a visit from **Los Angeles Fire Department**. The Chief and the firefighters from #145 showed off their gear, talked about how they help people in distress and finally the kids got to use the water hose to put out fires. They even got to sit on the fire truck and take pictures. One of our own parent, Sharefa, made **Cheese Bread** with our children. The bread tasted delicious. Children had a lot of fun making the dough flat, placing cheese inside and rolling into a ball. After it was baked, added honey and ate it.

February is also a month where, I see the children start to make important connections; for example, a child may notice that their napping mat is the same rectangle shape as the cube structure they made. You may notice that your child wants to help sweep or fold clothes at home because he's been folding blankets at school. These connections are always exciting and should be rejoiced. Maria Montessori once said that "education is not something which the teacher does, but it is a natural process which develops spontaneously in the human being." As we see spring naturally develop, we also see children's skills develop spontaneously too.

Our **February theme is Health, Hygiene, and Nutrition**. I have awesome activities planned for the kids. We will focus on nutritious foods, and ways to stay healthy. Lesson plans will include cooking projects, and nutritious food collages. I will be incorporating movement games and activities to keep our students moving each day. Besides enhancing brain development, promoting active play is a good way to keep our kids healthy. Your child may come home and tell you all about participating in Alphabet Yoga or tight rope walking! We will also learn about Dental hygiene, getting rid of germs, and taking care of our body. We are starting out the month strong with our first activity about Germs, then making a Healthy Plate, Taking Care of Our Body and finally "Dental Health". During this week the children will learn that it is important to brush our teeth and take good care of them! And finally we will be making a Friendship Fruit Salad.

February is **National Children's Dental Health Month**. We will visit **Western University College of Dental Medicine** for a presentation on Healthy Teeth and Healthy Bodies.

IMPORTANT REMINDERS TO REMEMBER:

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| 1 • February 6th: Germs - Fiza Khan | 4 • February 15th-17th - PT Conferences |
| 2 • February 8th: Friendship Fruit Salad | 5 • February 20th: NO School – Presidents' Day |
| 3 • February 14th: Healthy Food Habits – Doaa Al Dabbor | 6 • February 22nd: Mini Day Spa - Amnah Ahmed |
| 7 • February 28th: Field Trip- Western University- Dental Health- Dr. Sahar Mirfarsi | |

10 FACTS ABOUT CHILDREN'S DENTAL HEALTH

1. Nearly 1 in 5 kids have untreated cavities

About 20 percent of kids between the ages of 5 and 11 have at least untreated decayed tooth, according to the Centers for Disease Control and Prevention (CDC), and 13 percent of 12- to 19-year-olds have untreated cavities. Untreated cavities are more than just unsightly – they can lead to tooth infections, known as abscesses, which can destroy the pulp inside the tooth. In time, these deep infections can even cause a child to lose a tooth.

2. Untreated cavities are more than just a dental problem

Untreated cavities can interfere with a child's everyday life too. Cavity pain can make it hard to eat and speak, and the pain from tooth decay can prevent a child from playing and learning. In fact, research shows that kids who have dental problems miss more school and get lower grades than do children without oral health problems. Tooth fillings and other treatments can stop tooth decay.

3. Fluoridated water helps strengthen teeth

Tooth decay occurs when acids in food and saliva eat away at the enamel, which contains calcium and phosphate. Fluoride can strengthen teeth to reduce enamel erosion.

Fluoride is a naturally occurring mineral – rocks release fluoride into water, soil, and the air. Nearly all water contains some amount of fluoride, but it is not usually enough to prevent tooth decay, so many communities add fluoride to their drinking water. Drinking fluoridated water increases the amount of fluoride in saliva and tooth enamel absorbs fluoride from saliva. Once inside tooth enamel, fluoride combines with calcium and phosphate to strengthen tooth enamel.

4. Some kids need fluoride treatments from their dentists

While many communities add fluoride to their water, fluoridated water may not be enough to protect a child's teeth. Brushing with fluoride toothpaste or using a fluoride rinse can help strengthen tooth enamel. Dentists can apply fluoride varnishes to teeth, which can prevent about a third of cavities in baby teeth, also known as primary teeth. Dental sealants applied to the chewing surfaces of back teeth can prevent 80 percent of cavities.

5. Tooth decay can start early in life

A poor diet and inadequate tooth brushing during the first two years of a child's life can increase their risk of cavities. In fact, cavities can even begin in baby's first tooth! Tooth decay in baby teeth can also increase the risk of cavities in permanent teeth.

10 FACTS ABOUT CHILDREN'S DENTAL HEALTH

6. Healthy dental habits also develop early in life

Wiping an infant's gums with a soft, clean cloth after the morning feeding and before bed removes the bacteria, sugars and acid that can cause cavities. As soon as baby teeth appear, parents can start brushing their little one's teeth with a soft toothbrush and plain water twice a day. Kids can start brushing their own teeth with supervision at about the age of three.

7. Sports are a major cause of dental injuries

Sports injuries are responsible for 13 to 39 percent of all dental injuries in children. Wearing a mouth guard and other sports gear can reduce the risk of sport-related dental injuries.

8. Regular dental checkups are important for kids

Early detection and treatment of tooth decay and other oral health problems is essential for healthy teeth. Going to the dentist for dental exams and hygiene at a young age also helps children feel more comfortable and less stressed out about visiting the dentist.

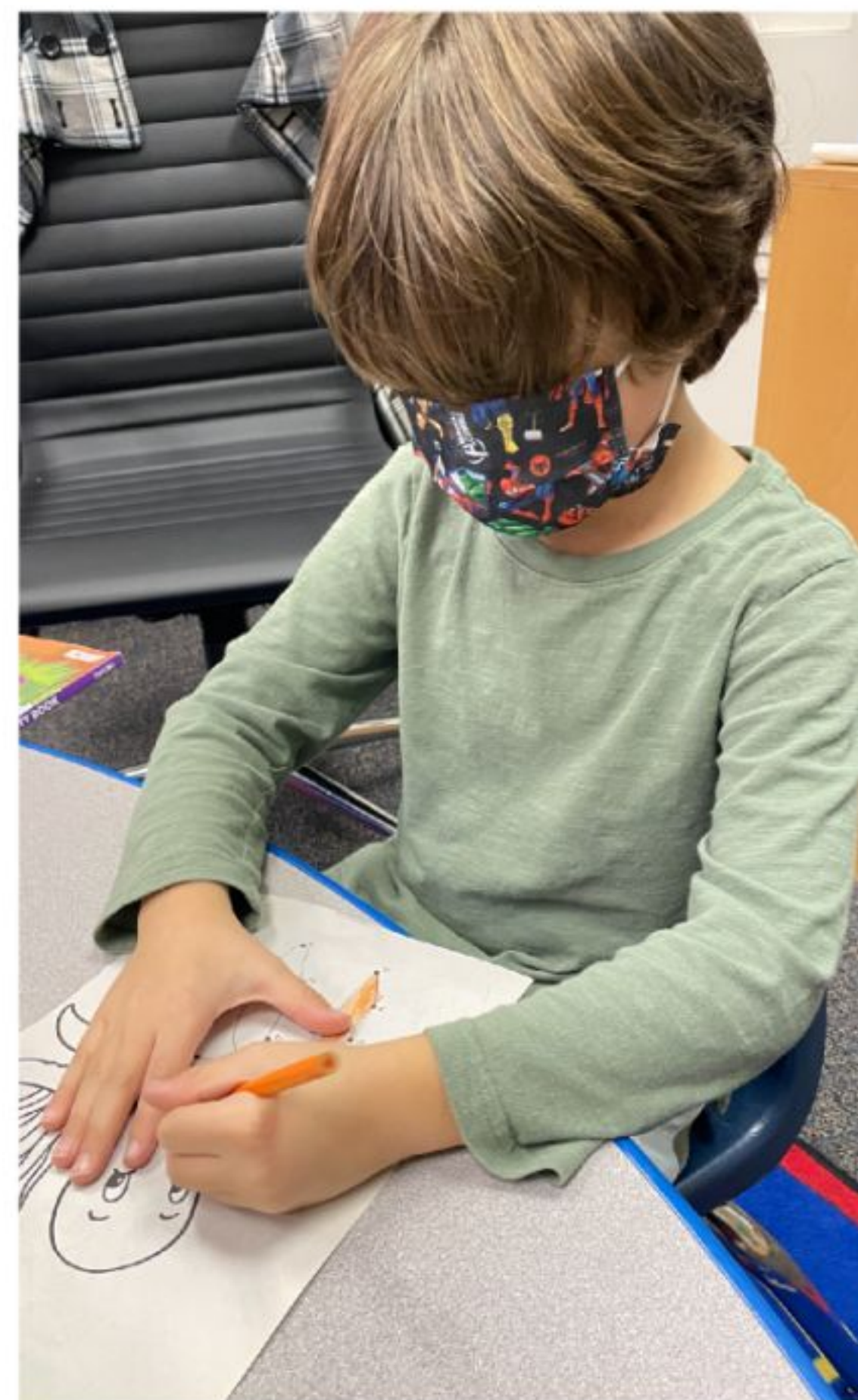
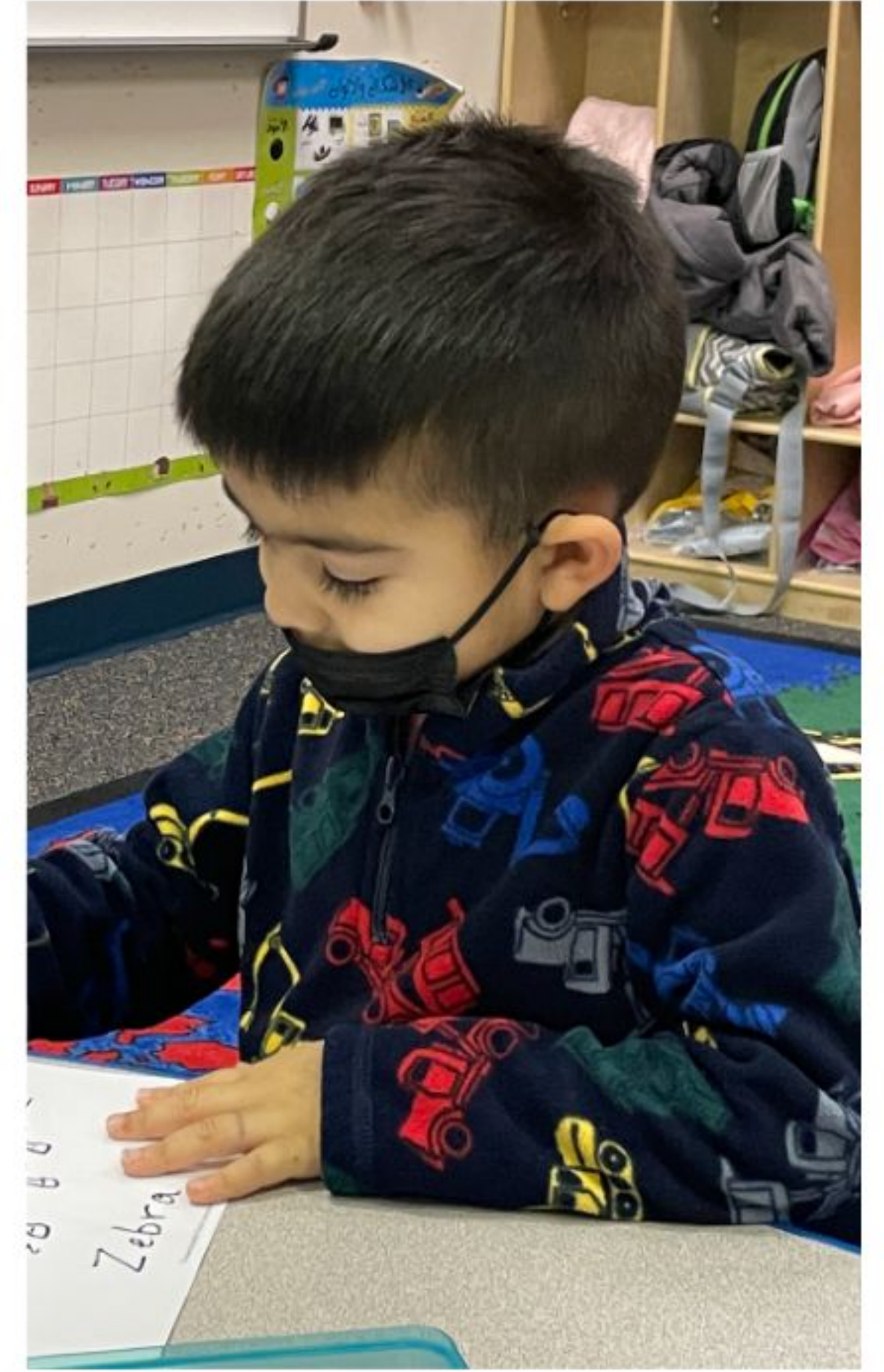
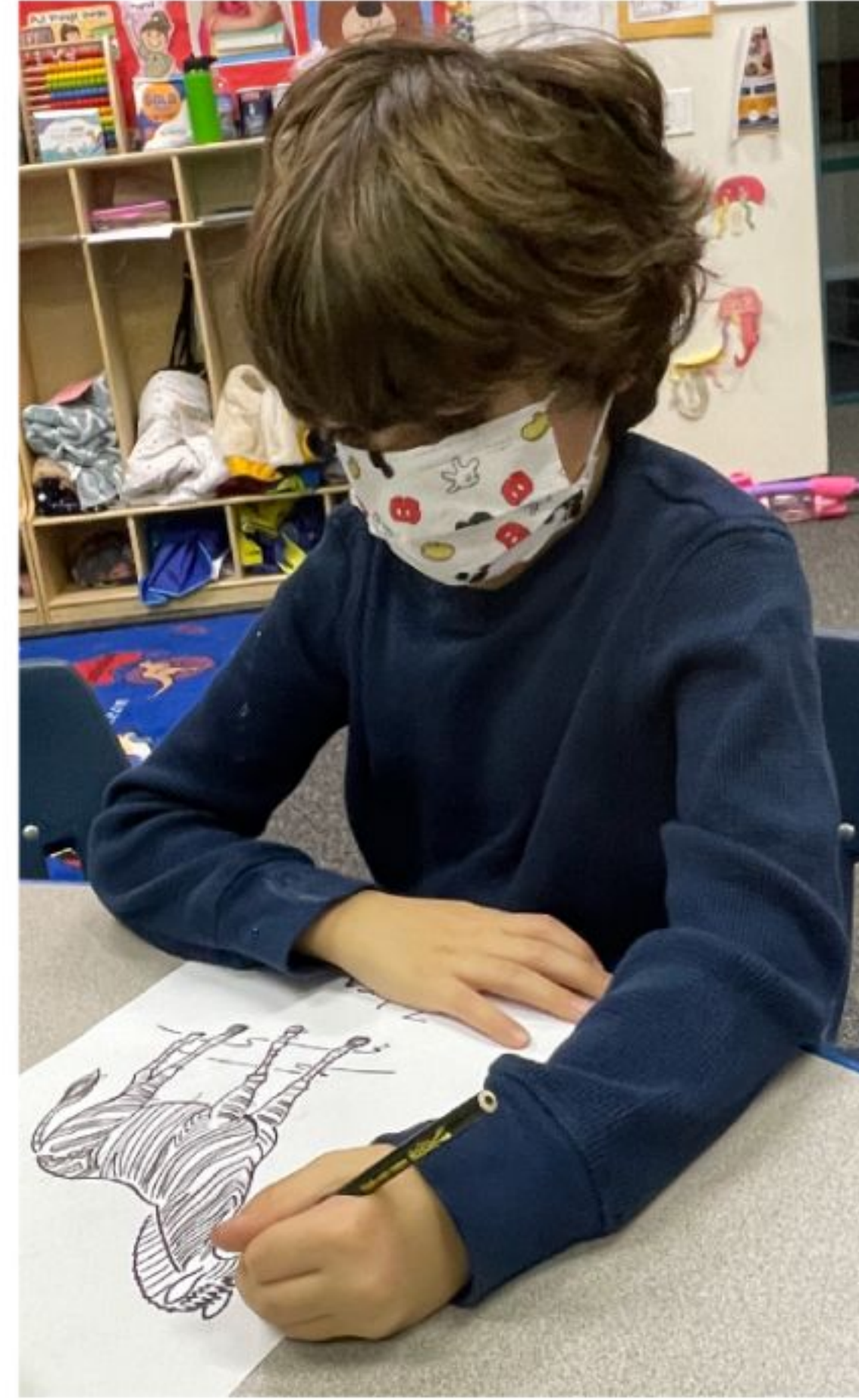
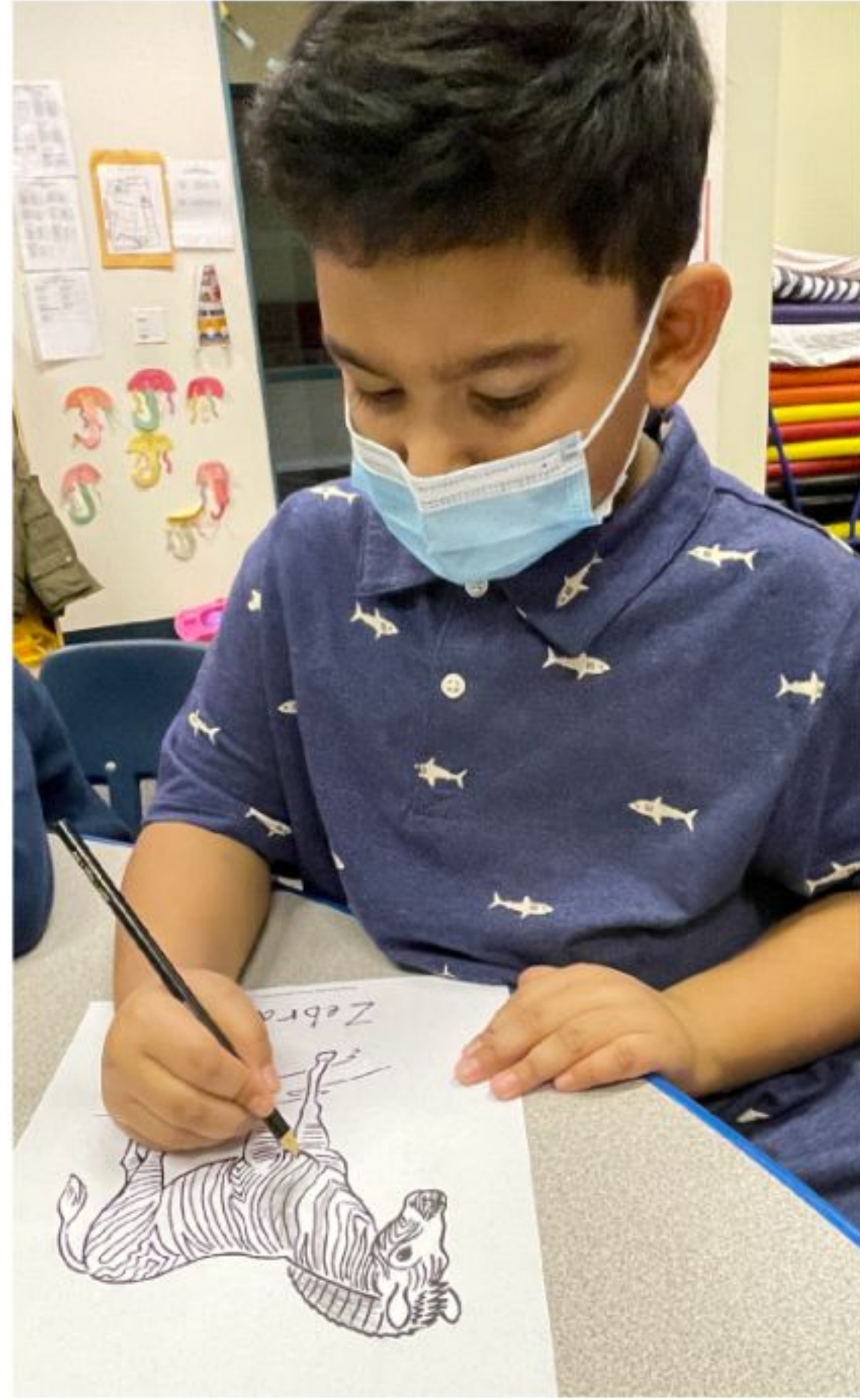
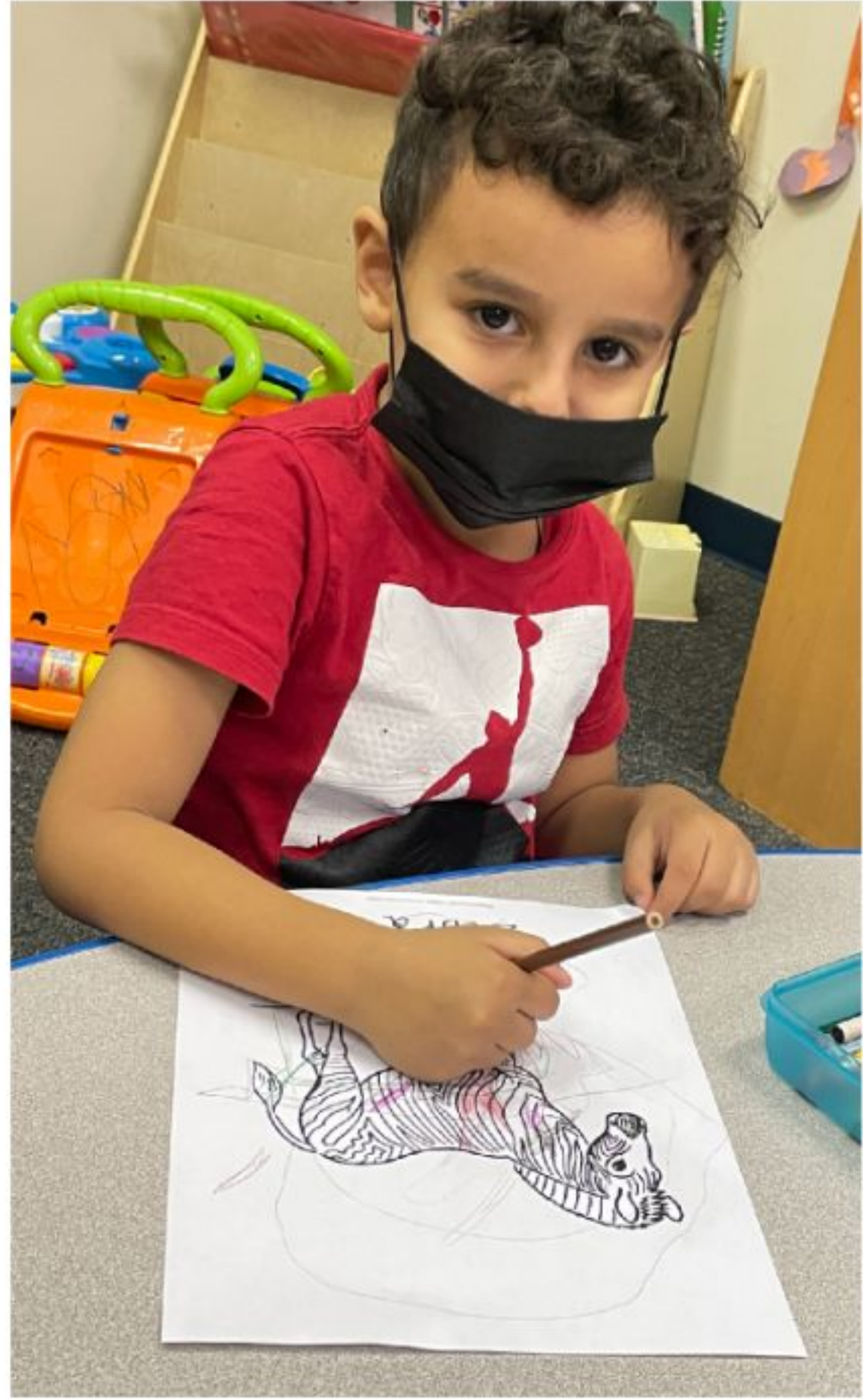
9. You should take your child to the dentist on his or her first birthday – or sooner

Children should make their introductory trip to the dentist when their first tooth appears or on their first birthday, whichever comes first. After that, kids should go to the dentist about once every six months or as often as recommended by their dentist.

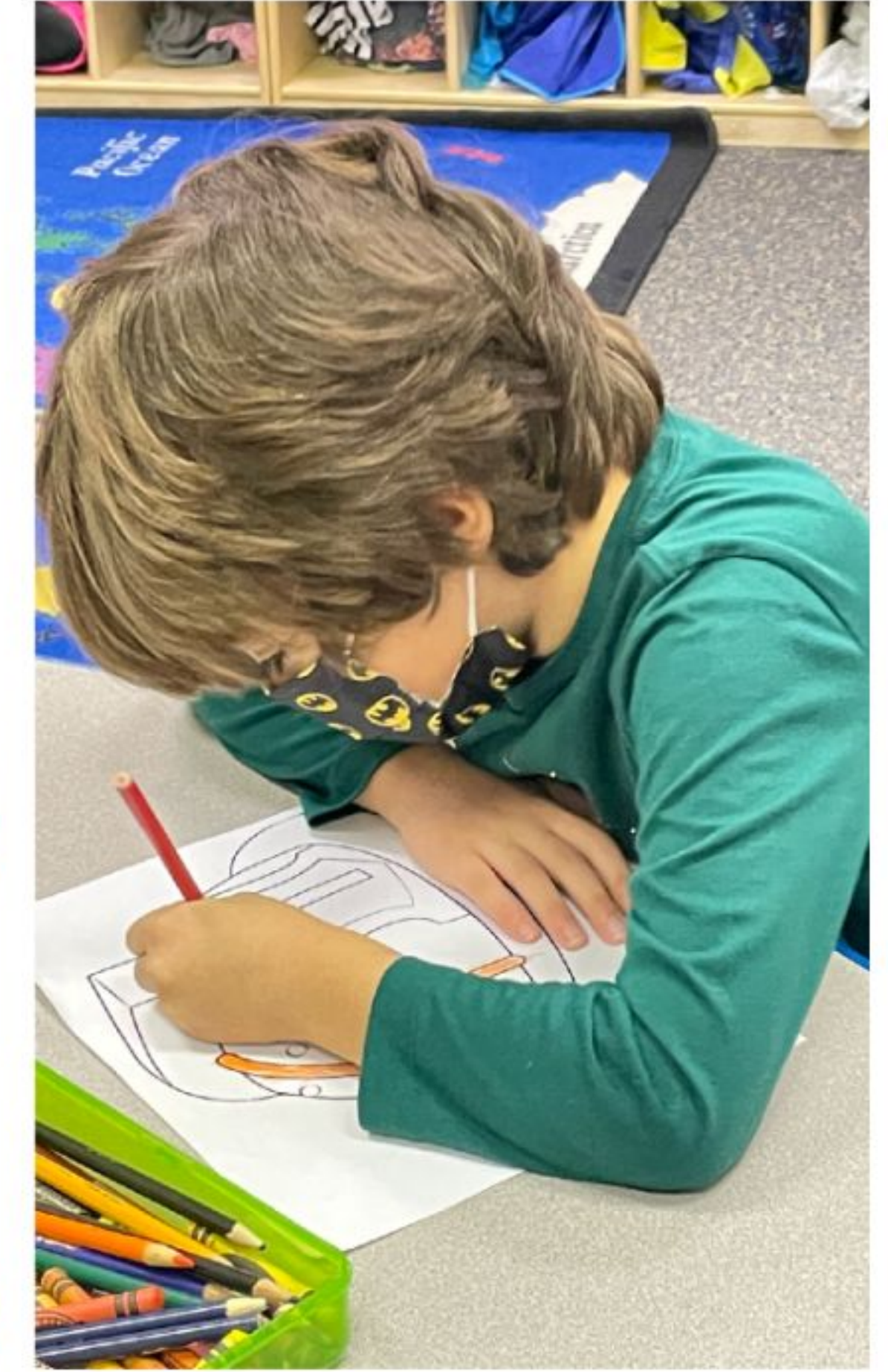
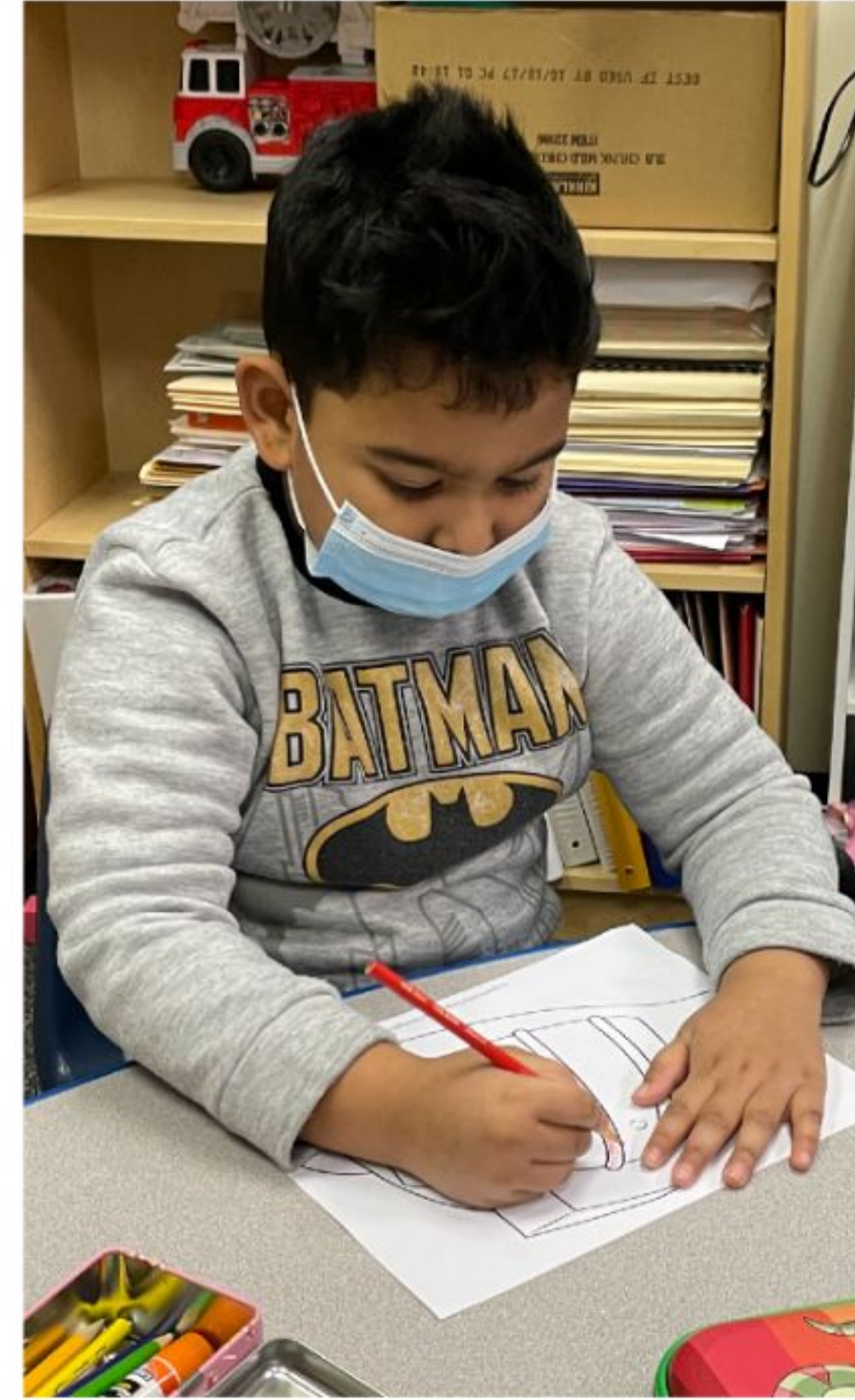
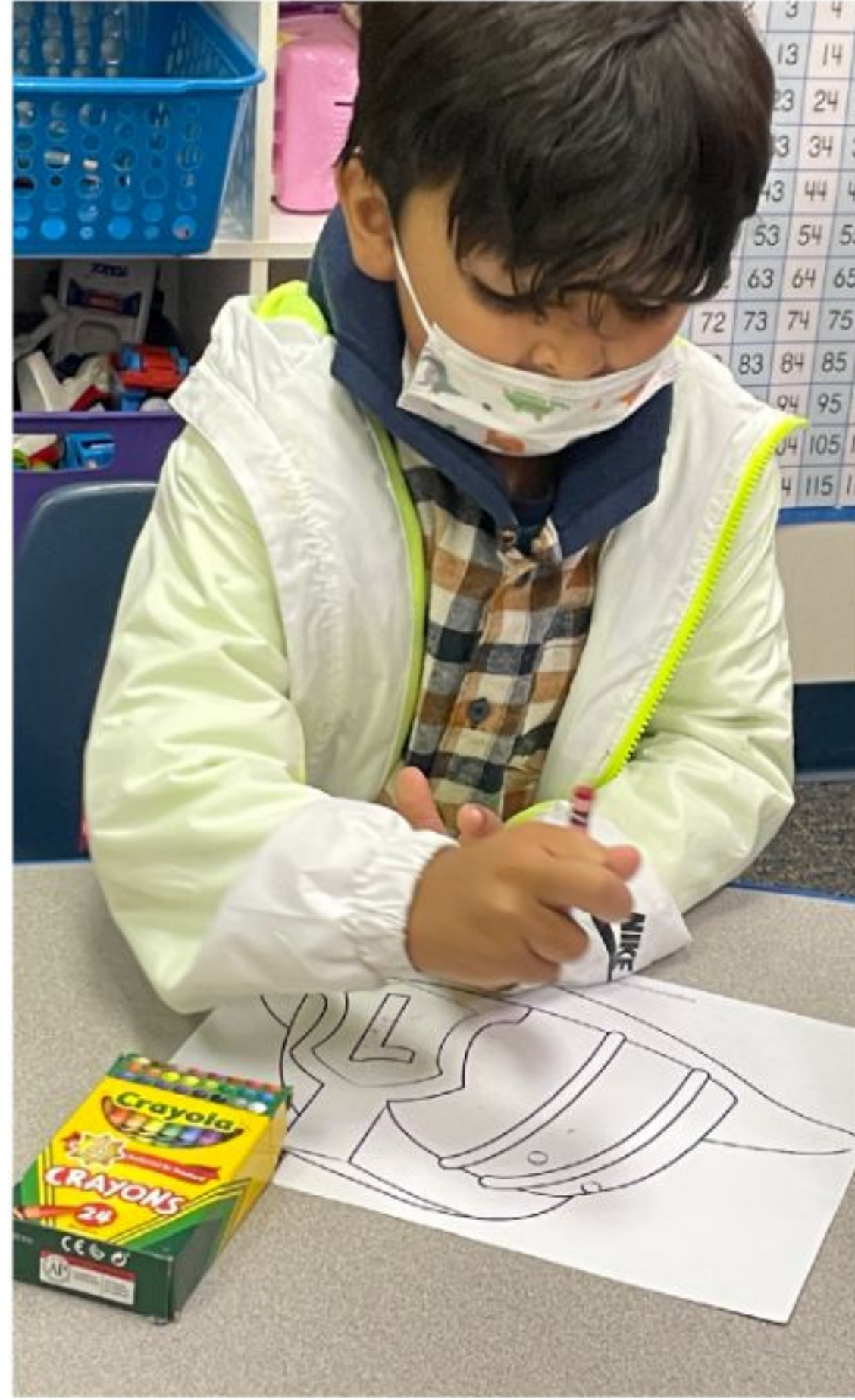
10. February is a great time to schedule a dental appointment for your child



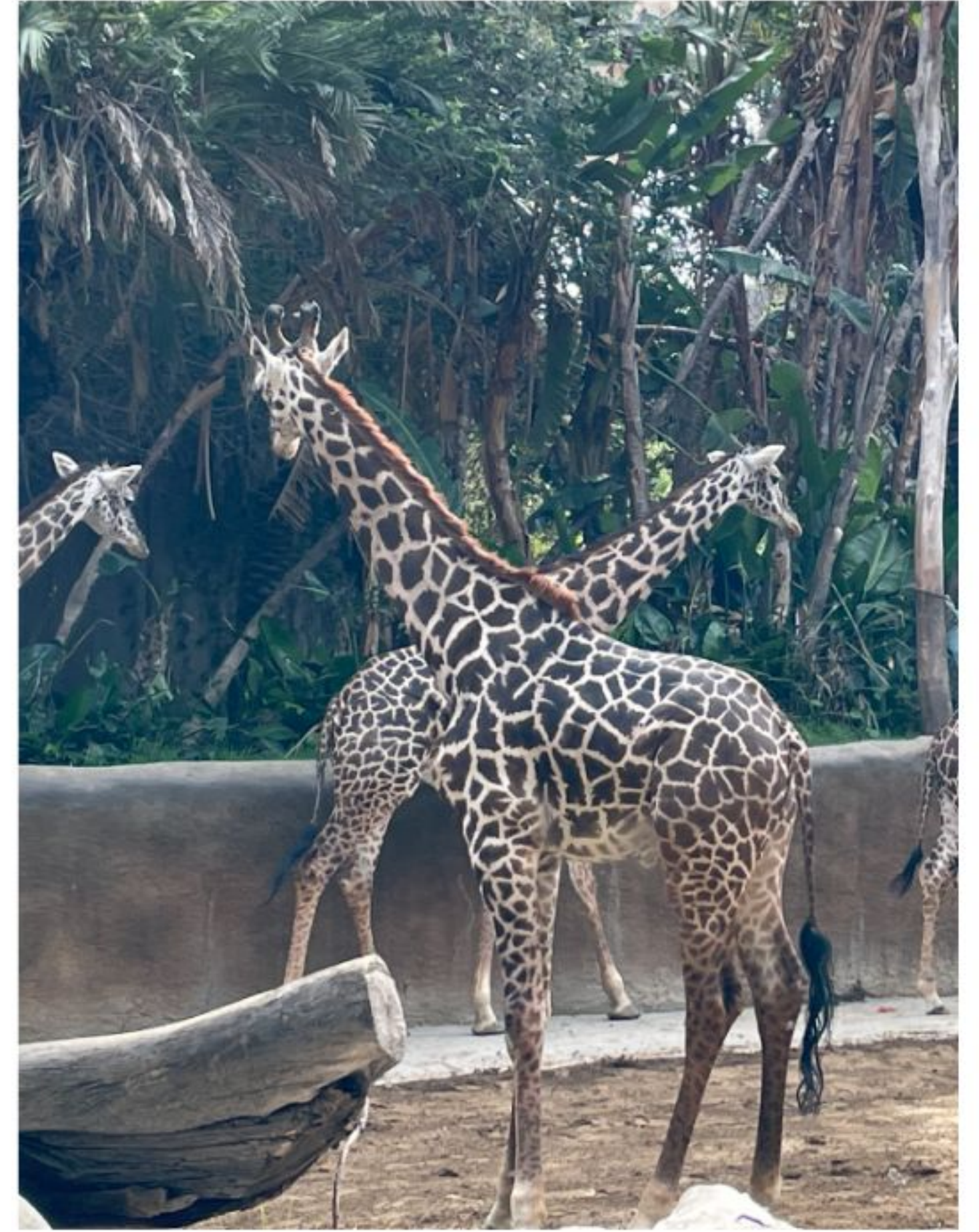
JANUARY CLASS ACTIVITIES



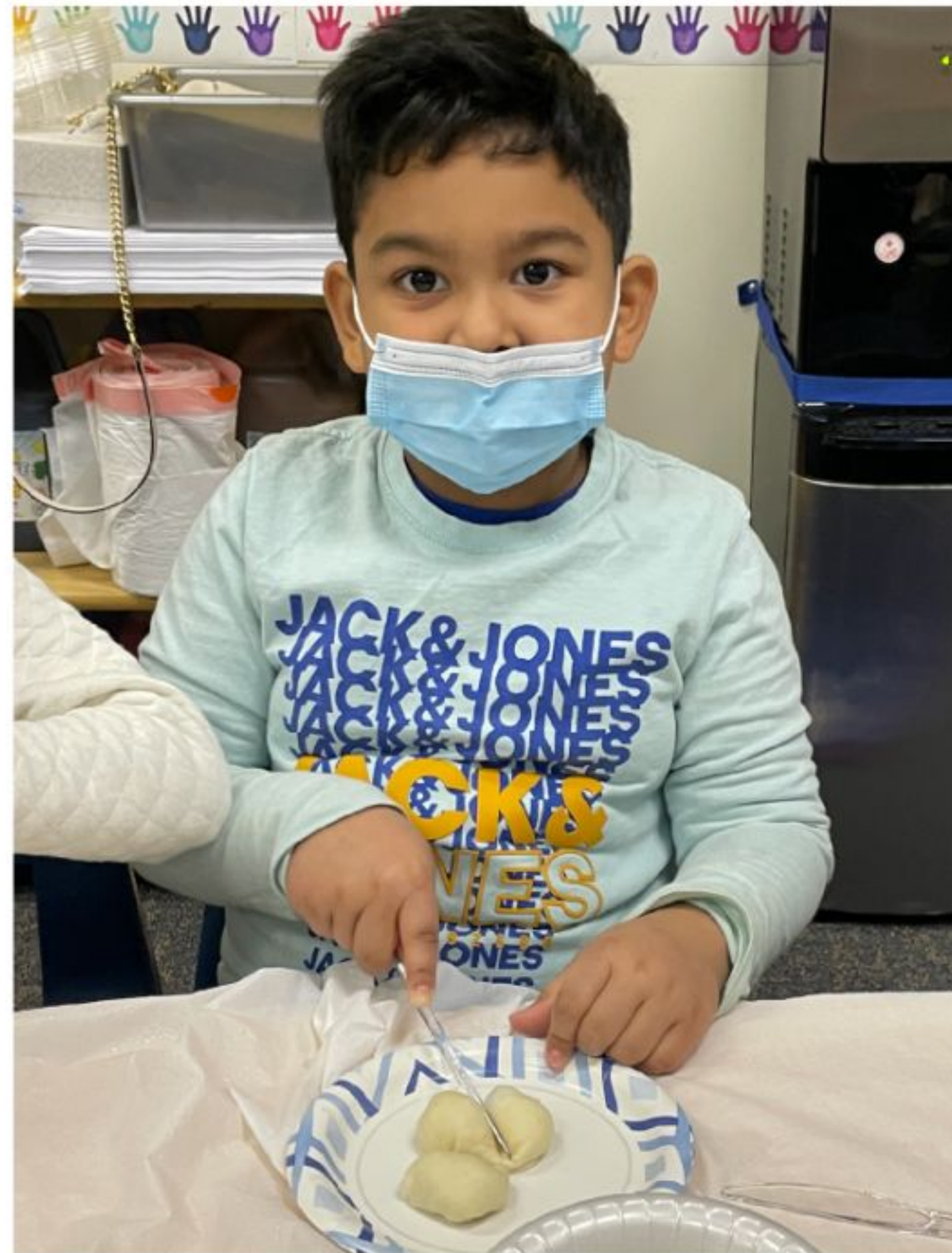
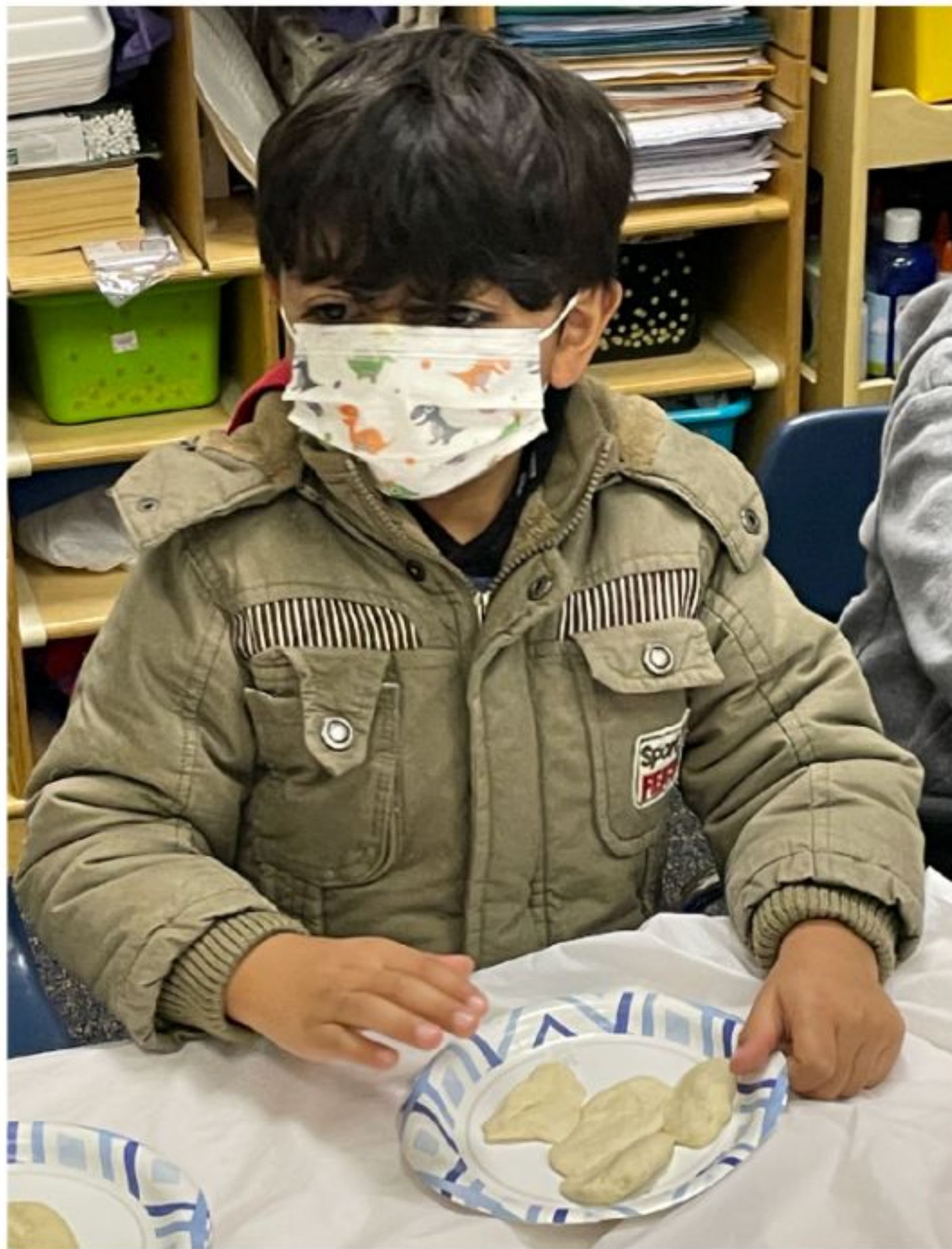
FIRE FIGHTERS VISIT



LOS ANGELES ZOO



CHEESE BREAD



PARENT-TEACHER CONFERENCES

FEBRUARY 15-17, 2023

Depending on your situation, you may want to ask about:

Kids and teens do better in school when parents get involved. Attending parent-teacher conferences is one way to be involved and help your child succeed.

A parent-teacher conference is a great opportunity to:

- discuss your child's progress
- share your child's strengths and needs
- work with the teacher to help your child do well in school

The Basics

Parent-teacher conferences usually happen once or twice a year. They're brief meetings, lasting about 10–30 minutes. Most schools set aside specific dates and times for conferences, but if they conflict with your schedule, try to find another time that works. If you can't make it into school, ask your child's teacher if you can schedule a phone conference instead. If necessary, divorced parents can ask a teacher to schedule separate conferences.

Conferences focus on learning, although behavior and social concerns might be discussed. The teacher will review your child's progress, including strengths and areas in need of improvement.

Some parents track their child's schoolwork and progress and already know what they need to talk about with the teacher. For those parents, the conference is a chance to update each other on how the student is doing. Other parents may be talking with the teacher for the first time.

Whether it's your first conversation with the teacher or one of many, it can help if you go prepared. Know ahead of time how your child is doing and what you want to discuss. Even if you know all is well, attending conferences shows your kids that you're interested in how they do in school.

These tips can help you make the most of those important meetings:

- Ask if there are questions or issues your child wants you to discuss with the teacher.
- Plan to bring something to take notes with (paper and pen or a laptop or other device).
- Share a few things about your child with the teacher — interests, strengths, favorite subjects — to help the teacher know your child better.
- Write down questions or topics you'd like the conference to cover.

AT HOME ACTIVITIES

Learning At Home Activities: Make an ABC Collage!

Grab some old magazines and newspapers and create a collage of the alphabet! Ask your child to go through magazines and newspapers to find every letter of the alphabet. Have them cut or tear out these letters and glue or tape them to a piece of paper. When finished, they will have an amazing collage of the alphabet!



Estimated Time: 30 minutes

Materials:

Magazines, newspapers, scissors, paper, glue

Subject: Alphabet

WHITE BEAN SOUP

- 3 Cups white beans, dried
- 2 bay leaves
- 2 carrots, cubed
- 1 onion, quartered
- 1-2 potatoes, cubed

Directions:

You can add in cooked chicken or ground beef if you'd like or leave out.

Cover dried beans with water and let sit overnight. In the morning drain the water and place beans in a pot. Cover with water and add a quartered onion and 2 bay leaves. Allow to cook on medium-low for 1 hour or until beans are slightly tender.

~If using canned beans forgo the directions above and start here.

At dinnertime add potatoes and carrots to the beans. Add more water if needed to cover all the vegetables. Bring to a boil and cook until potatoes are tender.

