

Betty J. Taylor Early Learning Academy

7730 36th Avenue NW
Tulalip, Washington 98271
360-716-4250



MARCH 2019

Salmon



Spring is upon us and we are definitely ready for some sunny weather! We have been taking advantage and enjoying the few sunny days that we have had recently especially after all the snow. The children have really been enjoying a little warmer weather which has allowed them to play outside again. It has been fun to watch how happy it makes them to spend time outside each day. At the end of the month in February, the children planted carrot seeds so we will be talking about them and watching our carrots grow. We will be celebrating St. Patrick's Day this month, and will be focusing on the color green and the shamrock shape. As the sun is shining but the ground is still wet, parents could you please bring in extra clothes for your child.

—Sarah, Leah, & Isabel

Orca



Welcome to March! We are happy we are moving away from the snowy weather we have been experiencing. Spring is coming! Our friends are all mobile now. Some are walking, some are almost walking, and we have some cruisers. Everyone is exploring the room and their environment. We have begun more sensory play and have introduced new activities within our classroom. Last month we re-arranged the classroom, allowing the children to explore in new ways. This month we will continue with some new sensory play and we will be talking about the color green. Please remember to bring your child a coat/socks/shoes, so we can go for walks (weather permitting).

—Caliee, Lakrista, & Christina

Beaver



Hello families, well, can you believe it is already March? It has been a great winter so far and we are looking forward to a beautiful spring in full bloom!

With the days getting longer and springtime just around the corner, we leap into March with a renewed sense of excitement! Our unit of study this month is caring about ourselves and others. As you may know, we have some students that will be becoming big sisters. To help them understand what their role will be with the new baby, we will be introducing new centers in the classroom. One will be a baby station, another is a pet caring area. Another center will be baking and selling products to learn about self-help and working with others. We are hoping that this will be a fun way for the children to learn about caring for others.

Just a friendly remind to keep extra clothes in their backpacks, we plan on having many centers full of messy, fun activities. Thank you.

—Nicki, Anita, Tony, & Monica

Sheryl Fryberg, Director



IMPORTANT DATES

- **Friday, March 1**
Happy birthday Dr. Seuss
- **Wednesday, March 6**
Academy Night at the Image Children's Museum, B-3, Pre-K, 6-8pm
- **Friday, March 8**
No AM childcare, staff monthly meeting, drop off 9:15-9:45
- **Sunday, March 10**
Daylight Savings Time, set clock ahead one hour
- **Wednesday, March 13**
Parent Committee 12-1pm
- **Thursday, March 14**
Policy Council 12-1pm
- **Wednesday, March 20**
First day of spring
- **Thursday, March 21**
Mini Health Fair 2-5 pm
- **March 25-29**
Conferences half days, pickup 12:30pm

Gray Whale



As winter comes to a close and we begin to transition into spring, we will be introducing some weather-related activities. Exploring ice cubes and water in the sensory bins will show the children cold vs. warm along with cause and effect (what happens to the ice cube when we hold it in our hands). We will also be exploring different ways to make clouds to decorate our classroom—for example gluing cotton balls, shredded paper art, or shaving cream art. We will also be continuing to celebrate Dr. Seuss' birthday this month by reading his stories and expanding on them with related activities. Please remember as we are entering spring, the weather is still cool so send your child in weather-appropriate clothing.

—Molly, Alondra, & Toni Jo

Otter



We are finally out of snow, I mean February and now into March and very excited for winter to end and spring to begin. The first part of the month will be exploring all things rainbow for St. Patrick's Day. We will be talking about the colors of the rainbow through games, songs, and activities. Then towards the end of the month we will switch gears and explore nursery rhymes. This will give us a chance to bring nursery rhymes to life with hands-on activities, language, and science. We hope the kids will go home with new songs to sing and stories to tell.

This month we have four kiddos turning three years old: happy birthday to Virginia, T'Rok, and Paizleel! We wanted to say thank you to parents for taking the time to meet with us. We know everyone's schedules are busy but being able to take a moment and really stop and look at how much each child has grown and developed is wonderful. We are so proud of our class!

—*Jeryre, Roxane, & Rainey*

Starfish



March is already here, time flies when you are having fun! This month we will be learning about the changes as we move into spring, the topic of the month is "Spring has Sprung". We will be making our own kites to take out in the windy weather as well as exploring colors of the rainbow, plus some sensory, fine motor and large motor activities associated with spring. Please remember to send your child in weather-appropriate clothes as it still is pretty chilly outside most mornings! A reminder of our half days the week March 25th–28th so the children will need to be picked up by 12:30PM. The following week of April 1st–5th, our academy will be closed for Spring Break. Thank you for sharing your children with us.

—*Kara, Elisa, & Jessyca*

Octopus



The weather is changing and we are very excited to be exploring spring and what the environment has for us—bugs and more bugs! We will be working on the basic colors and shapes continued from last month. We are still working on potty training so please continue working with your child at home. Please bring your kiddo in weather-appropriate clothing because we will be playing outside more. Also, please bring extra change of clothing to keep here.

—*Katherine, Shala, & Katy*

Crab



Happy March! This month we are celebrating Dr. Seuss—if any of our families have Dr. Seuss books please feel free to bring them in for story time. Spring is fast approaching! Depending on weather and the needs of our children, we may begin talking walks outdoors so please make sure your child is brought to school with a jacket and socks/shoes just in case we are able to make it outside. You may bring items and leave here, but please make sure they are clearly labeled with your child's name.

This month we also would like to wish a very happy birthday to: Aiyana (March 24), Marcus (March 26), HarleeAnne (March 30), and Ms. LaKrista (March 25)!

—*LaKrista, Cailee, & Christina*

Turtle



It's hard to imagine that March is already here, February flew by! Due to the fact that we had so many missed days because of snow, we are planning to revisit our shapes and colors for the month of March. Each week we will be learning a new shape and a new color. Every Thursday for the month of March, we will be wearing something that represents the color of that week. We will make sure to post the color of the week so that everyone is prepared.

—*Ms. Val, Ms. Stacy, & Ms. Seandra*

Raccoon



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—*Jeryre, Roxane, & Rainey*

Jellyfish



It is already March! We will have our first 3-year-old on March 1 when we get to celebrate Gracelynn Hatch-Jefferson! And the following week on March 6, we are invited to the Imagine Children's Museum in Everett. At the end of the month, we will have half day for conference week.

In our classroom this month we will celebrate Dr. Seuss' birthday by reading several of his books, we have started with Fox in Socks, The Ear Book, etc. and had our Dr. Seuss Spirit Week at the end of February.

We will continue working on our fine motor skills, using fingers and hand coordination—specifically gluing and cutting by practicing with scissors. And learning more social/emotional and science/technology skills in our new science class on Thursdays, which we are very excited about. Also, a reminder to parents to please keep your outside toys at home as they are huge distraction in the classroom, thank you.

—*Alix, Jenn, & Mary*

Rabbit



We have a lot of exciting things this month. Dr. Seuss' birthday on March 1, St. Patrick's Day on March 17, and just a reminder that the week of March 25th–28th will be half days with dismissal at 12:30PM. On Wednesday, March 6 we will be having academy night at the children's museum and we hope to see all of you there. We have many activities planned such as reading Dr. Seuss books, focusing on the color green, making shamrocks and watching for changes in the weather as spring approaches. We would like to wish Apple a very happy 3rd birthday!

—*Sherry, Darla & Melissa Y.*

Chipmunk



March is here and it's starting to get nice out so we will be starting to go on more walks. Please remember to bring a warm coat and hat for your child so they stay warm when we venture outside. Our children are now old enough to be able to participate in the Thursday science class and we will be learning different things there each week. Make sure to look for their sticker so you can ask them what we learned about that day. We will also be continuing to talk about Dr. Seuss and his different stories. If your child has a favorite Dr. Seuss book, you can bring it in so we can read it to them or let us know what one is and we can see if we might have it. We will be doing different activities with the kids pertaining to the different books.

—*Jamie, Teresa, & Cheryl*

Did You Know?

- Up to 15 in 100 adults report fear of dental visits.
- Nearly 1 in 4 children are afraid of dental visits.
- People who fear dental visits are at higher risk of oral diseases than those who do not.



Fear of Dental Visits. Some people are afraid of dental visits and avoid them. Parents who are fearful may avoid taking their children to dental visits. This can be a big problem, especially if the parent or child has an oral disease, such as tooth decay or gum disease. Oral diseases do not go away without treatment and get worse without proper care.

Tips for Helping Parents Get Over Fear of Dental Visits

Admit there is a problem

Many people make excuses about why they avoid dental visits. Often, they say they do not like their dentist, are too busy, or cannot afford oral health care. Helping parents/children be truthful about their fear of dental visits can be the first step toward overcoming it.

Find the right dental team

Encourage parents to ask family members and friends who were afraid of dental visits to recommend a dental team that has helped them overcome their fear. Help parents find a dental office or clinic that knows how to reduce anxiety about dental visits.

Bring someone along

Recommend that parents bring a trusted family member or friend who is not afraid of dental visits to sit with them during their appointment.

Talk with the dental team

Urge parents to talk to the dental team about their fears. The dental team can help make parents feel comfortable and ease their fears.

Ask the dental team for explanations

Explain to parents that they can ask the dental team to describe things to them in advance. Parents can also ask the dental team to let the parent know what they are doing along the way as well as what to expect next. Parents can offer the dental team suggestions about ways to make the visit more comfortable for the child.

Make a plan to communicate during care

Encourage parents to talk to the dental team before treatment begins and agree on a signal that shows that the child is uncomfortable or needs a break.

Block out noise

Children can wear earplugs or noise-cancelling headphones to block sounds from the dental equipment and instruments. Parents and children can use earbuds to listen to music on their phone or other device to take their mind off the dental procedure.

Use relaxation techniques

Work with parents to practice and use deep breathing, muscle relaxation, or meditation during their visit. Encourage them to relax their mind and imagine a peaceful place.

Consider options for comfort.

Help parents schedule visits at a time when they are not stressed or rushed. They can also ask to have numbing cream put on their gums before getting a shot. Nitrous oxide (laughing gas) or other options can also be used to reduce stress. If parents or the child find that the position of the dental chair is uncomfortable, encourage them to ask the dental team to adjust it.



COMMUNITY EARLY LEARNING OPPORTUNITY:

Early Childhood Developmental Services through a
Federally Funded Community - Based Program
Serving the Tulalip / Marysville School District

Early Head Start

**Services provided for
Pregnant Moms
Children ages birth - 3**

We offer:

- **Disabilities / Special Needs**
- **Center Based Learning**
- **Certified Educated Teachers with Early Learning Experience**
- **Small class sizes**
- **8 Children Per – Class with 2 Teachers**
- **Parent & Family Involvement**
- **Fun Family Events**
- **Parent Resources**
- **Parent Education Trainings**

