

# Betty J. Taylor Early Learning Academy

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MARCH 2018

## Salmon



February was such a fast and wonderful month. Now we are in March and so excited for winter to end and spring to begin. We of course will be celebrating St. Patrick's Day by talking about the colors of the rainbow through games, songs and activities. Then towards the end of the month we will switch gears and start talking about spring: weather, seeds, flowers, frogs, etc. I love this time of the year and can't wait to bring the outdoors to life in our classroom.

This month we have three kiddos turning two years old: Happy birthday to Virginia, T'Rok, and Hazel! We wanted to say thank you to our 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, Sheila, and Rainey

## Gray Whale



This month we are going to say goodbye to winter and hello to spring! We will continue to work on our gross motor skills which is super important since a lot of us are starting to crawl! Happy first birthday to Jaxon on March 29!

—Ms. LaKrista, Ms. Marcella,  
and Ms. Allie

## Orca



March is a wonderful transition for us all. We are now all eating table food and drinking whole milk from sippy cups—yeah for us! We are growing so much. We are still working on self-help, fine motor skills, and large motor skills. Our little feet are moving along, and soon we will be exploring the monkey room. We are all excited to be learning and growing, showing lots of curiosity while balancing our daily routine. Please remember that we go outside for walks, we need lots of extra clothes, coats, socks, hats, and gloves!

—Katherine, Shala, and Anthony

## Beaver



Wow, March is already here! This month we will be celebrating Dr. Seuss's birthday on March 2nd. We will be reading lots of Dr. Seuss books and doing Dr. Seuss related art projects. We will create a Cat in the Hat themed snack for a cooking activity. We will also be exploring the weather changes as we head into spring through books and art activities. We will head outside (weather permitting) and look for signs that spring is heading our way. We will engage in many different science and sensory activities as well, so we will be getting messy this month.

As a reminder, we will be having half-days March 26–29, school will be out at 12:30PM. We also have the Easter Bunny coming to visit on the 29th—we hope to see you there.

—Fran, Leah, and Sam

Sheryl Fryberg, Director



## IMPORTANT DATES

- **End of Dr. Seuss Week**  
March 1–2
- **Dr. Seuss' Birthday**  
Friday, March 2
- **Late start, drop off at 8:45–9:15AM**  
Friday, March 2
- **Daylight Saving Time**  
Sunday, March 11
- **Parent Committee Gathering 12:00–1:00PM**  
Wednesday, March 14
- **Policy Council 12:00–1:00PM**  
Thursday, March 15
- **St. Patrick's Day**  
Saturday, March 17
- **Conferences, half day out at 12:30–1:00PM**  
March 26–29
- **Easter Bunny Event 12:00–1:30PM**  
Thursday, March 29

## Otter



Spring is upon us and boy are we ready for some sunny weather! We have been adventuring outside a lot and playing on the playground. As we celebrate St. Patrick's Day this month, we will be focusing on the color green and talking about the shape of the shamrock. We have been working on numbers from 1–10 and the children have been doing a great job. Along with counting, our friends have really started memorizing the songs that we sing and they have begun singing with each other throughout the day. It is fun to hear them singing with their friends and when we go on walks. Parents thank you for sharing your children with us. We are really enjoying teaching them and watching them learn. Reminder: Please bring in extra clothes for your child.

—**Sarah, Anita, and Marcella**

## 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 different sensory, fine motor, and large motor activities associated with spring. We would like to wish a very happy birthday to Ayden and Jeremiah who will be turning three years old this month! Please remember to send your children in weather-appropriate clothes as it still is pretty chilly outside most mornings! A reminder of our half-days week March 26–29, the children will need to be picked up by 12:30PM. The following week of April 2–6 our academy will be closed for Spring Break. Thank you for sharing your children with us.

—**Kara, Elisa, and Jessyca**

## Crab



It's hard to believe that it is already March and spring is on its way. Our little ones are not so little anymore and they are really starting to move. Our crawlers are becoming walkers and our walkers are everywhere. By the end of this month, all of our infants will be waddlers—how exciting! During this month, we will begin spending a little more time exploring the outdoors. We will be observing the different changes that will be taking place in our surrounding environments. In the classroom, we will be exploring our senses through sensory play. We are looking forward to all of the fun and excitement coming our way!

—**Ms. Cindi, Ms. Stacy, and Ms. Selina**

## Rabbit



Hello, Rabbit Room families, welcome to March! We've been happy to have Toni-Jo back and recovered from her surgery! I know we've all missed her so much! And now we're ready for spring! Soon we'll be helping to plant some new flowers in our gardens and watch as they grow!

Our kids have done fantastic work with enhancing their knowledge of colors

and their own bodies! We hope that they get to tell you all about what they've learn and begin rhyming some Dr. Seuss for you! We've also been working with them to recognize their own names and begin to put the letters of their names together. We will continue forward with this process into writing this month. This month we're going to work on our animals and Saint Patrick's Day.

—**Alondra, Cailee, and Toni Jo**

## Octopus



We are going to have an exciting March. We're going to finish off Dr. Seuss Week. We are going to be celebrating St. Patrick's Day. On the 29th we will be having an Easter Bunny literacy event. Just a reminder parent committee on the 14th from 12PM to 1PM and Policy Council on the 15th from 12PM to 1PM. March 26 through 29 is conference week with half-days so pick up time for non-childcare children is 12:30PM. We are reading a lot of Dr. Seuss this month. We are going to explore green food and watching the trees turn colors on our nature walks. We are going to be talking about the Easter Bunny and exploring different eggs, colors, and patterns.

—**Teresa, Jamie and Cheryl**

## Jellyfish



It was really fun learning with our families and children, so coming this spring we want to explore lots of science that families can share with their children at home. We will continue to introduce the new environment and routine to your child and encourage growth. We want each child's family member to feel free to come to us for questions or concerns. There will be half-days on March 26–29 for conferences. There will be an Easter Bunny and literacy event this month. We will be teaching the children the color green. Please bring proper dress to keep your child warm and dry for outside time.

—**Melissa, Stella, and Jasmin**

## Turtle



We have a lot of exciting things this month. Dr. Seuss's birthday on March 2, St. Patrick's Day on March 17 and just a reminder that the week of March 26–28 will be half-days, with dismissal at 12:30PM. On Thursday, March 29, we will have the Easter Bunny visiting. 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.

—**Sherry and Darla**

# 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.



**F**ear 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**