



Laguna Division of Early Childhood

March 2021 Newsletter

PO Box 798 Pueblo of Laguna, NM 87026

Phone: 505-552-6544 Fax: 505-552-7533

EARLY HEAD START NEWS

Sunnyside Classroom

Teacher Andrea a.lucario@lagunaed.net
Teacher Marilou m.arkie@lagunaed.net

Greeting Families,

Oh how this year is quickly going by. We are into another month. For the month of February, we have talked about boxes and traditional homes. We stacked boxes indoors and outdoors, talked about the different uses, made communities with the boxes, talked about people and animal habitats. The families and children learned about the digestive system through a simple activity. Thank you to our parents and children for getting on the zoom sessions and one-on-ones.

Parents are reporting their children are growing and learning: **walking (holding on to furniture), saying words, communicating needs and wants (using gestures or words)**, to name a few. We have sent home activities for parents to do with their children.

For the month of March, we will talk about buildings, traditional pottery, Healthy Heart, and Cucumbers for our Nutrition Activity. We will build skills in self-regulation through breathing techniques, using our hands with activities, movement of our bodies, using rich language and exploring ways to solve problems.

Upcoming Events

March 3 – 5, 2021 Parent/Teacher Conferences

March 11, 2021 Nutrition Activity: Cucumbers

March 15 – 19, 2021 SPRING BREAK

March 23 – Family Engagement: Pottery Demonstration



Welcome March!

China Town Classroom

Teachers: Margaret & Venessa

On the Move Toddlers

We want to **celebrate** the children in Chinatown classroom. They have moved from the mobile infant stage into toddlerhood! They have either recently turned two or will be turning two years old very soon. Becoming a toddler is a big step for your child. Toddlers are ready to explore their world and along the way, they will discover their own Individual talents and interests as they get to know themselves and those around them. Toddlers will develop skills of independence as they insist on doing things for themselves or at their own pace. Families and teachers will continue to encourage active exploration both indoors and outdoors. Encouraging toddlers to “play with a purpose” is an appropriate way to help toddlers to cross over that fundamental bridge between babyhood and the preschool years. We call this “**School Readiness**”.

Theme for The Month of March

Buildings

Life Ways:

Traditional Pottery

Nutrition:

Cucumbers

Important Dates to Remember:

Parent/ Teacher

March 3-5

Day Light Savings Time

Move your clocks forward 1 hour

Spring Break

March 15-19

Daily Zoom Sessions:

Session #1-8:05-8:20am

Session #2-10:05-10:20am

Contact Teachers if have any questions:

Margaret Mascarenaz: mmascarenaz@lagunaed.net

Venessa Deutsawe: v.deutsawe@lagunaed.net



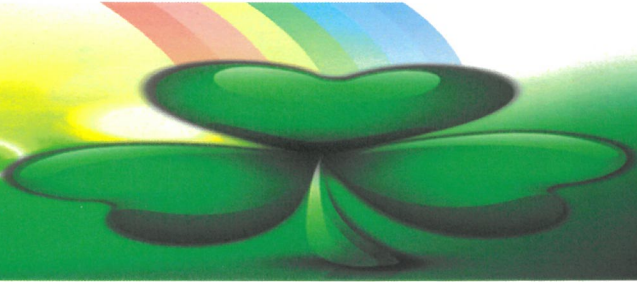
March

2021

China Town & Sunnyside Classrooms

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme: Buildings Lifeways: Traditional Pottery Nutrition: Cucumber	1 <u>Pointing and Naming</u> Point to things as you name them for your child, and name the things your child points to.	2 Roll/kick ball with child indoors or outdoors.	3 <u>First Crayons</u> give child a crayon and paper. talk about the marks. PARENT/TEACHER CONFERENCE	4 <u>Animal sounds</u> . make a sound of an animal and ask your child to imitate. PARENT/TEACHER CONFERENCE	5 <u>Touch Your Toes</u> Invite your child to touch her body, while you touch and name yours. PARENT/TEACHER CONFERENCE	6	
	7 <u>Matching shapes and sizes</u> , using common objects around the home (fruits, windows, dishes)	8 <u>Nesting Objects</u> While your child plays with objects that fit together ask questions, what she is doing?	9 <u>Sit and read a book</u> with your child and talk about the story.	10 <u>Nutrition Activity: CUCUMBERS</u> Explore with different ways you can eat a Cucumber.	11 <u>Card Slot Drop</u> Have child drop a card, old mail into the opening of a container.	12 13	
Daylight Savings	14 Build together using different materials like boxes, paper towel rolls, etc. that you have in your home. SPRING BREAK	15 Sing with your child: "Happy birthday", "Twinkle, Twinkle, Little Star". SPRING BREAK	16 Cut out hearts with your child and make a four leaf clover.  SPRING BREAK	17 <u>Go for a walk</u> with your child (family). SPRING BREAK	18 <u>Edible Sand</u> Using gram crackers, or crackers, crumble to make sand. SPRING BREAK	19 20	
	21 <u>Show One or Two</u> Using objects to sort into one or two groups	22 <u>Play peek-a-boo</u> with your child, or hide and find toys, making cleaning up fun.	23 <u>Coloring/Sorting</u> Using two plates and several objects of two colors, have child sort colors	24 <u>Blow Things</u> Using different objects to blow like bubbles, feather, water, hair and paper	25 <u>Parachute Play</u> Using a small blanket or towel lift into the air and back down, and repeat.	26 27	
	28 <u>Making Lines</u> Go outdoors and make lines in the dirt with finger or stick.	29 <u>Name Recognition</u> Write your child's name and display throughout the home.	30 <u>Read with your child</u> and talk about pictures in the book.	31 <u>Daily Zoom Sessions:</u> 8:05 a.m. 10:05 a.m.	PARENT/TEACHER CONFERENCES MARCH 3-5		

Turquoise Springs & New York Classroom



Guuwa' dzii-ho-bah,

Greetings from the Turquoise Springs Classroom, we are hoping that you and your family are all doing well. Please continue to be safe by wearing your masks, washing hands and social distancing. We would like to thank all parents for the constant efforts in getting your child on our Zoom sessions.

Mile Stones Children are meeting;

The children have made great improvements by saying more words while on our ZOOM sessions.

The children are engaging more with our activities.

The children are also enjoying our Social Hours. They are able to interact with peers.

The Box study was a hit with the children. They enjoyed the boxes

The children are starting to count in English and in Keres.

The children are learning the songs in English and in Keres.

Parents when singing with your child, you can repeat the songs and rhymes more than once. This will help with their vocabulary and learning to use their language skills. Repetition is good for our young learners.

We are now into the month of March, which also means our theme will change.

This new month our theme will be buildings and traditional pottery. In our Conscious Discipline: it is Kindness. In the Health area it's Healthy Hearts. The Family Engagement is Pottery Demonstration. Our Nutrition activity is Cucumbers. Think of interesting ways to use cucumbers in your menus. Also, think of the healthy benefits you receive from eating them.

We encourage reading to your child a favorite book that they like. When they hear the same story, your child will be able to read you their version of the book. Also makes bathroom time enjoyable by reading or looking at their favorite book.

Thank you, Teacher Bee, Teacher Annabelle and Teacher Juana

Important dates to remember:

Parent Teacher Conference: March 3rd, 4th, and 5th
Nutritional Activity: March 11, 2021

Spring Break: March 15th-19th
Family Engagement: March 23rd

Parents here is our contact information in case you need to reach anyone of us.

Bianca- b.saiz@lagunaed.net




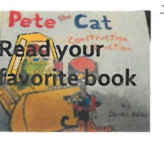
Juana- j.natseway@lagunaed.net

Annabelle- a.garcia@lagunaed.net

March

2021

New York and Turquoise Springs Classroom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Hug a friend today Social time 11:00-11:10	2 Play outside for 15-20 minutes Build with rock and sticks.	3 PTC No School Sing the ABC Song when you wash your hands.	4 PTC No School Draw a picture of a building	5 PTC No School Look for a circle, triangle and square in your home.	6
7	8 Social time with Friends 11:00-11:10 am Say hi to a friend	9 Sing the ten little birds in English and Keres. Using your fingers	10 Social time with Friends 11:00-11:10 am Give a friend a high five	11 Nutritional Activity (Cucumbers) Eat something green	12 Weekly check ins Tear paper using your fingers.	13
14	15 Spring Break March 15-19	16 Play with playdoh and make a building	17 St. Patrick's Day Wear something green	18 Count in English and Keres 1-5	19 Laguna Feast Listen to traditional music. Use a drum or rattle.	20
21	22 Social time with Friends 11:00-11:10 am Send your friend virtual hugs	23  Family Engagement Activity	24 Social Time with Friends 11:00-11:10 am Show the sign for I Love you	25 Eat something Healthy today. Talk about why you think it is healthy.	26 Weekly Check ins Practice using a scissors today. Cut paper using a scissors.	27
28	29 Go for a walk outside with family and play I spy	30  Stack with blocks and count how many you stacked?	31  Pete the Cat Read your favorite book			

Casa Blanca and Village Classroom

Teacher Carolynn email: c.nez@lagunaed.net Phone number: (505) 290-3512

Teacher Sandra email: s.lewis@lagunaed.net Phone number: (505) 933-2390

Teacher Kari email: k.ray@lagunaed.net

Hello Parents and Families! Welcome to the month of March. Spring is approaching soon. Spring will officially begin on March 20th, although the weather is still cold, we look forward to seeing green grass and watching the flowers bloom with beautiful colors.

For the month of February, our students have learned about boxes. The students had fun with building towers with boxes and collected different sizes of boxes and used them to learn about prepositional positions such as in/out, on top/under, beside/next to, and behind/in front of. We also learned about the digestive system by reading a book and using a diagram to explain the process of how we digest food. We also did a lot of reading about the "Three Little Pigs", using props from the story for visuals. The students did a small presentation about which pig's house would crash down when the wolf huffed and puffed on it and which house didn't crumble down even after the wolf tried with all his might.

For the month of March, we have planned our lessons according to this line up.

Creative Curriculum Theme: Buildings

Cultural Lifeways: Traditional Pottery

Conscious Discipline: Kindness

Nutrition Activity: Cucumbers on March 11, 2021

Family Engagement: Pottery Demonstration

Health: Healthy Heart March 23, 2021 presentation by Paguete Classroom

Our first zoom session is at 8:45 A.M. and our sessions are in increments of 15 minutes per session. During our first session we do our morning prayer and sing our Good Morning song in English and Keres, implementing language and culture. We also do our Social/Emotional activities from the Conscious Discipline curriculum, each month we cover something different. This month we will be learning about Kindness, which will involve parent engagement in making a kindness tree which they will use at home and teachers will also make one for our classroom. Parents will share with teachers of all the kind things their children are doing at home, whether they helped with doing chores, or for just being nice to a family member or friend. This will be shared daily and we will post it on our Kindness tree daily.

Our second session is at 10:45 A.M., we do our large group activities along with language and culture. With each activity we post our vocabulary words and we also repeat the words in Keres. This month we will be learning about buildings and their characteristics of descriptions. We will be looking at many buildings from around the world and compare them to our homes. We will include how the buildings are made, who they are made by, what materials are needed to build and the machines used to build the buildings.

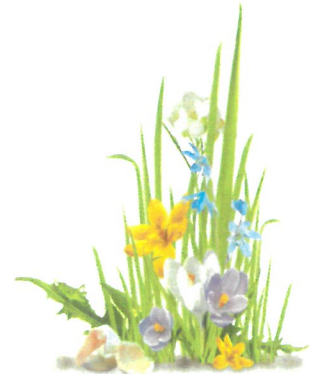
Here are some great tips for parents and care givers.

Make each day a fun learning experience while you do activities with your child throughout the day. For example:

- ◆ Set the table with your child for meal times and name each utensil.
- ◆ Count plates, utensils, cups or napkins for each member of the family, also include naming colors of each item on the table or your surroundings.
- ◆ While spending time with your child, speak in complete sentences of four or more words to communicate.

Things to remember:

- ◆ Between 12:00 -1:00 pm is our office hours, we are available for our students and families. This would be a good time to contact us for any questions or for any help you may need.
- ◆ Our enrichment and intervention opportunities are from 11:00 -2:00 pm. These are the times we provide one on one sessions with your child.
- ◆ **March 3 – 5, 2021** Parent Teacher Conference, please contact us for a time to meet virtually, by phone, or by text so that we can discuss your child's progress.
- ◆ **March 15 – 19, 2021** Spring Break no school for students.



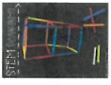






March

Shch'ami Daawaatra



2021

Casa Blanca & Village Classroom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1	2	3	4	5	6
Make a cardboard box maze and add colors to the box	Use straws to Build a tower or a house 	Happy Birthday Dr. Seuss! Read a Dr. Sues Story 	Parent Teacher Conf. create art using an egg carton 	Parent Teacher Conf. Draw a picture of yourself 	Parent Teacher Conf. Sing ABCs 	Play animal charades with your child
14	8	9	10	11	12	13
Read an animal book	Practice with your child to write the beginning letter of his/her name Spring Break! Use a string to lace macaroni or cereal	Count random items with your child	Play I Spy with my little eyes game with your child Spring Break! St. Patrick's Day Wear green 	Have your child match colors with random items Spring Break! Play hide and seek with family in your home	Build towers of the same height with Legos or books Spring Break! Find random letters of the alphabets in your home	Wrap a pinto bean in a wet napkin and place in a Ziploc bag, tape to window where the sun rises. See what happens. Bake cupcakes with your child, let child help decorate
21	22	23	24	25	26	27
Play animal charades with your child	Help your child do a puzzle 	Draw lines on a sheet of paper, have your child cut along the lines	Use playing cards for matching game.	Play a shape hunt game, with items in your home	Have your child tear paper into pieces and paste on another sheet of paper	Count random items with your child
28	29	30	31			
	What can you create with a cup of Legos?	Make shapes with popsicle sticks or with pencils and markers	Make a Dinosaur using boxes			

Pre-School Head Start News

Encinal Classroom

Teachers: Marissa Analla & Kailyn Aragon
m.analla@lagunaed.net, kailyn.aragon@lagunaed.net

Greetings families and friends,

Wow, what a fast month we went through. We learned about different boxes. The milestones that the children have developed advanced into was identifying the letters in their names on the boxes. Another milestone that the children accomplished was doing a scavenger hunt of different types of boxes in their homes and they described what the purpose of the box was used for. The children also accomplished what they remember seeing on a table and when an item was taken away, our friends were able to identify what was missing from the table.

For the month of March, our study will be on Buildings and our Cultural study will be on Traditional Pottery. Some of the developmental milestones that we will be focusing on will be in Science, Math, Cognitive, and Language. As we continue to provide our instruction, we will announce upcoming activities in advance so you can get materials prepared.

Continue to encourage your children to do the activities on the Hatch Tablets, complete the activities that are provided on the class calendar with our newsletter, and the activities from the monthly goals. We also, would like to continue to invite your children to join in our intervention/enrichment sessions. These sessions are provided after our class instruction time.

Thank you, families, and friends, again, for all your participation and your encouragement during our live Zoom sessions. If you have any questions, please reach out to us.

Important Dates to Remember:

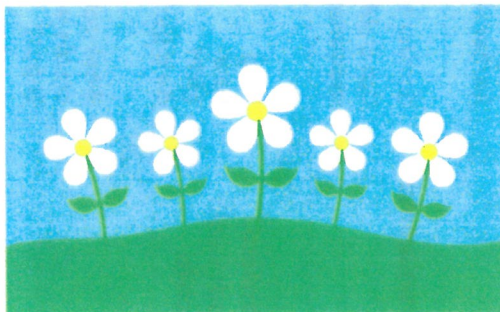
March 3-5: Parent Teacher Conference

March 11: Nutrition Activity: Cucumbers

March 15-19: Spring Break-No School. ENJOY YOUR BREAK! STAY SAFE

Best wishes,

Teacher Marissa and Teacher Kailyn



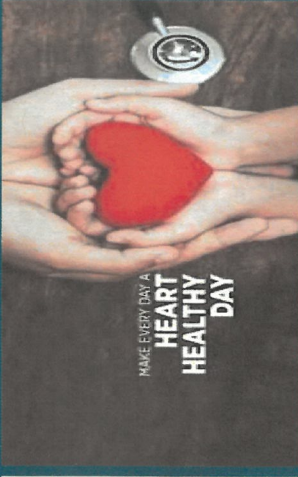
March

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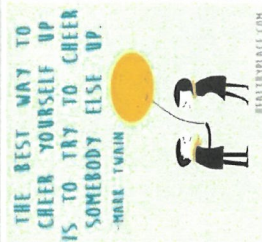
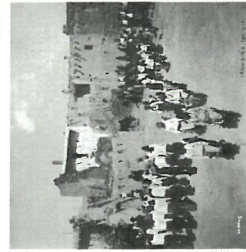
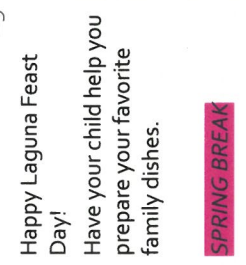
2021



"No act of kindness however small is wasted"



Theme: Buildings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>Best Foods for a Healthy Heart:</p> <ul style="list-style-type: none"> Almonds Oatmeal Broccoli Avocados Spinach Apples Garlic Blueberries <p>14</p> 	<p>1</p> <p>Look through family photos and have child identify if there are buildings in the background of the pictures.</p>	<p>2</p> <p>Read and discuss a story about Kindness via YouTube: Listening with My Heart By Gabi Garcia</p>	<p>3</p> <p>Draw a picture of your house and label each room. Parent-teacher conferences</p>	<p>4</p> <p>Create a blueprint of your house on a piece of paper then build a house using your blueprint with blocks Parent-teacher conferences</p>	<p>5</p> <p>Tell someone close to you that you love them. Draw them a picture. Parent-teacher conferences</p>	<p>13</p> <p>THE BEST WAY TO CHEER YOURSELF UP IS TO TRY TO CHEER SOMEBODY ELSE UP. -MARK TWAIN</p> 
<p>8</p> <p>Write a letter to our local firefighters. Ideas to include: Keeping our community safe Stay strong and safe!</p>	<p>9</p> <p>Act out the story: The Three Little Pigs</p>	<p>10</p> <p>Read and discuss a story about Kindness via YouTube: Sprinkle Your Sparkles By Kirsten Tulsian</p>	<p>11</p> <p>Draw a picture of an apartment building. Include windows, doors, stairwells, etc.</p>	<p>12</p> <p>Be a Helper! Bring dirty dishes to the sink after mealtimes.</p>	<p>19</p> <p>Happy Laguna Feast Day! Have your child help you prepare your favorite family dishes. SPRING BREAK</p>	<p>20</p> 
<p>15</p> <p>Measure the length of a room in your house with a ruler or yardstick. SPRING BREAK</p>	<p>16</p> <p>Create a pottery design with markers/crayons on a piece of paper. SPRING BREAK</p>	<p>17</p> <p>Read and discuss a story about Kindness via YouTube: Have You Filled a Bucket Today? By Carol McCloud SPRING BREAK</p>	<p>18</p> <p>Kindness Counts! Sweep a neighbor's sidewalk or pick up trash while following safety guidelines. SPRING BREAK</p>	<p>25</p> <p>Kindness Counts! Sweep a neighbor's sidewalk or pick up trash while following safety guidelines. SPRING BREAK</p>	<p>26</p> <p>Kindness Counts! Sweep a neighbor's sidewalk or pick up trash while following safety guidelines. SPRING BREAK</p>	<p>27</p> 

<p>28</p> 	<p>Try a new Healthy Heart dinner recipe.</p> <p>Website to the American Heart Association https://recipes.heart.org/en</p>	<p>Healthy Heart Workout! 5- Push-ups 10-Jumping Jacks Run-in place for 20 seconds.</p>	<p>Kindness Counts! Teach a grandparent or family member a new game.</p>	<p>Create a pottery design with paint on a piece of paper.</p> <p>Hang your pottery design up in your house.</p>	<p>Go for a 15-minute walk around your neighborhood.</p> <p>Questions to ask: Identify what sounds you hear. How do we stay safe while walking?</p>	
<p>29</p>	<p>Read and discuss a story about Kindness via YouTube: Be Kind By Pat Zietlow Miller</p>	<p>30</p> <p>Dip a cucumber! Parent: slice cucumber up for child. Dip cucumbers in hummus, cottage cheese, or white bean dip a healthy snack.</p>	<p>31</p> <p>Have a pancake party! Ways your child can help prepare: Set the table (plates, forks, napkins, cups) Place condiments on the table. Put the dishes in the sink.</p>			





Paraje Classroom

Mrs. Carol Pedro

Contact Information: Office Hours 12:00 pm- 1:00 pm

Email: c.pedro@laguned.net

Hope all families are doing well,

For the month of February, Paraje Classroom children and families have progressed through another month. We had explored by having hands on experiences in discovering ways a box can be used by children creating a robot, car, valentine box, and a mural. This helped to motivate them to apply their develop-

ing skills in thinking of multiple ways to create something using the same materials. I send a 🙌 fist

bump and big 🙌 air high five for all the families and children who joined us for the sessions.

For the month of March, we will be focusing on “The Study of Buildings” and exploring how potteries are made. Any family members wanting to share their knowledge in this area of building or pottery, please notify Mrs. Carol Pedro and we will set you up to present a demonstration.

As we study about buildings we will learn the concepts skills related to literacy, language, math and science. We will also develop thinking skills as we observe, investigate, ask questions solve problems, make predictions and test our ideas.

When things are not going our way, remember Tuck into your shirt like a turtle, take 3 deep breaths, when you're ready to come out use kind words and share a hug.

Dates to remember:

- * March 3rd, 4th, and 5th No sessions; Parent Teacher conferences
 - * March 15-18 No Sessions; Professional Development days for Teachers
 - * March 14th Time of the Year to Spring forward in moving your clocks 1 hour ahead
 - * March 17th Go green today,
 - * March 19th No session; Laguna Feast
- “Thank you Families for playing an important role in our learning”.

Sincerely, Mrs. Carol Pedro





Seama Classroom

Guwa'zde,

Hello Parents and Families,

First of all, we would like to thank our parents for encouraging your child to get up every morning for learning activities. Thank you for your support, parents.

In the Month of February, we learned about "Boxes", how they are made, and for what purpose boxes are used. Boxes are not just square they come in all shapes and sizes. Children were very creative with the boxes they had at home. We saw some robots, cars and rockets. Milestones that the children met for February, were letter recognition of their names, and colors by finding objects within their home.

Children were able to understand what is a traditional home vs. a mobile home.

For March, our theme is buildings. Milestones for March, children will be able to understand and use many skills. What are some tools we use to build? How do we use a floor plan? Who is an Architect and what does he do?

Here are some dates to remember for the month of March.

March 3, 4 and 5-NO SCHOOL Parent Teacher Conferences.

March 14 Daylight Saving Spring Forward

March 15, 16, 17, and 18-NO SCHOOL SPRING BREAK

March 19 NO SCHOOL Laguna Feast

March 20 Spring Begins

"We would like to wish Zaybien and Ila a HAPPY 4TH BIRTHDAY!!!"

Parents if you need to contact Teachers, call or text or email us.

Seama Room Teachers:

Mrs. Peacock

l.peacock@lagunaed.net

Ms. Kayla

k.martinez@lagunaed.net

March 2021

Shch'amuu Daawaatra

SEAMA & PARAJE CLASSROOM: Mrs. Faye Peacock-Ms. Kayla Martinez-Mrs. Carol Pedro

Monday Ruunishedze	Tuesday Maasiidze	Wednesday Sinakiadrane	Thursday Sruuweweedeese
01 <i>Have your child experiment with Q-tips to create a structure.</i>	02 <i>Let your child sort a variety of nails and screws according to sizes.</i>	03 No session; Parent Teacher Conferences <i>Take a walk around your community and look at the structures of buildings.</i>	04 No session; Parent Teacher Conferences <i>Make some playdough together working on rolling out the dough with their hands in different ways.</i>
08 <i>Let your child draw on a sand paper sheet.</i>	09 <i>Go collect some twigs and see what your child creates.</i>	10 <i>Let your child experience with different types of tools. Get a foam box or card board. Layer it with 3 sheets. Let your child use the flat head and screw driver to screw the nails into the card board. This is good for the development of fine motor skills.</i>	11 <i>Use an envelope to make a house by gluing it onto construction paper, having the flap as a roof, adding windows, and doors by drawing.</i>
15 No Session: Professional Day for Teachers <i>Make and share a snack.</i>	16 No Session: Professional Day for Teachers <i>Move like a spring! Twist, twirl, jump and more.</i>	17 No Session: Professional Day for Teachers <i>Have a GREEN Day Happy St. Patrick's Day</i>	18 No Session: Professional Day for Teachers <i>Finger paint a rainbow</i>
22 <i>Get a paper bag and stuff with torn up newspaper, create a roof, and have your child cut out different shapes to put on as a door or windows.</i>	23 <i>Use marshmallows and pretzels to create a building.</i>	24 <i>Create a Construction Tools ABC book.</i>	25 <i>Use clay to make a pottery (child's modeling clay) If clay is not available, make some playdough.</i>
29 <i>Outdoors: using cars and trucks, create a construction site. Haul dirt and rocks to build.</i>	30 <i>Using a ruler or measuring tape, have your child measure objects within the home.</i>	31 <i>Use toothpicks to create a structure.</i>	

March



Mesita Room News

Candice Lucero: C.lucero@lagunaed.net

Kylie Patricio: K.patricio@lagunaed.net

Greetings families and friends,

Another month down in the books for our school year. In the month of February, we did some activities with boxes, discussing what we could make. Their imaginations were great. We went on an adventure by making an airplane, to an adventure by making a rocket ship and wearing our helmets. What fun, fun, fun we had.

A big shout out to the following children and their families: H. Coin, M. Garcia, P. Jaramillo, J. Kasero, A. Leno, K. Leon, D. McGee, J. Morenike, K. Pedro, E. Poncho, and J. Rueben for your attendance and participation on Zoom, keep up the great work. Thank you parents and family for having your child up every day, their participation in class has been grand. I enjoy seeing the work you are doing with them at home, it shows! Continue to have them write their names, letters, numbers, naming their colors, and shapes. We have to keep in mind that our babies are growing and we are preparing them to be kinder-ready. Continue to encourage your child to participate every day. For any questions, you may reach out to us. J ~Teacher Candice

A new month means a new theme. March

Creative Curriculum Theme: Buildings: we will look at pictures and discuss the different types of buildings and their uses. Vocabulary: tall, short, wide, narrow, special shapes.

Culture: Traditional Pottery: we will have a demonstrator talk to our class about how he makes and designs his pottery. We will have a chance to make our own as well.

Conscious Discipline: Kindness: we will read books/poems, make charts and discuss ways to be kind.

Nutrition: Cucumbers and Healthy Heart

CLASS: Peer conversations, open-ended questions, repetition/extension. All will be used throughout the Zooms with the children.

Dates to remember:

March 3, 4, and 5, 2021: Parent/Teacher Conferences ~ *No School

March 11, 2021 10am Nutrition zoom
11:45am zoom class

March 15-19, 2021 *No School ~Spring Break for the children~ activities available for children and families on calendar attached.

March 23, 2021 Pottery demo during zoom



Laguna Classroom

Ms. Deutsawe Email: c.deutsawe@lagunaed.net

Ms. Yvonne Email: y.francis@lagunaed.net

Gu wa' dze

Hello Parents, Guardian, and Families! We hope this newsletter finds you all in Good Health!

The month of March, our Theme is "Buildings" and our Cultural Lifeway is "Traditional Pottery". We will discover the many different materials that are used to make some unique, and amazing buildings around the world!

We will also gain knowledge of Traditional Pottery and how they are created, with all the beautiful, amazing paints and designs, and what inspires the potters.

The month of February was a busy and interesting month. We gained knowledge of letter sounds. We had book discussions using extended back and forth conversations. Children are showing confidence in speaking the Keres language during morning prayer and are wanting to learn more words!

For the month of March our Goals are:

Literacy: Read books on buildings.

Language: We will have book discussions, back and forth conversations between peers and teachers, we will be sharing and using expressive and rich vocabulary.

Math: Continue counting from 1-20 in English/Keres.

Science: Children will be exploring scientific methods and verbiage during science activities.

Cultural/Language: Children will continue to repeat numbers, days of week, and colors in Keres.

Ms. Deutsawe and Ms. Yvonne will continue to support your child's developmental milestones and continue our partnership with families.

We are so looking forward to Laguna Classroom transitioning to the next level "Kindergarten"!

Teachers would like to thank you, for your child's participation in Zoom instruction and family's participation in our weekly check ins. Your input is important to us and is greatly appreciated!

Continue to encourage your child to do activities on the Hatch Tablet!

Dates to mark on your calendar.

- March 3,4,5 Parent/Teacher Conferences
- March 11th Nutrition Activity (Cucumbers)
 - March 15-19 Spring Break



March

Teacher Sue & Ms. Maddie
a.miguel@lagunaed.net
m.francis@lagunaed.net

Paguate Classroom

Greetings Parents/Guardians,

We hope you all are doing well, staying safe and continuing to stay diligent in following all CDC and Laguna, Pueblo guidelines per COVID-19. Spring is quickly approaching and boy we are ready to start taking our Zoom Sessions outdoors! In the month of March for our Creative Curriculum, we will be exploring the topic of "Buildings". We will make connections to the real world around us and explore how they are built, who builds them, where we see buildings and so much more, all while making it fun and engaging for students!

As you know Paguate Classroom along with Laguna and Mesita Classrooms are all transitioning Classrooms, which means your children will soon be entering into Kindergarten! How excited and privileged we are to be working with your students and getting them ready for "The Big School". During morning ZOOM Sessions, we focus on Social & Emotional Development. Teachers and students will be discussing "Kindness" through Conscious Discipline. We will continue our routine of saying the Good Morning Prayer, singing our Good Morning Song, reviewing numbers 1-30, colors, Days of the Week, and Alphabet in English and Keres. For the afternoon ZOOM sessions, teachers focus on lessons and objectives in developmental learning that include domains of Math, Literacy, Language, Cognition, Science, and Physical Development. We also are having fun learning new vocabulary words in our Keres Language. Last month we learned words like: "Friend", "Heart", "Pottery", "Hello", "Goodbye".

We would like to **THANK ALL PARENTS** for taking time to make sure your children are getting their educational time in through ZOOM with us, having them ready with materials and ready to learn. We appreciate your help and patience with teachers. We are so proud of all the children and how much their little minds are expanding every day!

Important Dates:

- March 3rd, 4th, & 5th – PARENT TEACHER CONFERENCES –**NO SCHOOL**–
- March 11th – NUTRITION ACTIVITY "CUCUMBERS"
- March 15th – 19th – SPRING BREAK –**NO SCHOOL**–
- March 19th – LAGUNA FEAST –**NO SCHOOL**–
- March 23rd – TRADITIONAL POTTERY DEMONSTRATION

Star Students!

100% Perfect Attendance

Lanaya Lozoya, Derek White Hawk, & Jacoby Tso

100% Participation in Class


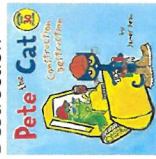




Zariya Maria







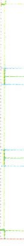
March



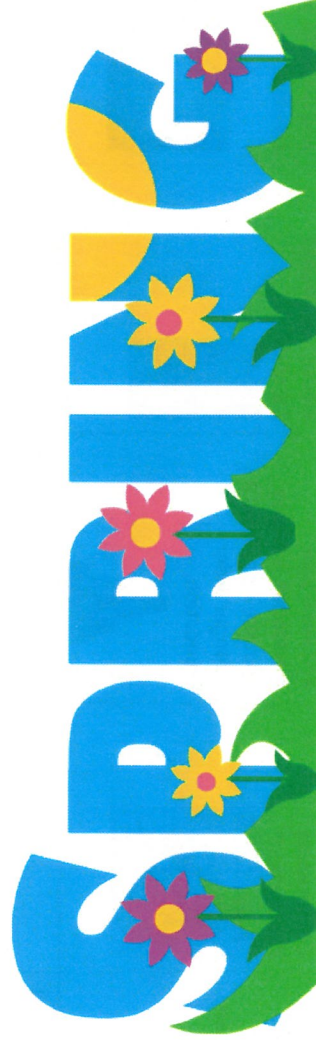
Laguna * Mesita * Pagate Classrooms

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>Read Aloud on YouTube Try a little Kindness by Henry Cole</p> 	<p>1</p> <p>Have your child draw a blueprint of their dream house. Ask how, what, why, where questions. Ex. How will you get into your house, where will you build it?</p> 	<p>2</p> <p>Read Aloud- YouTube "Pete the Cat Construction Destruction" Pete the Cat Construction Destruction</p> 	<p>3</p> <p>Stack paper cups as tall as you can, shake table and see if your foundation is strong enough, if not build a stronger wider foundation.</p> 	<p>4</p> <p>Read Aloud- YouTube "Froggy Builds a Tree House" By: Wizkid Campus</p> 	<p>5</p> <p>Build a Fort in your living room, use pillows and blankets. Get creative!</p> 	<p>6</p> <p>Create a building using blocks, Legos, playing cards, popsicle sticks or cardboard boxes.</p>
<p>14</p> <p>Make a rainbow pot of gold. Using a paper, glue, fruit loops, black paper for pot of gold.</p> 	<p>8</p> <p>Use marshmallows and toothpicks to make a building e.g... house, post office, doghouse</p>	<p>9</p> <p>Read book "The Three Little Pigs" (Story time- YouTube).</p>	<p>10</p> <p>Have your child retell the story " The Three Little Pigs".</p>	<p>11</p> <p>Have your child draw and color "The Three Little Pigs" houses...Straw, Brick, and Stick</p>	<p>12</p> <p>While out on a drive or walk have your child look out for different kinds of buildings, have them draw what they see.</p>	<p>13</p> <p>Create a Kindness Rainbow. Add words of Kindness to the Rainbow</p> 
<p>15</p> <p>Create a matching game using the uppercase and lowercase letters. Play as many times as they want</p>	<p>16</p> <p>Read the book: Green Eggs and Ham. Try making some green eggs</p>	<p>17</p> <p>Make a St. Patrick's Day Slime. Add glitter, small sequins, etc. Have a discussion of how it feels?</p>	<p>18</p> <p>Create art using some homemade playdough. (Recipe on Mesita room article)</p>	<p>19</p> <p>Painting with cucumbers. Cut the cucumber in half dip in paint, place onto paper and have fun.</p>	<p>20</p> <p>Read the book. The Very Hungry Caterpillar. Try and make The Very Hungry Caterpillar out of Cucumbers.</p> 	<p>20</p> <p>Read the book. The Very Hungry Caterpillar. Try and make The Very Hungry Caterpillar out of Cucumbers.</p> 
<p>SPRING BREAK FOR CHILDREN ~ NO SCHOOL ~ ENJOY!</p>						

<p>21</p> <p>Make a pottery using clay, play-doh, or mud.</p> 	<p>28</p> <p>Take a walk outside, collect sticks, rocks, and sand. Build a house. What else can we use to hold up the structure?</p>
<p>22</p> <p>Time yourself running around your house. Check your heart rate.</p> 	<p>29</p> <p>Make a paper house using the following shapes: 1 big square, 2 small squares, 1 big triangle, 2 tall triangles, and 3 rectangles.</p>
<p>23</p> <p>Count how many windows you have in your house.</p> 	<p>30</p> <p>Build a shelter for an animal. Example: cave=bear doghouse=dog birdhouse=bird</p>
<p>24</p> <p>Let your child take a turn reading a book to you.</p> 	<p>31</p> <p>List the shapes you find in your house. Example: 4 rectangle doors 6 square windows 1 triangle roof</p>
<p>25</p> <p>Find a building that is two stories high in your community.</p> 	
<p>26</p> <p>Time yourself running around your house. Try to beat your time on Monday. Did you beat it?</p> 	
<p>27</p> <p>Read the book "The Three Little Pigs." Use a paper to fold into 3 sections, on each of the sections draw a pig and its house (thinking about the book)</p> 	

SPRING




DEC Daily Zoom Instruction Schedule

Infants

Sunnyside/Chinatown Classroom: Session # 1 8:05-8:20am
Session # 2 11:05-11:20am

Sunnyside Classroom Intervention/Enrichment Schedule:

Thursday @ 9:00 am & 11:00am

Friday @ 11:00 am

Chinatown Classroom Intervention/Enrichment Schedule:

Wednesday @ 1pm & 3pm

Toddlers

New York/Turquoise Classroom: Session # 1 8:25-8:40am
Session # 2 10:25 -10:40am

New York Classroom Intervention/Enrichment Schedule:

Mondays @ 3:00 pm & 12:00 pm

Tuesday 3:00 pm

Turquoise Springs Intervention/Enrichment Schedule:

Wednesday @ 2:00 pm

Tuesday & Thursday @ 1:00 pm

Older Toddlers

Casa Blanca/Village Classroom: Session # 1 8:45-9:00am
Session # 2 10:45-11:00am

Casa Blanca Classroom Intervention/Enrichment Schedule:

Monday @ 9:00 am

Tuesday @ 1:00 pm

Wednesday @ 1:00pm

Village Classroom Intervention/Enrichment Schedule:

Monday- Friday

12:00pm

3 year olds

Seama/Paraje Classroom: Session # 1 9:05-9:20am
Session # 2 11:05-11:20am

Seama Classroom Intervention/Enrichment Schedule:

Monday @ 12:15-12:30

Tuesday @ 12:15-12:30

Wednesday @ 12:15-12:30

Thursday @ 12:15-12:30

Paraje Classroom Intervention/Enrichment Schedule:

Monday @ 12:30 & 3:00 pm

Tuesday @ 3:00 pm

Friday @ 12:00 & 12:30 pm

4 year olds

Encinal Classroom: Session # 1 9:20-9:35am
Session # 2 11:20-11:35am

Encinal Classroom Intervention/Enrichment Schedule:

Monday- Wednesday
9:45-10:15
11:45-12:15
12:30-1:00

5 Year olds

Paguete, Laguna, Mesita Classrooms: Session # 1 9:45-10:00am
Session # 2 11:45-12:00pm

Laguna Classroom Intervention/Enrichment Schedule:

Monday- Wednesday
10:15am
10:40am
11:15am
12:15pm
12:30-12:45pm

Mesita Classroom Intervention/Enrichment Schedule:

Monday- Thursday
9:00-9:30am
10:00-10:15am
12:00-12:15pm
1:00-1:15pm

Paguete Classroom Intervention/Enrichment Schedule:

Monday @ 1:00pm
Tuesday @ 1:00pm
Wednesday @ 1:00pm

**Think
Spring**

Spring is Coming!





DEC Family Service Provider

Greetings DEC Families,

Hope this finds you and your families healthy & well.

I want to take this opportunity to thank all the parents who joined me in weekly presentation every Friday. I appreciate your involvement as well as your feedback.

I look forward to continuing and building partnerships with you and your family.

Continue to Stay Safe.

Best Regards,

Tiffany Touchin

Laguna Behavior Health Service:

Provides a wide array of services including a mental health program, substance abuse and a prevention program. Within these three main components, many programs services are offered.

Laguna Behavior Health also provides on-call crisis services to the community 24 hours a day, seven days a week.

Laguna Police department: (505) 552-6666

Laguna Behavior Health: (505) 552-6513

Mental Health Hot Line: (505) 552-5660

National Suicide Prevention Lifeline: 1-800-273-8255

Family Connections:

Reading Short Stories

Fixing Meals Together

Nature Walks

Active Learning with

Children:

Sponge Stamping

Organize Toys

Dance Party

Feelings:

Create a feeling chart, Let your child draw the emotions

Hang in a visible area for children to refer to

Contact Information:

Tiffany Touchin

Phone: (505) 290-4297

Email:

t.touchin@lagunaed.net

Kathleen Herrera
EHS Home Base Teacher/Family Service Provider



Home Base Activities:

March 1 – Traditional Pottery: Fine motor skills will be used for whole-arm movements to manipulate and explore objects, use wrist and finger movements and use various tools to grip, to make a pottery shape.

March 8- Buildings: Using senses to explore the environment, using objects and materials to create, recognizes real-life objects. Be creative making a building up or outward.

March 15 – **NO VISIT**

March 22 – Nutrition: Cucumbers/Healthy Heart. We will discuss various ways to use a cucumber to create a healthy snack. By using a paper cup, we will listen to the child's and parent's heart beats. We draw and color the picture of a healthy heart.

March 29 – Conscious Discipline – Kindness. As children continue to learn the act of Kindness. A Kindness tree will help encourage a child show acts of Kindness. The tree will be displayed somewhere in the home.

At Home Activities:

1. Take walks, weather is getting warmer.
2. Read a book once a day, draw a picture of the story read.
3. Encourage your child to help set the table for a meal.
4. Outdoor activity- throw, kick, catch a ball, write in the mud with a stick, watch the clouds.
5. Sing and dance with different types of music.

Dates to Remember:

March 2 – Grand Opening of the NEW Laguna Health Center

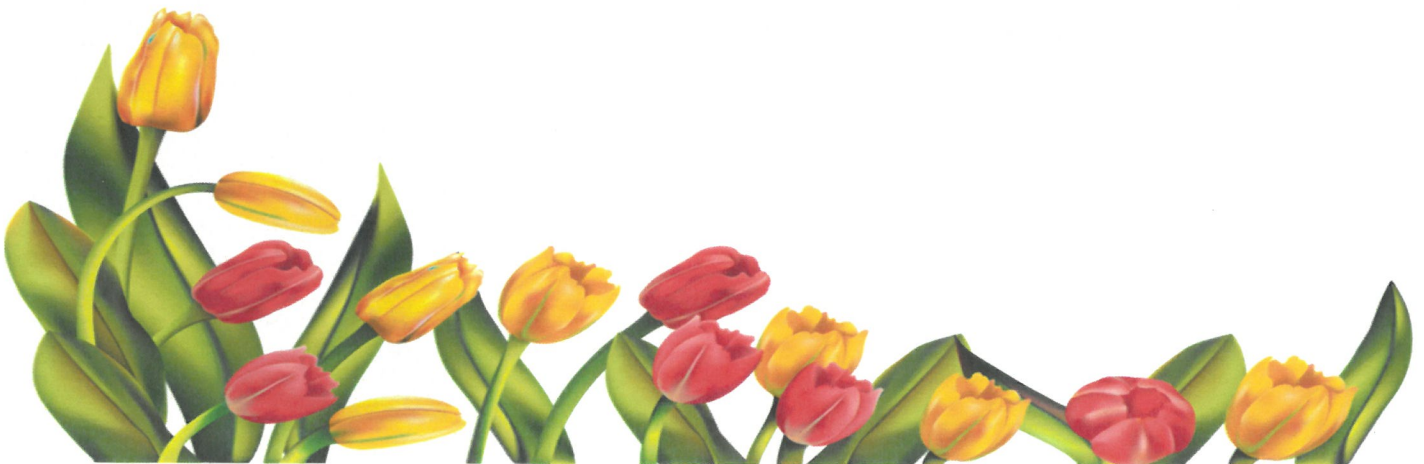
March 15- 19 – NO SCHOOL Spring Break

March 24 – Diaper Distribution from 8 a.m. to 3 p.m., @ PHS, call 552-6544.

As your Family Service Provider, I will continue to contact families via phone, email or zoom, once a month or as needed. If your phone number, address, or email, has changed, please notify your teacher or Family Service Provider.

Wishing all families continued safety and health!!

Kathleen Herrera



HEALTH



DEC Health Aide

Lora Patricio (l.patricio@lagunaed.net)

Hello Parents and Families

Hope you are all doing well and staying safe.

As I am completing file reviews. I am still in need of health documents from families. The health documents are an important part in Head Start, documents have to be current and up-to-date. Letters have been sent through email with information on what documents are needed, please check your email. Family Service Providers are also communicating with families what health documents are needed. Teachers will give families updates on documents needed during parent teacher conferences. I am also sending the release of information document to child's provider if they are in the child's file to help in getting needed documents. I am aware there may be some hesitancy about going to the doctor. An option would be to ask your child's provider if they do virtual doctor visits.

Children learn better if they are healthy. Documents can be sent to me via email.

Thank You Parents for sending your child's updated documents.

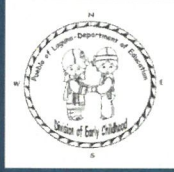
There will be a **Health Advisory Committee (HAC) meeting on March 9, 2021 @ 10:00am – 11:00am**. Different health topics are discussed, parents are welcome to attend these meeting. Join
Zoom Meeting

<https://us02web.zoom.us/j/84669451087?pwd=SEZyeEp2eC8zSjZNNXMzemFwc0NkZz09>

Meeting ID: 846 6945 1087 Passcode: 181456

Phone call in: 1 669 900 6833 US (San Jose)





• Laguna DEC •

Presenter: Davina Nez

Awareness
Prevention

Family Wellness

March
Fridays

Time:
11:30am

Via Zoom

March 05, 2021
Symptoms of Depression

March 26, 2021
Suicide Prevention

March 12, 2021
Coping with Grief & Loss

Join Zoom Meeting

<https://us02web.zoom.us/j/81993642110?pwd=akRUMTINRUtTTnVGUHRiS1B2cEk1QT09>

Meeting ID: 819 9364 2110

Passcode: 808023

Join by Phone:

+1 -346 -248 -7799



ACL WIC Program



ACL WIC provides a variety of infant formula

Enfamil Premium, Gentlease, Enfacare, Newborn, Prosobee, Reguline, A.R., Sensitive, Nutramigen



Similac Advance, Alimentum, Soy Isomil, Neosure, EleCare,



ACL WIC Program is continually accepting NEW and FORMER Participants.

Please call our office to schedule an appointment or if you would like more information at 505-552-6067/6068

We serve prenatal, breastfeeding and postpartum women, infant and children five and younger.

Please provide proof of income, residency & identity for the applicant.



ACLWIC is an equal opportunity Employer

ACL WIC provides a variety of nutritious foods

Shop!
Regularly update and cover most foods available

For More Information:
Acoma/Canonicito/Laguna ACL WIC Program
P.O. Box 210
New Laguna, NM 87025
Tel: 505-552-6067/6068
Fax: 505-552-6336

PEANUT BUTTER **Search & Donate**

SHOPPING

To report fraud, call 1-800-424-9121
or email reportfraud@aclwic.net

INFANT PRODUCTS **Families, parents & food**

MILK, CHEESE, TOFU & YOGURT

EGGS

CEREAL

JUICE **100% Vegetables & Fruit**

TORTILLAS, BREADS & WHOLE GRAINS

LEGUMES **Beans, Peas, Lentils**

FRUITS & VEGETABLES **Vegetables, fruits, and grains**

FULLY BREASTFEEDING

Health Information:

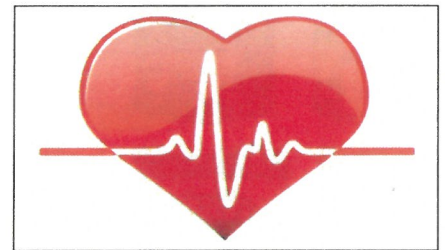
Know Your Risk for Cardiovascular Disease in Women

Every minute in America, a woman dies of a heart attack, stroke or another form of cardiovascular disease. As we know, one out of every three women experiences some form of CVD. And yet, according to the American Heart Association, most of those cases are preventable if you lead a heart-healthy lifestyle.

“With early screening, early detection and early treatment of the disease, you will see the incidence of coronary artery disease go down,” says Daniel Duprez, M.D., Ph.D., a professor of medicine/cardiology and the director of research with the Rasmussen Center for Cardiovascular Disease Prevention at University of Minnesota.

Assess if you should get a heart health screening.

Key health indicators



Some of the risk factors for cardiovascular disease include high blood pressure, high cholesterol, body weight/body mass index and high blood glucose. These numbers can serve as a wake-up call to jumpstart a healthier lifestyle. Testing should occur as follows:

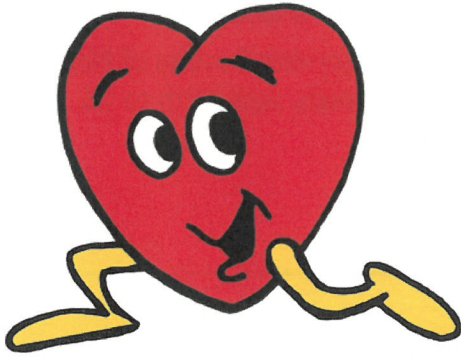
- Blood pressure – every regular health care visit starting at age 20
- Cholesterol – every five years starting at age 20. More often if: total cholesterol is above 200; if you are a man older than 45 or a woman older than 50; if you're a woman whose HDL is less than 50 or a man whose HDL is less than 40; if you have other cardiovascular risk factors
- Weight/body mass index – every health care visit starting at age 20
- Waist circumference – as needed starting at age 20
- Blood glucose – every three years starting at age 45

Learn more about your numbers and key health indicators with [My Life Check](#).

Family history

If you know you have a [family history of heart disease](#), it's important to share that information with your doctor. This will help cue your physician into your genetics, making him or her more aware of additional risk factors.

Healthy Heart



Healthy You

Division of Early Childhood
Preschool/Early Head Start



Health Presentation: Healthy Heart

Join us to learn about health benefits for your heart.

Zoom presentation by Shelley Rael, Dietitian
Consultant

Wednesday, March 24, 2021 @ 2:00 pm.

Join Zoom Meeting

<https://us02web.zoom.us/j/85672162557?pwd=UDFVdHA3SURxTIB3ZVJTNWIONlpFZz09>

Meeting ID: 856 7216 2557

Passcode: 040612

Join by phone: 1-253-215-8782





Education for Parents of Indian Children with Special Needs

EPICS is a 501(c)(3) Non-Profit Community Parent Resource Center serving families of Native American children with disabilities and/or special healthcare needs, ages birth to 26.

Questions? Call 505-767-6630

Upcoming Workshop

Featuring Peter W.D. Wright, Esq

Tuesday, March 9th, 2021

“New to Special Education? Basics to know Immediately”

10:00 am to 11:00 am MT

Access to the Special Education Law Book used in this workshop will be sent before the workshop

Mr. Peter W.D. Wright, Esq. - Author of best-selling books: *Wrightslaw: Special Education Law*, *All About IEPs and Emotions to Advocacy*. Mr. Wright is an attorney who represents children with special educational needs. He struggled with learning disabilities, including dyslexia, dysgraphia and ADHD. His determination to help children grew out of his own educational experiences. Peter and Pam Wright were Adjunct Professors of Law at the William and Mary School of Law where they taught a course about special education law and advocacy and assisted with creation of the Law School's Special Education Law Clinic. Peter and Pam are co-founders and faculty at the William & Mary Law Institute of Special Education Advocacy (ISEA). They are founders of Wrightslaw.com

This learning opportunity will provide an overview on the Special Education Law.

Learn what the law says about:

Individuals with Disabilities Education Act of 2004

Section 504, NCLB, FERPA

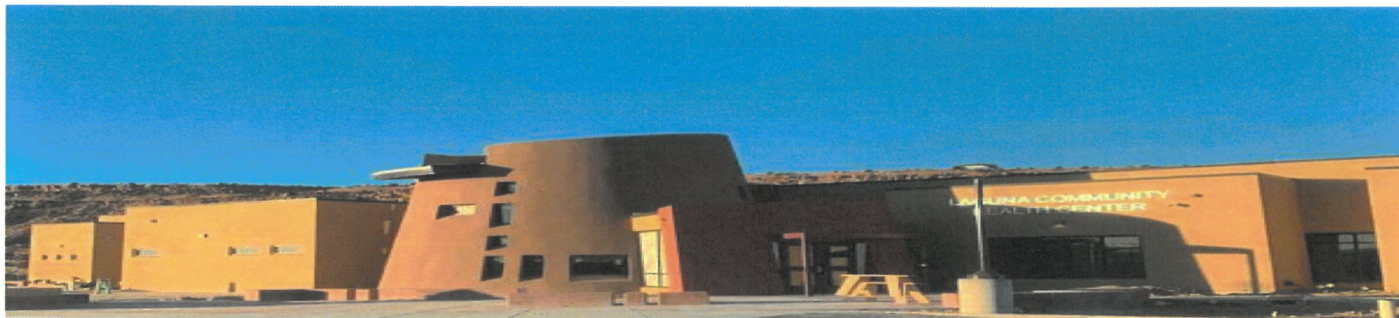
Register in advance for the Workshop using the link below: Press ctrl + click on the link below

<https://us02web.zoom.us/join/register/tZwtc-ygqDOuEtOJ8aCCBOu-M3-mLIYZSrij2>

After registering, you will receive a confirmation email containing information about joining the meeting.



LCHC OPENS TO THE COMMUNITY



The staff of the Laguna Community Health Center are pleased to announce that we are open to the community on Tuesday, March 2, 2021 at 10:00 am. We are excited to begin seeing patients and providing quality healthcare services. Hours of operation: Tuesday through Friday, 10:00 am – 6:30 pm and Saturday, 10:00 am – 3:00 pm, CLOSED ON SUNDAY AND MONDAY.

- Appointments can be scheduled by calling **(505) 431-0711**.
- We will take same day walk-in appointment, if available.
- We are accepting Patient Registration and Release of Medical Records forms at the LCHC. Please complete the forms prior to your scheduled appointment.
- You may request that your Medical Records at ACL or any other provider be sent to the LCHC.
- You may have your prescriptions filled at LCHC but first you must see an LCHC Provider.
- The LCHC Medical Staff includes two (2) Board Certified Family Medicine Physicians and two (2) Nurse Practitioners.
 - Dr. Jewell Henley, Medical Director
 - Dr. Mariana Mejia Botero, Family Practice Physician
 - Pam Fulton, Nurse Practitioner
 - Marian Ramsey-Ford – Nurse Practitioner
- Stay tuned for more information regarding Patient Benefits and Purchased Referred Care.
- Stay tuned for more information regarding children's vaccine program.

Our services include Primary Care, Pharmacy, Radiology, Lab, Integrated Behavioral Health and Telemedicine.

WE VALUE

Compassion, Honesty, Accountability, Respect, Trust (CHART)



Our Vision

Empowering individuals to live healthy lives while honoring Laguna values.

Our Mission

To provide compassionate, high quality and accessible healthcare to all Laguna families, relatives, and neighbors

