



March 2022 Dolton

From the Desk of Velma Meek M. Ed, Site Director

Dolton Early Learning Center uses a creative curriculum. This allows children to learn through their interests. Teachers create a classroom environment with interactive areas that promote learning and children select the projects that interest them the most. The goal of a creative curriculum is to help the children become enthusiastic learners.

The Pyramid Phrase for the month is "Be Kind." The children will use the phrase, "Be Kind" in common areas throughout the program.

Some examples are listed below:

- In the hallway - "Use walking feet."
- In the washroom - "Wait your turn respectfully."
- In the Multipurpose Room - "Toys are for everyone."

Always encourage your child to be kind and use kind words to help promote positive Social-emotional development.

Word of the Month

Implementation - Noun: Means the process of putting a decision or plan into effect; execution.

 708.365.1500

     @IAFC_Cares

 <http://earlylearning.actforchildren.org>

 earlylearning@actforchildren.org

Classroom Notes:

In March, our children will continue to learn about pets, exercise, and body parts. The children will also learn rules and routines in their classroom as well as how to “Be Respectful” and Be Kind” to one another.

Exciting news! Children will learn through studying a specific subject. Each study will help your child get a clear understanding of how things work in their environment. This study will start Feb. 14 and run through March 25.

- Classroom 1 will continue to focus on building attachments
- Classroom 2 will continue to focus on body parts
- Classroom 3 will continue to focus on shapes and colors
- Classroom 4 will continue to focus on pets
- Classroom 5 will continue to focus on exercise and what happens to the body during exercise
- Classroom 6 will continue to focus on exercise, healthy eating, and Zumba

Play Time Can be Active Time:

- For your preschooler, keep your child active while learning by spending time outside learning about the environment.
- Set playtime, mealtime, and bedtime routines.
- Try to limit TV, video games, and computers to two hours or less a day. Children who watch more than two hours of TV a day are more likely to become overweight as they get older.

Upcoming Events - Mark your Calendar!

3/9/22 - Monthly Parent Meeting and Mental Health: How to Talk to Children about Violence and Policy Brutality Workshop at 10 a.m.

3/18/22 - Professional Development Day- non-attendance for children

TBA - Virtual Family Fun Event

Family Engagement Notes:

Ms. Sharon and Ms. Delean would like to thank all the parents who participated in the monthly Parent meeting, the Bright Promise's Parent Café, the virtual family fun events, and learning sessions!

Resources

CEDA LIHEAP - CEDA

CEDA LIHEAP - CEDA is taking pre-applications for gas and electric bill assistance. There are two ways to pre-apply via a step-by-step guide:

1. Online at <https://www.cedaorg.net/find-services/gas-and-electric/>
2. Call [800-571-2332](tel:800-571-2332).

Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of four free at-home COVID-19 tests from <https://special.usps.com/testkits> (English), <https://special.usps.com/testkits-es> (Spanish) or call [800-232-0233](tel:800-232-0233).

Centers for Disease Control and Prevention (CDC)

Ten things to know about COVID vaccines for children ages 5 through 11. <https://www.cdc.gov/vaccines/covid-19/planning/children/10-things-to-know.html>.

Do you need food or health insurance?

Skip the local office and get help by phone or computer. The Greater Chicago Food Depository provides free expert helps. Their outreach team can help you with benefits information, applying or recertifying for the Supplemental Nutrition Assistance Program (SNAP), Medicaid benefits, and more. Apply online at abe.illinois.gov or call [773-843-5416](tel:773-843-5416). Find a food program near you by visiting chicagofoodbank.org/find-food or call [773-247-3663](tel:773-247-3663).

*From the desk of Joaquimia Williams,
Mental Health/Disabilities Coordinator*

How to Feel Calm

Help your child cope with emotions like anger, anxiety, and frustration by using these calm-down tricks at home or school.

Bear Hug: If your child is feeling overwhelmed. Have your child wrap his or her arms around themselves. Tell your child to give themselves a squeeze while slowly counting to five.

Pep Talk: Together, think of a positive message your child can repeat to himself or herself when he or she feels anxious. Example: "I can do this."

Deep Breath: Anger rising? Ask your youngster to inhale deeply and then slowly and gently blow the biggest imaginary bubble possible—to let the feeling out of their body.

Noodle Bones: To help your child relax, try this funny technique. Tell your child to close his or her eyes and pretend that all his or her bones are wiggly noodles.

Focusing Attention: When your little one begins to lose interest in an activity, encourage your child to do "one more" before he stops—attempt one more basket, try to balance on his or her bike one more time, put away one more book, etc. Over time, these small increases will add up.

NOTE: If you are concerned about your youngster's attention span, talk to your child's teacher who can tell you if they have noticed any problems.