



# March 2023 Dolton

## From the Desk of Velma Meek, Site Director

Hello Families,

As we settle into 2023, we'd like to thank you for choosing Dolton Early Learning Center.

In January, we welcomed all children back in person. We're so happy to once again see their smiling faces. Last month, our children explored water and the various ways to use it. They learned a different name - H<sub>2</sub>O, how it changes into a solid, and how mixing liquids with various hues causes color changes.

We're dedicated to building positive relationships with you and your child. To help us build these bonds, we invite you to attend our Parent Committee Meetings every (second Thursday of the month). This month's meeting was Thursday, March 9, from 10 – 11 a.m. We raffled two gift cards (\$25 each). Join us next month for your chance to win.

### **CLASSROOM NOTES:**

This month, our children will learn through various themed studies such as exercise, planting, the wind, and transitioning from winter to spring. Each study will help your child get a clear understanding about how spring is a wonderful time to plant and exercise.

 **708.365.1500**



**@IAFC\_Cares**

 <http://earlylearning.actforchildren.org>



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## REMINDERS

- Make sure your child has an extra set of warm clothing at school.
- Plan accordingly for arrival and departure times. Our hours of operation are from 8:45 a.m. to 3:30 p.m.
- Dress your children in warm layers. They play outside most days, according to the 25/90 rule, which means if the temperature is 25° to 90°, they will go outside.

## Mark your Calendar!

- **Friday, March 24:** Non-attendance day for students. We're closed for staff professional development.
- **The Week of April 3:** Week of the Young Child
- **The Week of April 10L:** Closed for spring break.
- **Friday, April 28:** Non-attendance day for students.

## From the Desk of Catalina Torres, Parent Involvement Coordinator

### 101 WAYS TO PRAISE A CHILD!

Praise nurtures your child's confidence and sense of self. By using praise, you're showing your child how to think and talk positively about themselves. You're helping your child learn how to recognize when they do well and feel proud of themselves.



## RESOURCES/AROUND TOWN:

**CEDA LIHEAP** – CEDA is taking applications for gas and electric bill assistance.

**There are two ways to pre-apply via a step-by-step guide:**

1. Online at <https://ceedaorg.net/find-services/gas-and-electric>
2. Call 800-571-2332

### **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 help. Their outreach team can help you with benefits information, applying or recertifying for the Supplemental Nutrition Assistance Program (SNAP), Medical benefits, and more. Apply online at [abe.illinois.gov](http://abe.illinois.gov) or call 773-843-5416. Find a food program near you by visiting [chicagofoodbank.org/find-food](http://chicagofoodbank.org/find-food) or call 773-247-food (3663).

**COOK COUNTY DEPARTMENT OF PUBLIC HEALTH** has several medical home locations in Illinois, among others:

- Robbins Health Center in Robbins, IL
- Cottage Grove Health Center in Ford Heights, IL

They also have Regional Outpatient Health Centers. Please call the Patient Support Center at 312-864-0220 for information on services and a location near you. Services CCDPH offers are: Primary Care, Dental Services, Women, Infant and Children (WIC), Cancer Care, Behavioral Health Services, Immunizations, Diabetic Care, Mammograms, Health Care for Seniors, Cardiac Care, X-Rays, Laboratory Services, Prenatal Care and Conventional evening and weekend hours; and many others. Please visit [cookcountyhealth.org](http://cookcountyhealth.org) to learn more about all the services CCDPH offers.

**SOUTH SUBURBAN COMMUNITY COLLEGE** – If you or someone you know need to take English as a Second Language Classes? You are still on time to register at South Suburban Community College on March 1, 6, and 7, April 4 and 6 at 10 a.m. or 6 p.m. Registration will be by appointment only. Call 708-596-2000 ext. 2408 or 5110. For more information visit: [ssc.edu/adult-continuing-education](http://ssc.edu/adult-continuing-education).