Dear Preschool Community:

Welcome to 2017! We hope you had a great start to a brand new year! We are pumped up about the second half of the year and all we have yet to accomplish with your children! Hopefully you can already see the leaps and bounds your children have made during the first semester.

With the new year comes the hope for change and new beginnings. Helping your child create goals is the beginning of teaching your child commitment and self-discipline. Goal setting is an important skill your child can take all the way in to adulthood. Here are some resolutions your kids can adapt to get started:

1. **I will practice good hygiene.**
   This includes brushing my teeth after meals, washing my hands after going to the bathroom, covering my nose and mouth when I sneeze and cough, and keeping my nails clipped and filed. Proper hygiene is important for good health.

2. **I will make it a point to eat healthier.**
   I will eat a fruit and vegetable every day while limiting my sweets. After all, an apple a day keeps the doctor away.

3. **I will work on being polite.**
   I will remember my please, thank you, you’re welcome, and excuse me’s. I will show respect with my words.

4. **I will do my best in school.**
   I will listen to the teacher and follow directions.

On behalf of the entire preschool staff we would like to wish you and your family a successful spring semester!

*Your Partner in Education, Dr. Belinda Lujan-Lindsey Assistant Director Special Education-Instruction*

As a part of our child find process, we screen children to help determine if they have a delay that would need an evaluation. Many parents call, wondering about their children’s speech. Sometime they can’t understand them when they are speaking or they may be misarticulating certain sounds. With our young children certain sounds are developmental, meaning they would not be expected to have those sounds until a later age therefore they would not require an evaluation. We have below a sound development sheet that would give an estimate as to what sounds would be expected at which age. This could help when you are listening to your own child or you can share it with a friend who may be wondering about their child’s speech. Parents can call us if they have concerns about their child’s development.

*D20 Child Find Coordinator—Mary Jeanne Benner-Knopp (719) 234-1755*
When temperatures drop, children need extra attention to stay warm, safe and healthy. Young children are less likely to recognize when they are cold and more likely to lose body heat quickly due to their smaller size. Here are some tips to protect children when the thermometer dips:

1. **Think layers.** Put several layers of clothing on your child and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.

2. **Beware clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

3. **Check in on warmth.** Tell children to come inside if they get wet or if they’re cold. Then keep watching them and checking in. They may prefer to continue playing outside even if they are wet or cold.

4. **Use sunscreen.** Children and adults can still get sunburn in the winter. Sun can reflect off the snow, so apply sunscreen.

5. **Install alarms.** More household fires happen during the winter so make sure you have smoke and carbon monoxide alarms in your home.

6. **Get equipped.** Children should always wear helmets when snowboarding, skiing, sledding or playing ice hockey. Any sports equipment should be professionally fitted.

7. **Teach technique.** It takes time to master fun winter activities like sledding, so make sure children know how to do the activity safely.

8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold air humidifier in their room. Saline nose drops can help keep their nose moist.

9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal.

10. **Watch for danger signs.** Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

**Sources:** Save the Children, American Academy of Pediatrics, University of Michigan Health System

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**Getting to know you...**

Hi! We would like to introduce you to the Briargate Preschool’s nurse, Jane Manderfield. She has been involved with preschool for 5 years and has been with Academy District 20 for 6 and 1/2 years. Jane supports Briargate preschool, Challenger Middle School and Liberty High School. She oversees all of our health needs and makes sure that we are compliant with state and federal requirements.

Jane loves what she does as she is a kid at heart! When she is with students she engages them in conversations. Jane enjoys getting to know them and connecting with the kids.

The ability to be with people and help educate them regarding their health and well-being is one of her favorite things to do! Being involved with children and helping us all learn critical thinking skills that will make it possible to think through a situation and come up with solutions on our own, is one of her primary goals.

Beside being a Bronco “fan”atic, Jane loves to read, do crafts and cross stitch. She has been married for over 29 years and attributes their long marriage to different strengths and interests that compliment each other! They have 3 boys.

Something most people don’t know about Jane is that she has a masters in math and her family calls her “Queen”. One of her sons got her a license plate last year that reads “QU33N”! Thank you to our Bronco Queen!!!
Did you know?
- Were you aware that in a fight between a bear and a lion, the bear would win.
- Penguin - the only bird that can swim but cannot fly. In addition, it is the only bird walking standing.
- Were you aware that when a female fish sees a male fish blowing bubbles, it means he’s ready for breeding?

Source: fun-interesting-facts.com

**Preschool Quotes!**

*From Briargate Preschool:... During one of our very cold days one of our students asked her mom, “Mom, why is the air stabbing my eyes?”*

**RULER News**

This month’s quadrant for the Mood Meter is Green (calm and relaxed). When people are "in the Green," they may feel relaxed with a little energy, still, peaceful or quiet. Their faces may show a small smile with relaxed lips, cheeks and eyebrows. Most young children like to “feel green.” We often ask children to “calm down” but many children may not actually know what calm means or feels like in their bodies. Help children explore green feelings in many different ways, such as through reading stories together and talking about what characters look like and act like when they are calm and doing slow movement activities together such as stretching and deep breathing to see what calm feels like in our bodies. Book suggestions related to the Green quadrant include:

*Good-night Moon* by Margaret Wise Brown,

*Peaceful Piggy Meditation* by Kerry MacLean and

*The Napping House* by Audrey Wood.

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**In the Kitchen—Baked Potato Soup**

**Ingredients:**
- 4 baking potatoes (about 2 1/2 pounds)
- 2/3 cup all-purpose flour (about 3 ounces)
- 6 cups 2% reduced-fat milk
- 1 cup (4 ounces) reduced-fat shredded extra sharp cheddar cheese, divided
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup reduced-fat sour cream
- 3/4 cup chopped green onions, divided
- 6 bacon slices, cooked and crumbled
- Cracked black pepper (optional)

**Directions:**
Preheat oven to 400°. Pierce potatoes with a fork; bake at 400° for 1 hour or until tender. Cool. Peel potatoes; coarsely mash.
Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes). Add mashed potatoes, 3/4 cup cheese, salt, and 1/2 teaspoon pepper, stirring until cheese melts. Remove from heat.
Stir in sour cream and 1/2 cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil). Ladle 1 1/2 cups soup into each of 8 bowls. Sprinkle each serving with 1 1/2 teaspoons cheese, 1 1/2 teaspoons onions, and about 1 tablespoon bacon. Garnish with cracked pepper, if desired.

Source: myrecipes.com

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“We only way to have a friend is to be one”

*Ralph Waldo Emerson*
Health News—Ways to feel calm

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

- **Bear hug.** Maybe she’s feeling overwhelmed. Have her wrap her arms around herself and give a squeeze while she slowly counts to five.

- **Pep talk.** Together, think of a positive message she can repeat it herself when she feels anxious. Example: “I’ve got this.”

- **Deep breath.** Anger rising? Ask your youngster to inhale deeply and then slowly and gently blow the biggest imaginary bubble possible.

- **“Noodle bones.”** To help her relax, try this funny technique. Get her to close her eyes and pretend that all her bones are wiggly noodles.

Speech Notes

Encourage your child to use the *k, g, and r* sounds, and consonant blends correctly when he talks about his train set (*conductor, tracks, ticket, train, caboose, cargo, riding, station, platform*).

Emphasize the correct production of a sound in your own speech if your child has difficulty saying a particular sound. If your child says a word incorrectly, do not ask him to repeat it. Instead, you repeat the word correctly and say the troublesome sound louder and longer.

“While we try to teach our children all about life, our children teach us what life is all about.”

*Angela Schwindt*

Listen to music and sing songs together. You can sing nursery rhymes, songs with a lot of repetition, or songs that tell a story.

*Source: American Speech-Language-Hearing Association*
Think "Children must be taught ‘How to Think’ not what to think.”
Margaret Mead

From the School Nurse

Measles Health Alert for Denver
On January 9, 2017, the Colorado Department of Public Health and Environment (CDPHE) issued a health alert for a confirmed Measles diagnosis in the Denver area for an unvaccinated adult who recently traveled internationally. Public health officials believe this is where the exposure to the Measles virus occurred. Again, the lone confirmed case is in Denver.

Now would be a good time to review your Preschooler’s immunization records for Measles, as well as the remaining required immunizations for school attendance. Parents may review their student’s recorded immunization records for accuracy and completion in Infinite Campus using the Parent Portal. Series which are in non-compliant status will appear in RED. If your student’s record is showing as non-compliant, then please contact Jane Manderfield, RN (jane.manderfield@asd20.org) as soon as possible to discuss resolution of this status. Most likely, I have already contacted you regarding any non-compliant immunization series.

Listed below is the information regarding Measles found in the 2016 Infectious Disease Manual from CDPHE. It provides general information, symptoms, incubation periods, transmission modes, mandatory reporting requirements, school exclusion periods, and treatment for this very contagious disease.

WHAT IS MEASLES?
Measles is a highly viral contagious illness that is currently very rare in this country. Measles can result in serious complications, such as ear infections, pneumonia, seizures, brain damage, and death.

SIGNS & SYMPTOMS
• Rash (red, raised, and flat spots) that begins on face, along hairline, and behind ears and becomes generalized over 3 days
• Fever, usually 101o F or higher
• Cough
• Koplik’s spots (tiny white spots with bluish-white centers found inside the mouth)
• Runny nose
• Red, watery eyes
• Rash begins on face and spreads

INCUBATION PERIOD
21-27 days (usually 10-12 days)

HOW IS IT SPREAD?
Measles is a highly contagious disease spread by direct contact with nose/throat discharges of an infected person, or, less commonly, through the airborne route. The virus may remain infectious in the air and on surfaces for up to two hours. A person is contagious from four days before rash onset through the first five days of rash.

HOW LONG CAN A PERSON PASS THE INFECTION TO OTHERS?
Measles is contagious from four days before the rash begins through the first five days of rash.

PUBLIC HEALTH REPORTING REQUIREMENTS
Report the infection to the state or local public health agency within 24 hours of a suspected or confirmed diagnosis.

CONTROL OF SPREAD
• EXCLUDE a case until after the fifth day of rash. Case should be isolated at home during these 5 days.
• CHILD CARE & SCHOOLS: If a Measles exposure occurs within a school, all susceptible children and staff refusing measles-containing vaccine or lacking proof of immunity to Measles will be excluded from school until the outbreak is over (i.e. until 21 days after the onset of rash in the last reported case). Discuss school exclusion with the state or local public health agency.
• Review student’s vaccination records for two Measles immunizations and staff’s vaccination records for measles immunity status. Measles vaccine administered within 72 hours of exposure may prevent disease.
• Recommend Measles vaccine for persons without Measles immunity.
• Suspect cases with diarrhea should be referred to a health care provider.
• Do not transfer children to other facilities.
• Measles virus vaccine, in combination with Mumps and Rubella (MMR) and sometimes Varicella vaccine (MMRV), is routinely given at 12-15 months of age with a second dose recommended at age 4-6 years.
• The Colorado School Immunization Rules requires students in K through 12 have two Measles immunizations and child care/ preschool students 15 months of age to Kindergarten to have one dose of Rubella vaccine unless the student has an exemption to immunization.
• Please consult with local or state public health with implementation of control measures.

TREATMENT
There is no specific treatment for measles, but there is a highly effective vaccine to prevent infection.