

February 2018 Newsletter

Birthdays

MKLA would like to wish the following staff member a very happy birthday this month:

Miss Jazmine Quiros on February 7th

We hope you have a beautiful day and enjoy it to your fullest with your friends and family

☺ Happy Birthday!



Learning This Month

This month we will be focusing on themes and subjects such as: Friendship/Love, Valentine's Day, Community Helpers, & Nutrition.

For details on the curriculum for writing skills, language arts, crafts, book of the day/ theme song, Montessori job presentation, hands on activities/science experiences, and outdoor activities: See the lesson plans and daily routines on the parent board at the front office. Thanks! ☺

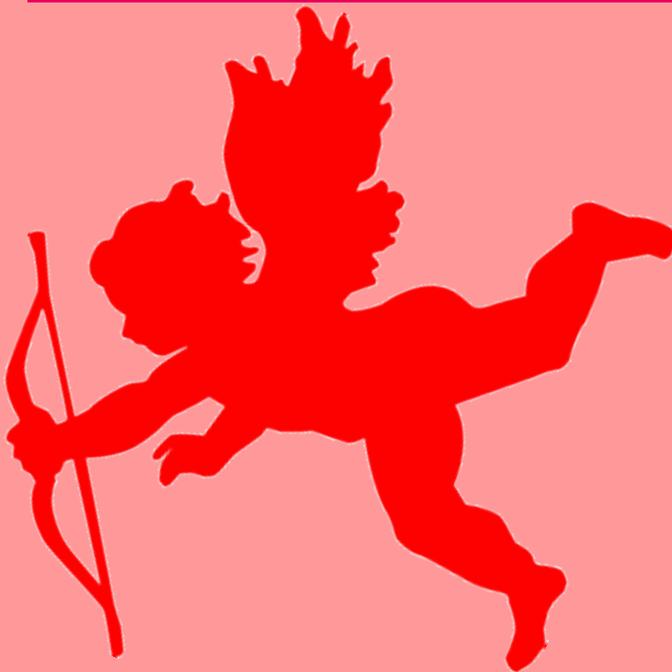
Important Dates

February:

- * 2/14/18 (wed.) Valentine's Day (In-Class Activity; see email)
- * 2/19/18 (mon.) President's Day (SCHOOL CLOSED)
- * 2/13/18 (tues.) Policeman Visit to School @ 10:00am

March:

- * 3/5/18 (mon.) to 3/9/18 (fri.) Seed Planting in Our Children's Garden
- * 3/5/18 (mon.) Fireman Visit to School @ 10:00am
- * 3/16/18 (fri.) St. Patrick's Day (In-Class Activity; Drink, Eat, & Wear Green)
- * 3/30/18 (fri.) Easter (In-Class Activity; Egg Hunt)



Montessori Quote

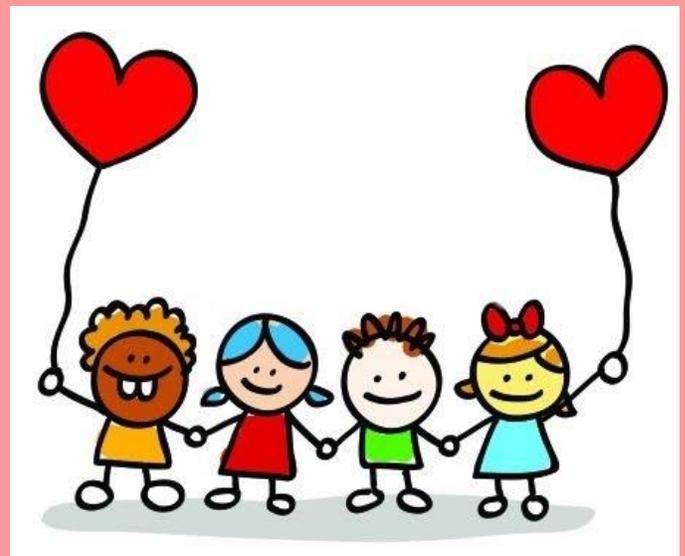
“The teacher’s task is first to nourish and assist, to watch, encourage, guide, induce, rather than to interfere, prescribe or restrict”

→ Dr. Maria Montessori

Director’s Message

“Valentines of pink and red, special words of kindness said. Small surprises, funny jokes, paper hearts and friendly notes. The best part of this happy day, is that I get the chance to say...Today and for the whole year too, I’m glad I have a friend like you!”

→ Anonymous



Updates/ Reminders

- * Valentine’s Day is coming up, and we will be doing an in-class activity. We encourage children to come to school dressed in Valentine’s day colors and theme 😊 We will soon be sending out a detailed email with instructions regarding the in-class activity.
- * Please be sure that your child is coming to school dressed in appropriate winter clothing based on the weather. Please also be sure to leave a spare jacket in your child’s cubby as well and also check the cubby everyday to ensure your child’s cubby is fully stocked up. Thank you! 😊

Important Info. For Parents

Influenza

* During the end of January 2018, the influenza (flu) virus has spread nation-wide in the U.S. and has affected many people, especially children. MKLA has seen a good amount of our children being affected by the flu as well and we want to do our best to ensure that our children, parents, and staff all stay safe and healthy. Please be aware of flu-like symptoms such as:

- *Fever/feverish chills*
 - *Cough*
 - *Sore Throat*
- *Runny or stuffy nose*
- *Muscle or body aches*
 - *Headaches*
- *Fatigue (tiredness)*
- *Vomiting and diarrhea (more common in children than adults)*

* It is best to prevent these symptom from occurring, here are some tips to help prevention:

- *Get the flu vaccine*
 - *avoid contact with anyone that is sick*
 - *if you are sick, stay home for 24 hours*
- *cover your nose and mouth when coughing or sneezing*
 - *wash your hands constantly throughout the day*
- *avoid touching your eyes, nose, and mouth as much as possible*
 - *sanitize anything that may be contaminated with germs*

* If even after prevention you find yourself or your child experiencing flu-symptoms, here are some recommended ways to treat these symptoms:

- *Definitely see a doctor because anti-viral drugs may have to be administered*
 - *stay home and rest, rest rest!*
 - *avoid close contact with others*
- *drink plenty of water and other fluids to stay hydrated and prevent dehydration from occurring*

* The flu, if not treated, can become a very serious illness. Please stay safe this flu season and heed all precautions. This information has been obtained from the CDC website. If anyone would like more info.

Please visit their website: <https://www.cdc.gov/flu/index.htm>

Kid's Kitchen

Heart-Shaped Mini Grilled Cheese Sandwiches

Ingredients:

- 16 slices firm white sandwich bread
- 2 tablespoons unsalted butter, melted
- 1 1/4 cups (about 4 oz.) shredded Cheddar
 - 1/4 cup bottled sweet pepper relish
 - Pepper

Directions:

- Preheat oven to 200°F and line a large rimmed baking sheet with foil. Lightly mist a griddle or large skillet with cooking spray.
- Use a 2-inch heart-shaped cookie cutter to cut three hearts from each slice of bread. Lightly brush both sides of bread with butter.
- Place about 1 1/2 tsp. cheese in center of half of hearts. Use fingers to spread cheese and lightly pack it down, following shape of hearts. Top cheese with about 1/4 tsp. relish and season with pepper. Place remaining hearts on top of filling, lightly pressing down to form firm, well-shaped sandwiches.
- Working in batches, cook sandwiches on griddle or in skillet over medium-high heat until lightly browned, 3 to 5 minutes per side. Use a small spatula to carefully flip sandwiches over. Place finished sandwiches on lined baking sheet and keep warm in oven until ready to serve.

