

Salida Early Childhood Center

September Newsletter
2022

Have you downloaded the school district app? Stay up to date on school announcements and closures right from your phone. Search "Salida School District" and look for the spartan icon!



Upcoming Events and Deadlines

- **Conscious Discipline Parent Night** on Thursday, Sept 8th from 7-8:30pm. This is a virtual event. Use the flyer attached to this email to register!
- 2022 **HEALTH FAIR!** Wednesday Sept. 7th 2:30-4:30 at SECC.
- Monday, Sept 5th, Labor Day, **NO SCHOOL!**
- Sept. 29th is the deadline for physicals and immunizations



Reminders!

- **We are here for your family!** If we can help provide any resources or support, please see Sheri or Heather at the front office.
- If you are picking up your child **early** or dropping them off **late**, please go to the **FRONT DESK**.
- Please schedule a well child check if your child has not been to the doctor in the past year.
- If we have not received a developmental screening from your child's doctor, **we may be contacting you** via email to have you complete one.





Who will be at the Health Fair?!

- WIC
- Chaffee County Public Health
- The Alliance
- Cavity Free By Three

- Salida Public Library
- Health insurance assistance
- Chaffee County Housing
- Parks and Rec
- Sol Vista



Don't miss your chance to win prizes!!



Principal's Corner

Welcome back to school! We are so excited to see everyone come through the front doors again. Whether you are new to our school, or returning, I hope that you will feel welcomed and valued. Our philosophy is that the parent is the primary and most important teacher of their child. We are here to build on what you are already doing and to support your family. We have three basic rules at our school: Be Kind to yourself, Be kind to others and Be kind to our school. Teaching children kindness and how to interact with their peers is an important preschool skill. Dealing with and expressing feelings is a huge part of our curriculum. We go outside everyday unless it is brutally cold, then we use the gym for exercise to get all the wiggles out. Various community partners bring in music, art and movement to enhance your child's experience at our school. Our kitchen works hard to provide nutritious meals and expose children to new foods. We are very lucky to have a full time nurse, Lindsay, on staff to help with boo boos, health questions and preventive health for children, families and staff. Please remember that your child must be picked up and gone by 3:30. Some of our teachers have other jobs and need **children to be picked up by 3:30**. Welcome to the 2022-23 school year! Please let us know if there is anything we can do to support your family through our school. ~Principal Ilona Witty

"PLAY IS OFTEN TALKED ABOUT AS IF IT WERE A RELIEF FROM SERIOUS LEARNING. BUT FOR CHILDREN, PLAY IS SERIOUS LEARNING" ~ MR. ROGERS

SECC Health Fair 2022



Where: Salida Early Childhood Center, 516 Teller St.

When: Wednesday, September 7th

2:30-3:15 Kid free opportunity to visit booths in gym and then pick up your kids from their classroom

3:15-4:30 Bring your kids to visit booths in conference room

Win prizes for visiting booths!

Community partners include:

Chaffee County Public Health, Cavity Free by Three, HRRMC, The Alliance, WIC, Parks and Rec, Salida Public Library, Chaffee County Housing, Health Insurance Assistance, Solvista and more!

You are not alone. You are not to blame. With help, you will get better.
Perinatal | Mood | Anxiety | Disorders

ALL CAREGIVERS AND PARENTS WELCOME

This Isn't What I Expected

WEEKLY GROUP

**SALIDA
EVERY MONDAY
4:30-6PM**

**SALIDA EARLY
CHILDHOOD CENTER
516 TELLER STREET
SALIDA 81201**

**BUENA VISTA
DAY TBD
TIME TDB**

**THE GROVE EARLY
LEARNING CENTER
516 EAST MAIN ST.
BUENA VISTA 81211**

A weekly group for parents or caregivers of young children. Offering a safe, confidential, and non judgmental space to gather with a professional and other parents. This group will provide empathy, information and resources, and practical help to parents as they navigate the challenges of raising small children.

"You alone can do it, but you can't do it alone"

FREE CHILDCARE and Light Snacks Provided!

Please register using this link:

<https://forms.gle/bnKkBgNYJXxFpPmw8>

For questions, contact Sarah Romack, sromack@ccecc.org or 719-221-5114



Tips for Saying Goodbye at Child Care



Be confident.

Choose your child care provider with care. Establish trust in your provider and you will be able to leave your child knowing all will be well.

Be up front.

Talk to your child about going to child care. Let him know you will be gone while he is there. No surprises!

Be cheerful.

Children pick up on your mood. Try not to act rushed or stressed.

Be routine.

Start your child's day at child care by greeting your care provider together. Your child will feel better knowing another adult is watching out for him.

Be reassuring.

Give lots of love and affection. Explain to your child when you will be back. Use terms he knows, like "after last snack time."

Be quick.

Short and sweet is the best way. Make sure he has the attention of your child care provider. Give more hugs and say bye bye.

Be strong.

Going back to your child after you have said goodbye only makes the process last longer.

Be timely.

Return when you said you would.

Be engaging.

Talk your child about his day. Ask about all the fun things that happened.

Be consistent.

Make going to child care at the same time every day part of your family routine.



better beginnings

EVERY CHILD DESERVES OUR BEST

Click here to visit our Resource Library. You'll find activities and tips to help you prepare your child for life.

www.ARBetterBeginnings.com • 1-800-445-3316



is Pleased to Present...

Their beginning. Our future.

Raising Children Made Easier

CONSCIOUS DISCIPLINE VIRTUAL PARENT NIGHT with Amy Speidel

Thursday, September 8, 2022

Virtual Training 7:00-8:30 pm

Being Brain Smart

A parent's best "tool" is knowing what's going on in your child's head and YOURS. Get a user-friendly brain plan to help your child learn to manage big feelings and challenging situations

Please send in your questions or share what's on your mind during the session.

Register here:

<https://forms.gle/vTGozDCTNzH37j498>

Registration requested no later than 9/6/2022.

Zoom link will be sent to registrants the day of the event.

Questions? Email Kristen Valett at kvalett@ccecc.org

The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit www.ccecc.org or call 719-221-5114.