

SALIDA EARLY CHILDHOOD CENTER



Events and reminders!!

Feb 20th-
President's Day,
school **IN**
SESSION!

Feb 14th-
REMINDER, no
outside food or
candy as SECC
does not
celebrate
holidays! Please
and thank you!

March 1st-
Pajama Day/
Dr. Seuss
Day!

March 8-9th-
Home Visits,
school is **NOT**
IN SESSION!



Please complete our electronic parent survey for the 22/23 school year if you have not yet! Your feedback is so important to us!

WELCOME THERESA GILSON AS OUR NEW PRINCIPAL!

To introduce our new principal, we interviewed two people who know her best...her children Brooke and Jackson!

Why do you think your mom will be a good principal?

B: Because she likes to work with other people.

J: There are so many good reasons.

What should SECC parents know about your mom?

B: She's very strong, she works long hours and she manages to take care of kids and do other things.

J: She's a good multitasker. She's able to work and do her job and take care of us (mostly Huck).

B: That's basically what I said.

What should SECC kids know about your mom?

B: She's a really good teacher, she's been a teacher before.

J: Be good kids for her!

What do you love about your mom?

B&J: Everything!

What is something you will miss about Miss Ilona?

B: She (my mom) got to take days off when we were sick because Ilona would let her. But now that she's principal, she won't be able to.

J: Everything.

B: Really, everything?

J: Yeah, she's really nice!



What is the funniest thing your mom has ever done?

B: Sometimes she jokes that Huck is "spicy."

J: She does something funny every single day, except Mondays. She does funny dances and says "it's go time!"

What should people call your mom when she's Principal?

B: President T

J: Miss Gilson or Miss Theresa.

What would Huck say about your mom being Principal?

B&J: She's the best

What's a piece of advice you'd give to your mom in her new role?

B: To be focused on your job.

J: Don't be afraid to put your foot down!

We are so excited for you Theresa!!!



RETURNING STUDENTS

Thinking about the 23/24 school year...

- Universal Pre K is here. The Family Service Staff will be assisting families in applying. If you have any questions, please see Heather or Sheri!
- If your child is transitioning from the Early Head Start program to Head Start (preschool), you will need to resubmit income or eligibility documents. Watch for information coming home in your child's cubby!
- Kindergarten transition will begin in April. We will need a copy of your child's birth certificate to send to Longfellow. Check with SECC staff to see if we have one on file!

February is a month of relationships. As Valentine's Day approaches, the SECC focuses on healthy friendships. We do not celebrate holidays at school, as the children are too young to understand and it is a lot of work for parents. We ask that you do not bring valentines or treats to school. Keeping a routine and schedule is best for preschool children. Talk to your children about friendships and how to be a good friend. This will be our focus through the month. The weather continues to be cold and we can have snow until May. It is great for kids to be outside and **we will continue to go outdoors for a time every day** unless the temperature is below 18 degrees. If your family needs boots, coats, or hats and gloves, please let Heather or Sheri know as they have resources. If you forget something, the classrooms have some extra warm gear. Just a reminder that **we will be conducting Home Visits March 8th and 9th. The school will not hold class on those days** so that our staff can prepare and conduct Home Visits. Home Visiting is a requirement of our Head Start and Early Head Starting funding and a great way to share information between the parents and the school. Thank you for sharing your children with us every day! We enjoy the smiles and all the learning that happens throughout the year!

-Ilona Witty, Principal





CHAFFEE HOUSING TRUST
A Commitment to Community

Come to our Homebuyer Readiness Workshops!

Chaffee Housing Trust is offering a FREE interactive webinars
for Chaffee and Lake County residents.

Preparing for Homeownership

Participants will learn what to consider before becoming a homeowner, key players and their roles in the homebuyer process, and steps to help make the journey successful.

Month	Date	Time
February – Spanish	2/14/23	5pm-7pm
February – English	2/16/23	via Zoom
April – Spanish	4/11/23	5pm-7pm
April – English	4/13/23	via Zoom
June - Spanish	6/6/23	5pm-7pm
June - English	6/8/23	via Zoom

Create a Spending Plan, Your Way

Learn steps to create a spending plan, strategies to make adjustments, tools to address debt and tips to set up financial goals.

Month	Date	Time
March – Spanish	3/14/23	5pm-6:30pm
March – English	3/16/23	via Zoom
May – Spanish	5/9/23	5pm-6:30pm
May – English	5/11/23	via Zoom
July - Spanish -	7/11/23	5pm-6:30pm
July - English	7/13/23	via Zoom

Register Here!

Type this link into
your web browser

<https://tinyurl.com/yh5xmjpp>

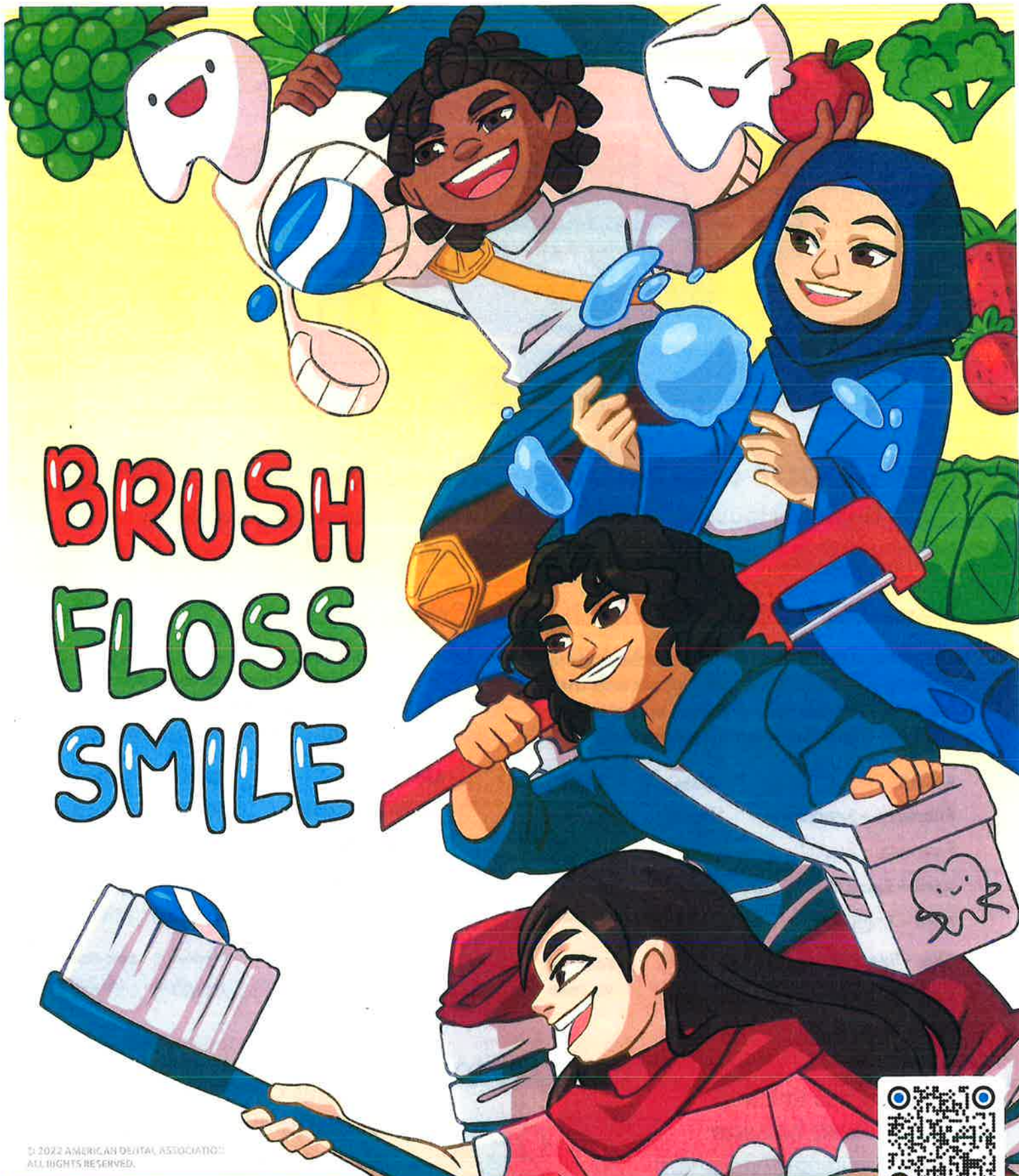
OR

Scan this QR Code
with your phone
camera



CHAFFEE HOUSING TRUST

To learn more, go to <https://www.chaffeehousing.org>
or contact Claudia at 719-239-1579 or
claudia@chaffeehousing.org



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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.

HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY
WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR
TEETH DAILY.



EAT HEALTHY FOODS AND
LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST
TWICE A YEAR.

ADA American
Dental
Association®

Friendly February 2023

MONDAY



6 Get back in touch with an old friend you've not seen for a while

TUESDAY



7 Show an active interest by asking questions when talking to others

WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour



13

Smile at the people you see and brighten their day

14

Tell a loved one or friend why they are special to you

15

Support a local business with a positive online review or friendly message

16

Check in on someone who may be struggling and offer to help

17

Appreciate the good qualities of someone in your life

18

Respond kindly to everyone you talk to today, including yourself

19

Share something you find inspiring, helpful or amusing

20

Make a plan to connect with others and do something fun

21

Really listen to what people say, without judging them

22

Give sincere compliments to people you talk to today

23

Be gentle with someone who you feel inclined to criticise

24

Tell a loved one about the strengths that you see in them

25

Thank three people you feel grateful to and tell them why

26

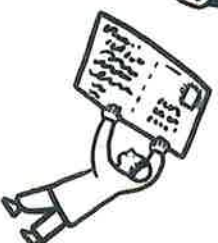
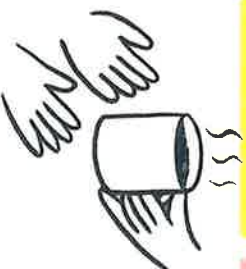
Make uninterrupted time for your loved ones

27

Call a friend to catch up and really listen to them

28

Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

FROM THE EDITOR

How to get moving on *cold winter mornings*

When the bedroom is chilly and your blankets are cozy, it can be tempting to hit snooze and stay under the covers. But when that groggy feeling carries over into your morning routine, it can set the wrong tone for your day.

Here are some tips to help you make the most of a cold, gray day – from the get-go.

Have a cup of hot coffee or tea.

A little caffeine in the morning can help you feel more awake and alert.



Drink a glass of water.

Sleeping dehydrates you, especially when the heat is running. A glass of cold or room-temperature water can increase your energy level and boost your metabolism.



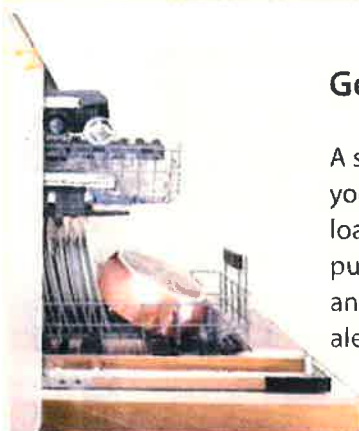
Stretch.

A few simple stretches can help relieve tension or pain from sleep and increase blood flow to your muscles.



Get moving.

A short walk, a 10-minute yoga routine or even unloading the dishwasher will pump blood to your muscles and help you become more alert and focused.



Let some light into your room.

Your body's circadian clock responds to light as a signal to be awake. Try a sunrise alarm clock, which combines a digital alarm with an artificial light source designed to mimic natural morning light.





Presents...

RAISING CHILDREN

Made Easier



Conscious Discipline

VIRTUAL PARENT NIGHT

with Amy Speidel

THURSDAY, Feb. 9, 2023

Virtual Training 7:00pm – 8:00pm

The Art of Empathy

**Our highest functioning skill and one that effectively supports others in
moving through difficult emotions**

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



Scan QR Code to register or follow link:

<https://forms.gle/D6fCS7fnbPCjywcc9>

Please register by 2/8/23 by noon

At the request of the presenter, registration will be capped at 40 people. Residents of Chaffee County and the state of Colorado will be prioritized. Zoom link will be sent to registrants the day of the event.

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.

