

Parent Newsletter

March 2009

* Kids come into contact with *
* many germs each day. What they *
* do not realize is that they can be- *
* come infected just by touching *
* their eyes, nose or mouth. Hand *
* washing is the best method of *
* preventing the spread of many *
* germs and illnesses. Frequent *
* hand washing is especially impor- *
* tant after using the bathroom, *
* before cooking or eating, after *
* touching animals, after sneezing, *
* coughing or blowing one's nose, *
* after being outside, etc. Be sure *
* to use the proper hand washing *
* technique:
* 1. Use warm water *
* 2. Use soap and lather 10-15 sec- *
* onds being sure to get in be- *
* tween fingers and under nails. *
* Don't forget to also wash your *
* wrists.
* 3. Rinse and dry with a clean *
* towel.
* Make hand washing a fun activity *
* by encouraging your child to sing *
* their favorite tune. By the time *
* the song is over, the germs should *
* be washed away. You can also try *
* hand soap that comes in fun col- *
* ors and bottles as well as different *
* scents. Another great way to *
* demonstrate the importance of *
* hand washing to your child is for *
* you to join the hand washing fun!

Daylight Savings Time

Daylight Savings has been used in the U.S. and many European countries since World War I. The goal was to conserve fuel needed to produce electric power. The concept, still used today, moves an hour of daylight from the mornings to the evenings March through November. This change trims the country's electricity usage by about 1% each day because less electricity is used for lighting and appliances. Don't forget to "spring forward" March 8th!

Parent/child connection:

Help your child make Kool-Aid play dough and have some fun together!

Kool-Aid Play Dough

- 2 1/2 cups flour
 - 1 cup salt
 - 3 tablespoons vegetable oil
 - 2 cups boiling water
 - 2 packages unsweetened Kool-Aid
- Mix dry ingredients. Add oil and water. Wearing gloves, knead for 10 minutes. Store in ziplock bag in refrigerator.

March Fun

- **Explore the color green**
- **Meet Opal the Oval**
- **Opposites: Rough and Smooth**
- **Letters: R, S, and T**
- **Numbers: 12 and 13**
- **Conservation: The Earth**
- **Sharing**
- **St. Patrick's Day**
- **And more!**