



# Litchfield Park Preschool Newsletter

January, 2021 Issue

## News

### Happy New Year!

Welcome 2021! It's a fresh year to explore opportunities to pursue and enjoy new and exciting learning experiences.

### Thank You!

Thank you for participating in our ongoing "Sharing is Caring" JOY to SOCKS Drive benefitting the Phoenix Rescue Mission, which will conclude on Friday, January 8, 2021.

## Teacher's Corner

### Did You Know?

It's flu season? Yes, it is. Flu season runs from fall to spring of every year. Flu symptoms usually mimic cold symptoms with nasal congestion, cough, aches, and fatigue. The common cold rarely has symptoms of a fever above 101 degrees. With flu symptoms your child will probably have a fever and feel miserable. Check out [www.webmd.com](http://www.webmd.com) to determine if your child has a cold or flu symptoms.

### Additional Resource:

<http://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Preventing-the-Flu-Resources-for-Parents-Child-Care-Providers.aspx>

### Cold and Flu Prevention

Teach your children good habits to help them avoid catching or spreading the cold or flu virus.

- Wash your hands often
- Avoid touching your eyes, nose or mouth
- Drink plenty of water
- Don't share cups and utensils
- Get enough rest and exercise
- Cough into your arm covering nose and mouth
- If you have flu-like illness, stay home for at least 24 hours after your fever is gone

For additional information visit:  
[www.flu.gov](http://www.flu.gov)

## Important Dates

### Friday, January 8

Last day for "Sharing is Caring" Joy to Socks donations

### Friday, January 8

Tuition is due

### Friday, January 15

No school - Teacher in Service

### Monday, January 18

No school - Martin Luther King Jr. Day

## Weekly Themes

### January 4-8

Germs, Germs, Germs  
Letter of the week: F, f

### January 11 - 15

Dental Health  
Letter of the week: G, g

### January 19-22

Five Senses  
Letter of the week: H, h

### January 25-29

Comfy Cozy  
Letter of the week: I, i

## Zoom Spirit / Show & Tell

### January 7

Student's choice

### January 14

Make a collage of healthy teeth

### January 21

Bring item that excites your senses

### January 28

Pajama Day, bring a stuffed friend

## Contact Information

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