

# Ms. Mary Jo's Classroom News Letter

## ROOM 103



Issue 7

March 2011

Staff in Room 103  
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 Assistant: Ms. Emily  
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### Olmsted Early Education Program

## March Into Spring

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As we now "March" into the final stretch of Winter! I hope everyone enjoyed their mid-winter break? We come back to school renewed and will focus on any outside changes that will be taking place as the snow melts. We will also be celebrating the arrival of a new season, "Spring"!

trition Month, healthy foods, pajama day, a pizza party, St. Patrick's day, the Very Hungry Caterpillar and daily fun!

Our shape for the month will be a "rectangle" and the color of the month is "white".

Our other themes during the month of March will evolve around National Nu-



## Free Parent Workshop

Wednesday March 30, 2011, Autistic Services presents a free two hour workshop on how to make your home a more sensory friendly environment! What common household items lead to sen-

sory discomfort? Come find out! Parents of children with autism spectrum disorders are invited to attend. For more information and to register please call Tracy at (716) 631-5777 Ext. 328.

### REMINDERS:

March 18th Staff Day! NO SCHOOL!



## Dress for Spring

Thank you parents for keeping up with a change of clothes for your child to keep here at school. We will send home each set of clothes at the end of each season to be replaced. This winter, we have tried to go outside! Unfortunately, temperatures have been below

normal, not recommended for taking the kids outside thus far. We are looking forward to Spring!



If your child does have a spill or potty accident during school and we need

to use their spare set of clothes, please remember to wash and replace their extra set of clothes for school. Thank you for your cooperation with this matter. We want your child to be as comfortable as possible throughout their school day!

## LET'S CELEBRATE !

HAPPY BIRTHDAY!



Marissa 3-2-2006

Ms. Mary Jo 3-31

## Keeping Your Child Healthy

We have a long flu and cold season ahead of us! Please watch your child carefully for symptoms of illness!

Simple rules of thumb that we follow are:

- wash our hands often
- use hand sanitizer between hand washing
- disinfect our toys regularly
- teach kids to sneeze into their elbow sleeve
- offer healthy snacks and drinks with vitamin C
- Plenty of fluids, plenty of rest

## Health (con't)

Please help us by keeping your child home if they experience a fever (100 degrees or higher), productive cough, vomiting or diarrhea within the last 24 hours!

Thank you for your understanding and cooperation,

we want to provide a healthy safe environment for every child. Some of our children have compromised immune systems and other health problems so we must practice caution during these peak months.



## Ideas for Activities at Home

- Look for red, orange, brown, green, blue, pink, or white foods or labels at the grocery store.
- Find something red, orange, brown, green,

- blue, pink or white in each room of the house.
- Read and stories about Spring!
- Practice rote counting 1-20
- Practice exercise to

- stay healthy
- Plat copy cat together -wave, make faces, simple hand motions
- Count the plants in your house

## AMC Monthly Sensory Movie

Movie: " Mars Needs Mom"  
When: March 12, 2011  
Place: AMC Maple Ridge  
Time: 10:00 a.m.  
Cost: \$4.50-\$6.00

Sensory Friendly Movies now showing at the AMC theaters! AMC theaters teamed up the Autism Society to provide movies once a month in a safe and accepting environment to families with indi-

viduals with disabilities. They will turn the lights up and turn the sound down, there will be no previews or advertisements, you can move around, dance in the isles, sing or shout! You can

## Miscellaneous

bring your own "gluten-free" and "casein-free" snacks!

Whether movies have been a challenge or if it is a new experience for your little one, this may be a nice alternative to enjoying a movie. Have

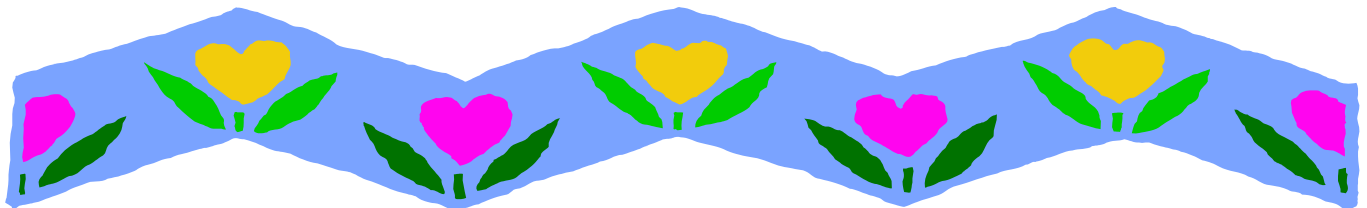


Scholastic book club forms will be coming home monthly. It is a nice way to build up a few favorite books for your child at home or to give for a birthday gift as well as a holiday or birthday gift at great prices. Even if there is one favorite book they like you to read to them that is wonderful time spent one on one with your child! So please *read, read, read!!*



### March Observances!

- National Nutrition Month
- National Craft Month
- National Noodle Month
- Woman's History Month
- American Red Cross Month
- Music in Schools
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring



**See you in April!**

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