



Gracie Madrigal-Director
Bertha Pulido-Asst Director
73 North Second Avenue
Chula Vista, CA 91910
(619) 425-9933 fax 619-425-3556
www.weecarepreschools.com

February 2015

- Themes:** Community Helpers, Dental Hygiene, Presidents, Friendship
- Letters:** Vv, Aa, Uu
- Numbers:** 11 & 12
- Shapes:** Heart, Pentagon
- Colors:** Red, Pink, Purple
- Science:** Shadows
- Social Studies:** Presidents, Chinese New Year



Happy anniversary...

Ms. Jessica has been with Wee Care for 9 years and Ms. Norma for 4 years! Thank you so much for your dedication, patience and love!



DATES TO REMEMBER:

- 2/1 SUPER BOWL
- 2/2 GROUNDHOG'S DAY
- 2/12 SCHOLASTIC BOOK ORDERS DUE
- 2/13 VALENTINE DAY PARTIES
- 2/14 VALENTINE'S DAY
- 2/16 PRESIDENTS DAY SCHOOL IS OPEN
- 2/17 MARDI GRAS
- 2/19 CHINESE NEW YEAR'S
- 2/20 REPORT CARDS FOR PRE K AND K



Please remember:

Each child needs a COMPLETE change of clothes, a crib sheet and a blanket for nap time.





Gracie Madrigal-Director
Bertha Pulido-Asst Director
73 North Second Avenue
Chula Vista, CA 91910
(619) 425-9933 fax 619-425-3556
www.weecarepreschools.com

LOOKING AHEAD

Pre K and Kindergarten Graduation will be on Friday, June 12, 2015. The Grad Pack is \$20 and it includes, cap, gown, tassel and diploma. More information to follow.

With the holidays over, it's time to get back into the routine of things-here are a few quick ways to relax:

Stop to Breathe

Breathe in to the count of five and then breathe out for the same count. This instant relaxation technique is powerful as well as easy.

Do Deep Muscle Relaxation

While sitting in a quiet place, tighten and then relax one muscle group at a time. Go from feet to head, tightening each muscle for 15 seconds, then relaxing it and moving on to the next group.

Use Your Imagination

Take a few minutes to escape...inside your mind. Visualize yourself in a peaceful setting-such as laying on the beach, swinging in a hammock in a garden, or curled up by a cozy fireplace. Imagine the sights, sounds, and smells and picture yourself perfectly relaxed.

Stretch Away Stress

Stretching tired or tense muscles can make you feel instantly refreshed. Gently stretch your arms legs back, neck and shoulders.

