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**Theme:** Down the Road, Transportation (Air & Water), Public Transportation  
**Writing Skills: Letters:** Tt & Oo **Color:** Green **Shape:** Octagon **Numbers:** 13 & 14  
**Social Development:** St Patrick's Day  
**Science:** Rainbows

Dear Parents,

2020 is well under way and it has been so exciting to watch our students learning and growing.

Photo proofs will be delivered soon with information on how to view your child's photos and place orders online. This information will be placed in your parent pocket.

I am looking forward to all of the exciting things our teachers are planning for the months to come. Please stay in contact with your child's teacher and, as always, you may contact me any time with questions or concerns.

Sincerely,  
Heather Harris, Director  
[heather@weecarepreschools.com](mailto:heather@weecarepreschools.com)

### Save the Date



Preschool promotion for all Pre-K children will be Friday June 5th at 3:00 pm. This event will take place on our Wee Care playground. If your child is promoting please return the grad pack order form that was placed in your parent pocket as soon as possible. The grad pack includes a special shirt that your child will help create and wear. As well as a cap & tassel to be worn at the promotion ceremony. This will be a special event that you will not want to miss!

#### **Daylight Savings Begins...**

March 8<sup>th</sup> - Spring forward!

#### **St. Patrick's Day Fun/Green Day**

March 17<sup>th</sup> - Wear green to school day!



### March Birthdays

- Alexandria D - Brayden S - Madeline C - Abigail T - Elizabeth M - Kamron E
- Emerson F - Lemmy T - Sean W -
- Emma L - Madison Sp - Hanther P -
- Samara W - Ms. Jenny - Ms. Lauren -
- Ms. Isaray -

## FOOD FROM HOME...



Please keep in mind a few things if you choose to send food from home to school with your child:

We only eat while seated at the tables in our kitchens so please do not allow your child to walk into school with food in hand.

Breakfast is served until 7:30am. After this time, we will be either playing on the playground or having activities in our classrooms **where we do not allow food**. Breakfast foods brought in after 7:30 will be saved in the kitchen until morning snack which begins shortly after 9:00am.

We do not include “desserts” or junk food items on our menus so we ask that you not send these types of items with your child. ***Chips, cookies, donuts, candy, etc., are all foods that need to be saved for home and will not be served to your child if you send them.***

**Food may not be kept in cubbies**, as we do not wish to have problems with bugs in our classrooms. All food from home must be clearly labeled with your child’s name, date, and dropped off in our kitchen. We cannot guarantee space in the one refrigerator that we have in each of our kitchens. We strongly advise that food from home be sent in a thermal lunch box with an ice pack.

Thank you in advance for your cooperation!



Dear Families,

Good news! This month's Scholastic Reading Club flyers are ready for you to explore with your child. Children read more when they choose their own books, so I encourage you to look at the flyers together. Each flyer is filled with grade-specific, affordable titles and Storia® eBooks. Place your order online at [scholastic.com/readingclub](http://scholastic.com/readingclub) or return the order form and payment to the office. Flyers are available on our front desk so pick one up today! If you do not pick up a flier you can still place an order online.

**Shop Online:** [scholastic.com/readingclub](http://scholastic.com/readingclub)

**One-Time Class Activation Code:** NM8JM

# 7 Creative Ways to Calm an Angry Child

Article provided by [www.findababysitter.org](http://www.findababysitter.org)

Do you have a child who gets angry? At one time or another all children will get angry, but what do you do to calm them down. While we all feel like telling them to knock it off and go to their room, that isn't the best choice. Check out seven creative ways to calm and angry child.

1. **Hug them:** It can be as easy as that. Now, depending on how angry they are, you may need to be quick when you go in for the hug. Their first reaction will be to push you away. Don't let them. Make soothing sounds as you hold them tightly and reassure them that everything will be okay. This technique won't work on all kids. You will need to judge if the child likes to be hugged or is not really that touchy-feely. If the child is normally affectionate when they are calm then the hugging method should work for you. As long as it's appropriate in the setting. If you are a teacher trying to calm a student this won't be your best bet. Keep reading though, there are others.
2. **Music:** Turn on some soothing music in their room and ask them to sit there and listen to it for a while. You may get some angry words about how they hate this music etc., but just tell them that it will help them feel better. I find that classical music fits the bill here. With the Internet at our fingertips it's pretty easy to play almost any kind of music. If the classical doesn't work you can always try really funny upbeat happy music. You need to break through the shell of anger and get their mind on something else.
3. **Make them laugh:** Do something totally crazy and make them laugh. It's really hard to stay angry while laughing. Put on a crazy wig from Halloween or a funny mask. Do a spit take and spray water on them. If you can break the tension it will be that much easier to make them laugh and anger will go away.
4. **Take deep breaths:** Deep breathing can be used for many things from pain control to relaxation techniques. This time you are trying to get the child to relax. Make sure that you stay calm and breathe with them. Let them know that you know how it feels to be angry and explain softly that once they calm down, they can tell you why they are upset, but until they calm down you won't be able to fully understand what is going on. If you are speaking in a soothing manner and asking them to inhale through their nose and let their breath out all at once out of their mouth they will calm down.
5. **Bake some bread:** This works for a child that's a little older all the way up to a teenager. First of all, you are causing them to be distracted from what they are angry about by mixing up the ingredients. Kneading and pounding the bread will give them a healthy way to release the pent-up anger. When you are all done you can enjoy the warm comforting smell and taste of homemade bread. Who doesn't like some warm bread?
6. **Blow bubbles:** Start by blowing bubbles near your child. If you blow them right at them that will more likely irritate them more. Bubbles are so carefree and happy that it's hard to stay mad when blowing bubbles. If you have a child that tends to get angry, I would encourage you to keep bubble wands and solution around, but if this is spur of the moment you can make bubble juice by mixing dish soap and water. No wands lying around to use? You can use an empty paper towel tube or fashion your own wand out of some wire that you have sitting around. It's really easy to do and the activity will change their mood in a very short period of time.
7. **Rub their back:** Human touch has a way of reassuring the child and letting them know that you are there for them. You don't need to rub very hard since you aren't trying to rub out sore muscles. Gently run your hand back and forth over their back and shoulders. This action should relieve the tension that they are experiencing with being angry and they can calm down enough to tell you what's wrong. Be sure to listen so you can perhaps avoid the anger next time.