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 March 2023

Social Development: St Patrick's Day, On the Go!
Writing Skills: Letters: Tt, Rr, Oo *Color:* Green
Shape: Octagon *Numbers:* 13 & 14 *Science:* Rainbows & Colors
Down the Road, Transportation; Air and Water, Public Transportation

Dear Parents,

2023 is well under way and we are having a great time learning and growing together.

We have so many fun activities and crafts planned for the month of March! Make sure to check out the "Parent Board" in your child's classroom for more information.

Sincerely,
Diane Martine

Daylight Savings Begins...
March 12th ~ Spring forward!

St. Patrick's Day Fun/Green Day
March 17th ~ Wear green to school!



My First Library Card: Children ages 5 and under can receive their very own library card featuring "Odi the Coyote" San Diego Public Library's new mascot. Sign your child up for their first library card and take the first step in supporting their early literacy development and lifelong love of reading. Visit your neighborhood library to enroll your child and they will receive "My First Library Card". Visit the library's website for more info on how to obtain a library card at sandiego.gov/public-library/services/lending/librarycard.



March Birthdays
*Thomas * Ruby * Motahhara *
* Asheen * Bianca * Nayef * *
Tucker * Caleb *
* Ezran * Ryder * James *
* Ms. Emmalee * Ms. Jenny *

7 Creative Ways to Calm an Angry Child

Article provided by 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.

8. Monday	Tuesday	Wednesday	Thursday	Friday
<p>MARCH</p> 	<p>Breakfast is over at 7:45 and is always fresh fruit, cold cereal, and milk</p>	<p>1 AM: Waffles & Bananas</p> <p>L: Chicken corn dogs, green beans, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>	<p>2 AM: Fig Bars & Milk</p> <p>L: Turkey & Cheese slices, crackers, carrots, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>3 AM: Cheerios & Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club Crackers</p>
<p>6 AM: Toasted Bagel & Cream Cheese</p> <p>L: Fish sticks, rice, peas & carrots, milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>7 AM: English Muffin w/ Jelly & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>8 AM: Pancakes & Fresh Fruit</p> <p>L: Chicken Noodle Soup, Cheese & Crackers, Fresh Fruit, & Milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>9 AM: Cereal Bars & Milk</p> <p>L: Pasta w/butter & parmesan, steamed broccoli, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>	<p>10 AM: French Toast Sticks & Milk</p> <p>L: Grilled cheese sandwiches, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>
<p>13 AM: Cinnamon Toast & Milk</p> <p>L: Fish sticks, tater tots, fresh fruit, & milk</p> <p>Pm: Pita Triangles & Hummus</p>	<p>14 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Snack Mix & Raisins</p>	<p>15 AM: Waffles & Bananas</p> <p>L: Vegetarian bean and cheese burrito, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>16 AM: Fig Bars & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Pretzels & Cheese sticks</p>	<p>17 AM: Low Fat "rainbow" yogurt & Graham crackers</p> <p>L: Pasta w/butter & Parmesan, green beans, green apples, & milk</p> <p>PM: Rainbow Goldfish & Green Grapes</p>
<p>20 AM: Toasted Bagel & Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, & milk</p> <p>PM: String Cheese & Pretzels</p>	<p>21 AM: English Muffin w/ Jelly & Milk</p> <p>L: Turkey Sliders, fresh fruit, carrot sticks & milk</p> <p>PM: Animal Crackers & Fresh Fruit</p>	<p>22 AM: Pancakes & Fresh Fruit</p> <p>L: Pasta w/ butter & parmesan, mixed veggies, fresh fruit & milk</p> <p>PM: Crackers & Sliced Cheese</p>	<p>23 AM: Cereal Bars & Milk</p> <p>L: Chicken Taquitos, carrots, fresh fruit & milk</p> <p>PM: Snack Mix & Fresh Fruit</p>	<p>24 AM: French Toast Sticks & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>
<p>27 AM: Cinnamon Toast & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>28 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>	<p>29 AM: Waffles & Bananas</p> <p>L: Chicken Nuggets w/ BBQ dipping sauce, mashed potatoes, peas & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>30 AM: Fig Bars & Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: Club Crackers & String Cheese</p>	<p>31 AM: Cheerios & Milk</p> <p>L: Grilled Cheese sandwiches, carrots, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>