

**Head Start / Pre K**  
**2747 Highway 47**  
**Los Lunas NM 87031**  
**(505) 864-6700**  
**(505) 861-1765**

**Website: [ourkidzrock.com](http://ourkidzrock.com)**

**Bill Silva, Chief Executive Officer**  
**Molly Sanchez, Deputy CEO/ Director of Head Start**  
**Anthony Perea, County Director**



## **Center Updates**

### **From the Center Director**

Welcome back everyone; I hope you had a joyful and festive holiday season. I know that it may be a little difficult to get all the children back into the swing of things, but just like the beginning of the year, they will adjust. I can't believe that we are already halfway through the school year, but if you think that was fast, the second half of the year goes by even faster. We have a lot of fun activities planned for the remainder of the school year and hope to get all parents involved as much as possible. Please check your child's backpack for upcoming events. Just a reminder: it is getting really cold outside so make sure to bundle your children up nice and warm. We have sent home a school calendar with events for the remainder of the year. We will also be sending home notes and/or invitations to our events when the event gets a little closer. If you have any questions or suggestions on how we can make our program better please come in and talk with me, I appreciate any feedback that will make our program better. Again, welcome back students and have a Happy New Year!

Please keep in mind we are still enrolling children ages 3 to 5 years old.

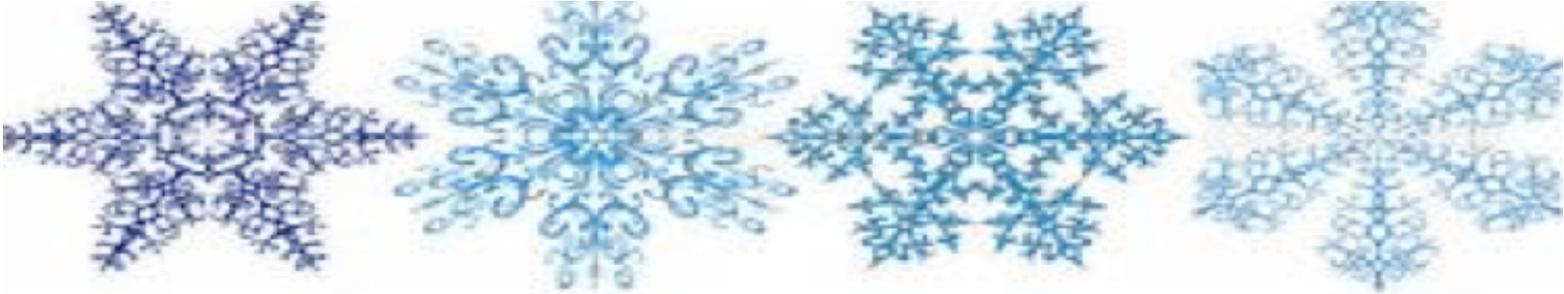
Anthony Perea  
Valencia County Director

## **IMPORTANT DATES TO REMEMBER**

January 8<sup>th</sup>- Children return to school

January 21<sup>st</sup> – No school: Martin Luther King Jr

January 29<sup>th</sup> - Family Meeting / Financial Literacy Training  
(More information to come at a later date)



**Parent, Family, Community, Engagement, Department**  
Annette, Viviana, Grace,  
Jonathan, Ophie, Canella

**Happy New Year! Welcome back parents and children. I hope you all had a restful and happy holiday. Wow! Here we are, already in January; where did the time go?**

**I would like to take this time to thank the community for helping us to make this holiday season a wonderful one for our Head Start children. A special thank goes out to the Los Lunas Police Department for sponsoring ten of our Head Start children this year. They were taken to the Isleta Fun Connection, had lunch and then were taken to Walmart for a shopping spree. We are also grateful to Misfit Matanza for the donation of toys. Monetary donation was given by American Legion Riders/Mike Correll . The Albuquerque Woodworkers Association donated beautiful hand made wooden toys. Also, a big thanks to Karen Montoya and family for donating shoes to every child at the Meadowlake, Gil Sanchez and La Promesa Head Start.**

**On January 29th @ 5:30 PM we will be having a Parent Meeting to discuss upcoming events, and answer any questions or concerns you may have. We will also have a member from the Nusenda Credit Union who will provide us with training on Financial Literacy. We will be sending out more information at a later date.**

**Parents, please, call the office or come by to notify us of any changes you may have with your address or phone number. It's very important to update this information. Let's make the second half of the school year a wonderful one. If you have any questions or concerns, please do not hesitate to call your advocate.**





## Health Department

*I'm usually a pretty good judge of when my kids are too sick to go to school or daycare, but other times — like when my youngest seems to be dragging but has no fever — I'm just not sure. How can I tell when they're well enough to go to school and when they should just stay at home?*

- Allyson

Many parents have a hard time deciding if their kids are well enough to go to school. After all, what well-intentioned parent hasn't sent a child off with tissues in hand, only to get that mid-morning "come get your child" phone call?

But making the right decision isn't as tough as you might think. It basically boils down to one question: Can your child still participate in school activities? After all, having a sore throat, cough, or mild congestion does not necessarily mean a child can't be active and participate in school activities.

So trust your instincts. If your son has the sniffles but hasn't slowed down at home, chances are he's well enough for the classroom. On the other hand, if he's been coughing all night and needs to be woken up in the morning (if he typically wakes up on his own), he may need to take it easy at home.

Of course, never send a child to school that has a fever, is nauseated, vomiting, or has diarrhea. Kids who lose their appetite are clingy or lethargic, complain of pain, or who just don't seem to be acting "themselves" should also take a sick day.

If you decide that your child is well enough to go to school, check in first. Most childcares, preschools, and grade schools have rules about when to keep kids home. For example, pinkeye or strep throat usually necessitates a day home with appropriate treatment. Usually, kids can't return to school or childcare until at least 24 hours after a fever has broken naturally (without fever-reducing medicines).

And remember go with your gut. You know your kids best, and you know when they're able to motor through the day — and when they're not

Denise Montoya,

Health Specialist

## Education Department



**Happy 2019 to all of our Families,**

**We hope everyone had a wonderful break and are ready to get back into the routine! We are excited to begin this new year with you!**

**Our teachers are excited to begin to implement Creative Curriculum and this month's study focuses on clothes. Teachers have a variety of activities for the next few weeks to help your child explore throughout this study. If you have any activities to incorporate within this study, please contact your child's teacher! We would love to see you in the classroom! They will also begin to work on School Readiness Goal #8: Children will be able to show an understanding of one-to-one correspondence, sort objects by attributes, and identify if objects in up to two groups are quantifiably different. School Readiness Goal #9 Children will demonstrate the ability to represent addition and subtraction in different ways.**

**We thank you for your support and look forward to an amazing 2019!**

**Pamela Ferreyra, Educational Developmental Specialist**



**January 14<sup>th</sup> Maria Cardenas Lopez -Teacher Assistant**

**January 21<sup>st</sup> Pamela Ferreyra – Education Specialist**

**January 21<sup>st</sup> – Mauricio Padilla- Kitchen Assistant**