

FEBRUARY 2022 NEWSLETTER



Child Enrichment Center

"You won't know how refreshing a puddle can be unless you take a moment to jump in and see"

Dear Parents,

Happy Valentine's Day!

On Monday, February 14, 2022 at 2:30pm, each class (ASP party will start at 3:15pm) is having their Valentine's day party. Each class will have a sign up sheet in the front office for the parent's to sign up for an item to bring.

Also, the children will be exchanging valentine's day cards so please do not forget to bring enough for all their classmates. If you need to know how many children are in your child's class, please see someone up front for the class list!

Thank you for allowing us to love your children.

Laurie



KIDDOS

Birthdays

Ava Bruner 2/2/2019

London Alexander Godfrey 2/8/2020

Marcus Philpot 2/6/2016

Caleb Jacobs 2/7/2018

Westyn Shea 2/9/2018

Leo Matranga 2/12/2020

Sheldon Johnson 2/15/2020

Denver Greathouse 2/17/2021

Everlee Weise 2/20/2019

Michael Stewart 2/21/2020

Ella Jo Freeman 2/22/2018

Kooper Guthrie 2/24/2016

Paityn Luchner 2/24/2017

Brooklyn Baker 2/27/2017



FEBRUARY BABIES

"The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size."

—Gertrude S. Wister

Zodiac: Aquarius until February 18 and Pisces from February 19

Gemstone: Amethyst

Amethyst is believed to bring the wearer courage, clarity and quick wit. The stone has long been associated with royalty in addition to myths and legends across many cultures.

Flower: Violet, Primrose

The violet stands for loyalty and faithfulness. Another February flower, a gift of a primrose lets the recipient know you can't live without them.

Tree: Cypress, Poplar, Cedar, Pine

Important Dates

February 1 — National Take Your Child to the Library Day

February 1 — Chinese New Years

February 2 — Groundhog Day

February 4 — World Cancer Day

February 7 — Super Bowl

February 8 — Boy Scouts of America Founded (1910)

February 13 — World Radio Day

February 14 — Clifford the Big Red Dog's 57th Birthday

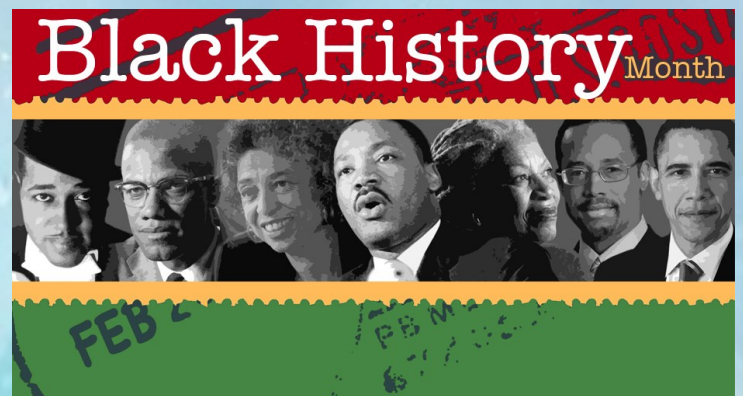
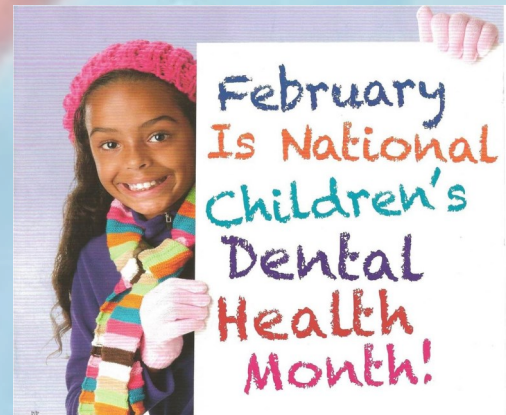
February 14 — **Valentine's Day Parties (2:30 K1-K4 & 3:15ASP)**

February 14 — Valentine's Day

February 21— Presidents' Day

February 26 — National Tell a Fairy Tale Day

February 28 — Golden Globe Awards





MOUTH MADNESS

THE TOURNAMENT OF TOOTH CARE



Help your children's teeth take on the Mouth Monsters with coaching from the pros at your Pediatric Dentist's office. Learn more at mychildrensteeth.org.



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth®



MOUTH MADNESS

THE TOURNAMENT OF TOOTH CARE

FLUORIDE ON OFFENSE

Put fluoride in your little one's oral care game to help strengthen teeth and defeat Tooth D.K. It's the #1 cost-effective way to prevent tooth decay.



For an information assist,
visit mychildrensteeth.org.



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth®

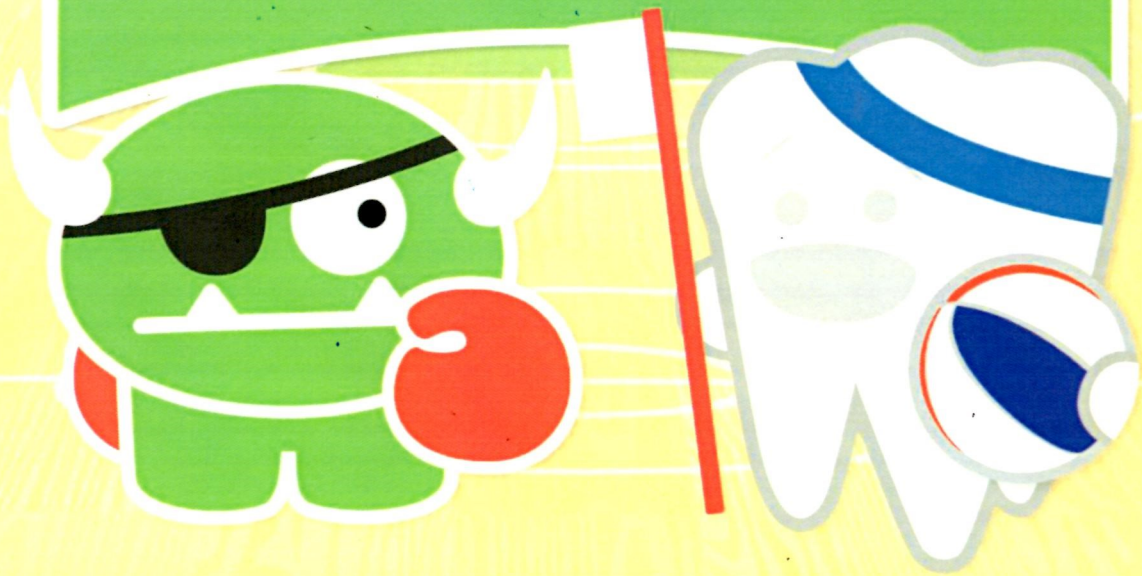


MOUTH MADNESS

THE TOURNAMENT OF TOOTH CARE

PRACTICE A WINNING ROUTINE

1. Brush for 2 minutes 2 times a day and floss daily.
2. Wait 30 minutes after eating or drinking something acidic before brushing to help protect children's enamel.
3. Get coaching from the pros at your Pediatric Dentist's office every 6 months.



Learn more drills to defeat the Mouth Monsters
at mychildrensteeth.org.



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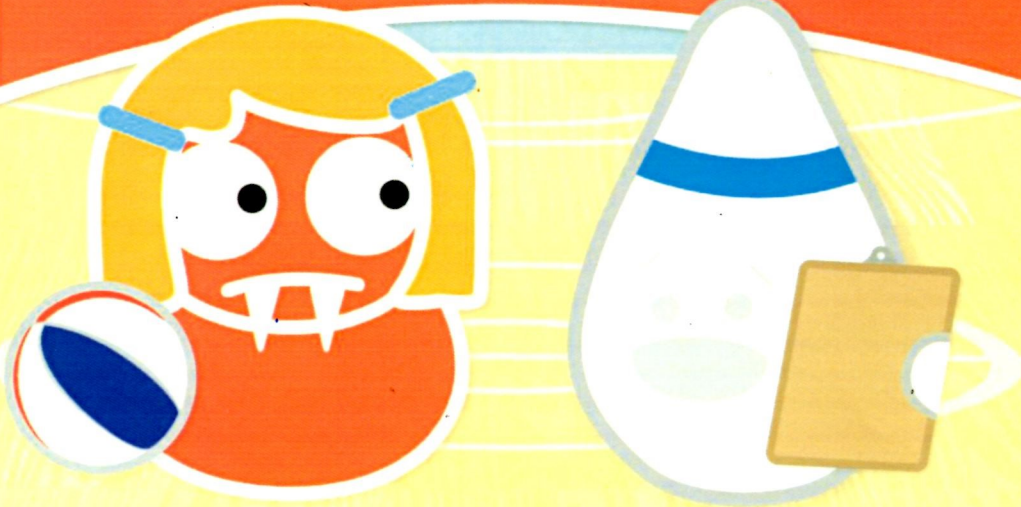


MOUTH MADNESS

THE TOURNAMENT OF TOOTH CARE

SHOOT FOR 3 – SET UP AN ORAL CARE GAME PLAN

1. Choose a Pediatric Dentist's office as your dental home court.
2. Post your family's game plan for dental emergencies on the fridge.
3. Guard against injury with a mouth guard.



Find more ways to score big in the oral care game at mychildrensteeth.org.



AMERICA'S PEDIATRIC DENTISTS
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LOOK OUT FOR GINGER BITE-US



KEEP YOUR TEETH CLEAN AND FINE.
BRUSH FOR TWO MINUTES AT A TIME.



LOOK OUT FOR TARTAR THE TERRIBLE



PROTECT YOUR TEETH!
DON'T EAT TOO MANY SWEETS!



LOOK OUT FOR TOOTH D.K.



BRUSH AND FLOSS TWICE A
DAY TO KEEP THIS MOUTH MONSTER AWAY!

TIPS FOR A MONSTER-FREE MOUTH

- Tooth brushing and flossing twice a day is the best way to keep the Mouth Monsters away. Brush your teeth after breakfast and before bed—two minutes each time.
- Remember to visit your pediatric dentist (a.k.a. Super Mouth Monster Fighter) every six months!
- Who's afraid of fluoride? Mouth monsters! Use toothpaste with fluoride to scare off yuckies on your teeth.
- Mouth Monsters LOVE sugar and carbs – watch out how much snacking you do between meals and keep an eye on candy.
- Replace your toothbrush every three months, or if your tooth brush starts to fray.



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THE BIG AUTHORITY on little teeth

Employee Birthdays

Corey Baker 2/4

Employee of the Month

ADJINN.DEVIANTART.COM



Brandi Philpot is our February employee of the month! Thank you for all your hard work and dedication! We are so lucky to have you as part of our family!

Congratulations!

Berry Patch Smoothie

1/2 c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg;

Total Carbohydrate 34g (Dietary Fiber 0g; Sugars 26g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 0%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2



The Crafty Corner

Talk about a perfect fit:

What you'll need: *heart-shaped puzzle (\$1.50, <https://www.etsy.com/listing/60468432/8-piece-heart-shaped-jigsaw-puzzle>)*

Step 1: Choose a digital image, resizing it, if needed, to at least 6"W x 5"H. Print onto matte photo paper.

Step 2: Snap the jigsaw pieces together and lay them on top of your photo, then trace around the puzzle's perimeter with a pencil. Cut out the resulting heart shape.

Step 3: Turn the photo and all the puzzle pieces facedown. Position the bottommost puzzle piece along the corresponding part of the back of the photo. Trace closely around the puzzle piece with a pencil, then remove. Repeat with the remaining puzzle pieces.

Step 4: Carefully cut out each jigsaw shape from your photo with scissors (the smaller, the better). Use an acid-free glue stick to mount each cutout, face up, to its matching puzzle piece, also face up. Slip the pieces in an envelope, and seal—if you like—with a kiss.

Custom Puzzle



Our Class

Loves to Read ♥

Class Code - MN9M6

Order Due Date - 02/21/2022

Dear Families,

I want your child to be a successful reader and for that, I need your help.

When children choose their own books to read for pleasure, they enjoy reading more and spend more time doing it. The more your child reads, the better they will do in school and in life.

Scholastic Book Clubs flyers are made for you and your child to shop for books your child will love to read. Each month, the flyers are filled with trusted, excellent quality, age-appropriate books chosen by Scholastic for prices as low as one dollar.

Plus you will be helping our class when you order: Scholastic matches each order you place with **FREE BOOKS** for our classroom to share.

Please place your online order to me by **02/21/2022**. And thank you for helping your child become a successful reader.

Sincerely,
Mrs. Amanda

Choose books with your child from the paper flyers or online at: scholastic.com/bookclubs

To order online, connect to our class using our Class Code: **MN9M6**

Bonus: You can pick a FREE Book (up to \$5) when you place an online order of \$25 or more!

Plus every order you place earns **FREE Books** for our class to share.

Thank you for your support and happy reading!

Stage 1 Periodontal Disease:

There is visible tartar build up on the teeth and slight swelling and redness of the gums.



Stage 2 and 3

Periodontal Disease:

In stage 2, the gums are more swollen and there can be mild loss of bone around the tooth roots which is only visible on x-rays.



Stage 3 looks similar to stage 2 on the surface but x-rays would show more severe bone loss.

Stage 4

Periodontal Disease:

Stage 4 is very serious, with severe tartar accumulation, receded gum lines, tooth damage and decay, and bone loss.



Is there anything I can do at home for my pet's oral health?

Regularly brushing your pet's teeth is the single most effective action you can take to keep your pet's teeth healthy and possibly prevent most of the common oral diseases. Daily brushing is best, but not always possible; brushing several times a week can also be effective.

Most dogs accept brushing but cats can be more resistant. Patience and training are important. There are also many products on the market with claims that they improve dental health, but not all of them are effective.

Talk with your veterinarian about any dental products, treats, dental specific diets, and home brushing activities you are considering for your pet.

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For more information, visit:

avma.org

American Veterinary
Dental College

avdc.org

American Animal
Hospital Association

aaha.org/pet_owner



American Veterinary Medical Association

www.avma.org | 800.248.2862

PET DENTAL CARE

Brought to you by your veterinarian
and the American Veterinary Medical Association



American Veterinary Medical Association

WHAT IS VETERINARY DENTISTRY AND WHO PROVIDES IT?

Veterinary dentistry, much like human dentistry, includes preventive care, cleaning, adjustment, filing, extraction and repair of teeth. These procedures are performed by a veterinarian or a board-certified veterinary dentist. In some areas veterinary technicians are also allowed to perform certain dental procedures under the supervision of a veterinarian.

Typical steps of a dental exam:

- The veterinarian will perform an overall oral exam
- X-rays may be needed to evaluate the health of the jaw and tooth roots below the gum line
- Dental cleaning under anesthesia includes scaling that will remove dental plaque and tartar; and also polishing

Most dental disease occurs below the gum line where you can't see it. Damage may already be occurring even though the teeth look healthy.

WHY DOES PET DENTISTRY REQUIRE ANESTHESIA?

Unlike humans, your pet does not understand the importance of dental care and might react by moving, trying to escape or even biting. Anesthesia makes it possible to perform the dental procedures with less stress and pain for your pet. In addition, anesthesia allows for a more thorough cleaning because your pet is not moving around and risking injury from the dental equipment. It also prevents movement that could reduce the quality of x-ray images.

Although anesthesia will always have risks, it is safer now than ever before. The risks are very low and are far outweighed by the benefits dentistry will bring to your pet. Most pets are on their feet within minutes of waking up and can usually go home the same day.



Before Dental Cleaning:

- Red, swollen gums
- Build-up of tartar and plaque

After Dental Cleaning:

- Much healthier gums
- Cleaner teeth

WHAT ABOUT "ANESTHESIA-FREE" DENTAL CLEANINGS?

The American Veterinary Dental College does not recommend dental cleanings without anesthesia because it does not allow for cleaning or inspection under the gum line where most disease occurs. A pet that is not anesthetized can also result in injury to the pet or person performing the procedure and also result in unnecessary discomfort, stress and pain for the pet.

WHAT TYPES OF DENTAL PROBLEMS CAN A PET HAVE?

- Extra teeth or retained baby teeth
- Broken teeth and roots
- Broken or fractured jaw
- Abscesses or infected teeth
- Periodontal disease
- Palate defects such as cleft palate
- Cysts or tumors in the mouth
- Malocclusion or misalignment of teeth and bite

WHAT ARE SYMPTOMS OF ORAL HEALTH PROBLEMS IN A PET?

Your pet's teeth should be checked at least once per year by your veterinarian for early signs of a problem and to keep your pet's mouth healthy. Always use caution when evaluating your pet's mouth. A pet that is experiencing pain might bite.

- Bad breath
- Reduced appetite
- Broken or loose teeth
- Bleeding from the mouth
- Teeth that are discolored or covered in tartar
- Abnormal chewing, drooling or dropping food from the mouth
- Swelling in the areas surrounding the mouth
- Irritability
- Changes in behavior

WHAT IS PERIODONTAL DISEASE?

Periodontal disease is the most common dental condition in dogs and cats. By the time your pet is 3 years old, he or she will very likely already have early evidence of periodontal disease.

Early detection and treatment are critical, because advanced periodontal disease can cause severe problems and pain for your pet. Periodontal disease doesn't just impact your pet's mouth; other health problems associated with periodontal disease include kidney, liver and heart muscle changes.

Periodontal disease starts with plaque that hardens into tartar. Tartar above the gum line can often easily be seen and removed, but the plaque and tartar below the gum line are damaging and set the stage for infection and damage to the jawbone and tissues that connect the tooth to the jaw bone. Periodontal disease is graded on a scale of 0 (normal) to 4 (severe).

