

# Salida Early Childhood Center NEWSLETTER

December 2023



## Events and Reminders!!!

- **Winter Break** is December 22nd thru January 4th! Classes resume on January 8th!
- January 15 is Martin Luther King Day, **SCHOOL IS IN SESSION!**
- If you signed up for holiday gift support, please be sure to pick up gifts on December 20th. If your child will not be in school, please make arrangements with Sheri or Heather to get these items to your family.
- Please dress your child in weather appropriate clothing as **we go outside every day.** If your family is in need of winter clothing, please see the front desk.

## Principal's Corner



Winter and the holidays are here. Remember that we go outside everyday, so please make sure your child has warm clothes at school. If you need any of these items, boots, snow pants, or a coat, please let us know. While the holidays bring joy and magic to some, it also can be a stressful time for families. Thank you to Sheri and Heather who have worked so hard to connect many families with community resources to help make this holiday season a little brighter. To support your family's wellbeing during this season, it is important to try to maintain your family's routines and to get enough rest, to balance what you eat, and to get outside a little bit. If you need any support managing stress or supporting you or your child's emotional wellness, please reach out to us. Our last day of school before winter break is Thursday, December 21st, and we will return on Monday, January 8th. I look forward to a break for our staff to care for themselves and to partnering with your family in the new year!

~Principal Theresa Gilson



Does your family need assistance with Winter home heating costs? The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. If your income is up to 60% of the state median income level, you may qualify for heating assistance through LEAP. Apply on the Colorado Peak website or see a staff member for more information.







## Self Care for the Holidays

By Jennifer Rothman

### How To Protect Your Mental Health During This Season:

Whether you are filled with holiday cheer or would prefer to skip the whole season, we can all agree that there are levels of stress that accompany the holidays. Here are some ways you can make them a little merrier and brighter:

#### 1. Accept Imperfection

We live in a busy world where time isn't always our friend. What's attainable for one person could be near impossible for another. Do what works for you, keeping your mental wellness in mind. What good are the holidays if you don't have the energy to enjoy them? Make a list, check it twice and decide if there's anything you can remove.

#### 2. Don't Lose Sight of What Really Counts

What "really counts" will be different from person to person — whether that means spending time with family and friends, spending some much-needed downtime at home or focusing on the year ahead. Be present in those moments.

#### 3. Be Kind

This includes being kind to others as well as yourself. While this should be a year-round behavior, it never hurts to be reminded! We never know what any one person is going through. Receiving and giving kindness is beneficial to all involved, so don't hold back.

#### 4. Find Time to Decompress

Back-to-back events, shopping, keeping up with household chores and work demands can be tiring. Make sure you are taking the time to recharge and use your best coping skills. Exercise, nutrition, sleep and familiar routines can be our best friends during these busier times. Of course, these are not the only ways to practice self-care: pay attention to those practices that make you feel grounded and your best.

#### 5. Ask For — and Accept — Help

If you notice that you're overwhelmed or find yourself dreading any upcoming responsibilities that you've agreed to, ask for support. If someone offers to take a task off your list of to-do list, allow yourself to graciously accept if it gives you any feeling of relief. Sometimes, we take on too much and find ourselves regretting our decisions. Asking for help or accepting help doesn't make you weak — it shows you are mindful of your limitations. You shouldn't feel guilty for accepting someone else's kindness. It gives those around you permission to do the same if they find themselves in a similar predicament in the future.

Take care of yourself this holiday season. Find the joy in your surroundings, wherever they may be, and remember: **You are not alone.**



"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

Oprah Winfrey

**We are required to have a copy of your child's birth certificate on file. Please take some time to check in with the front desk to see if we need a birth certificate for your child. Thank you!!!**





Salida Early Childhood  
Center

# CAVITY FREE BY THREE



Meet with a public health hygienist  
or nurse for a dental exam and  
fluoride treatment.

**December 6th and 7th**  
**7:45-9am**



See Nurse Lindsay with  
questions



Adult must be present



Sign up at the front desk





Presents...

# RAISING CHILDREN

## Made Easier



## Conscious Discipline

### VIRTUAL PARENT NIGHT

with Amy Speidel

**THURSDAY, November 30th, 2023**

**Virtual Training 7:00pm - 8:00 pm**

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Be the STAR that shines into the night: Sometimes bedtime just can't come soon enough (and right after lunch is just too early!) Strategies to lessen the end of the day mismatch of energy overload for them and empty tank for you.



Scan QR Code to register or follow link:

[Register Here](#)

Please register by noon the day prior

At the request of the presenter, registration will be capped at 40 people. Residents of Chaffee County and the state of Colorado will be prioritized. Zoom link will be sent to registrants the day of the event.

*The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit [www.ccecc.org](http://www.ccecc.org) or call 719-221-5114.*



## 8 Week Circle of Security Parenting Program

**Location:** Zoom

**Cost:** Free

**Dates:** Weds Nov. 29<sup>th</sup>-December 20<sup>th</sup> & Jan. 10<sup>th</sup> – Jan 31<sup>st</sup>

**Time:** 8:30am-10:00am

**WHO:** Parents & caregivers of children ages 8 and under who desire to learn attachment-based tools to support your child and your relationship with your child.

**WHAT:** The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training: [Video- What is COSP?](#)

- Understand your child by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



### How to register:

[Fill out this form](#) (click link or scan QR code below) or contact Marie Covington cell: 719-420-1293 or email: [sarah.covington@solvistahealth.org](mailto:sarah.covington@solvistahealth.org) or Michelle Roberts cell: 719-429-1137 or email: [mroberts@solvistahealth.org](mailto:mroberts@solvistahealth.org)



Sign up now, limited spaces available.



# ENROLL TODAY

in 2024 health insurance

**Nov 1st - Dec 15th for a Jan 1st start date**

**January 15, 2024**

(last day to enroll in a plan for the year)

**[www.connectforhealthco.com](http://www.connectforhealthco.com)**

**1-855-752-6749**



## Medicaid and Chp+ eligible

- Many customers will receive a renewal request to update and review their current situation, I can help assist with this.
- I am able to help assist with all changes to report and updating of the Colorado Peak account.
- Customers can apply anytime if customer is with in the income guidelines

**[www.coloradopeak.force.com](http://www.coloradopeak.force.com)**



## Need help enrolling before the deadline?

Set up an virtual appointment with a local expert

Michelle Nay Program Manager and Assister

- Scan QR code, call Michelle Nay 719-239-1414

or email [mnay@chaffeecounty.org](mailto:mnay@chaffeecounty.org)

