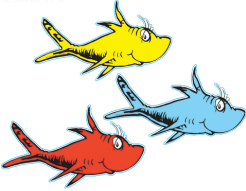


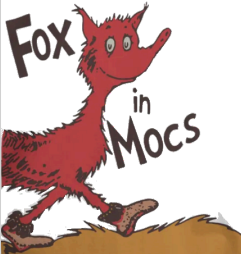












# WARM SPRINGS ECE MARCH 2025 NEWSLETTER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 3   | 4   | 5   | 6   | 7   |

## Dr Seuss Birthday Spirit Week - READ ACROSS AMERICA

|  |   |   |   |   |
|--|---|---|---|---|
| <p>One Fish, Two Fish, Red Fish, Blue Fish – WEAR RED OR BLUE</p>  | <p>Cat in the Hat – WEAR YOUR FAVORITE HAT</p>  | <p>Wacky Wednesday – WEAR MISMATCHED CLOTHES</p>    | <p>Fox in Socks – ROCK YOUR MOCS OR CRAZY SOCKS</p>  | <p>Sleep Book – WEAR YOUR PAJAMAS DAY</p>             |
| <p>10</p>    | <p>11</p>                                      | <p>12</p>    | <p>13</p>    | <p>14</p>    |
| <p>17</p> <p>St Patrick's Day WEAR GREEN!</p>                     | <p>18</p>                                      | <p>19</p> <p>Health Services Advisory Committee (WS Child Health Task Force) meeting 10am</p> <p>ECE Food Pantry 2-5:30pm in the ECE Lobby</p>  | <p>20</p> <p>Tentative Family Night</p> <p>HELLO SPRING</p>   | <p>21</p> <p>Head Start Child Vision Screenings</p>  |
| <p>24</p>  | <p>25</p>   | <p>26</p>   | <p>27</p>   | <p>28</p>   |

Head Start Closed this week for Spring Break

Infant Center (F Pod) and Preschool Care (G Pod) Classrooms **OPEN**

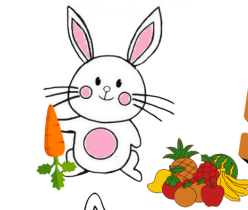
During March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits. The theme for 2025 is "Food Connects Us." The Head Start Health Services Advisory Committee and Warm Springs Child Health Task Force reminds everyone that a good guide to follow for healthy kids is 5-2-1-0. That includes at least 5 fruits and vegetables each day, 2 hours or less of screen time, at least 1 hour of exercise, and zero sugary drinks - drink water!

## FOR HEALTHY KIDS

### EVERY DAY

# 5

**EAT**  
or more servings of fruits & vegetables



# 2

**REDUCE**  
or fewer hours of screen time for age 5 & older (less for younger kids)



# 1

**PLAY**  
or more hours of physical activity



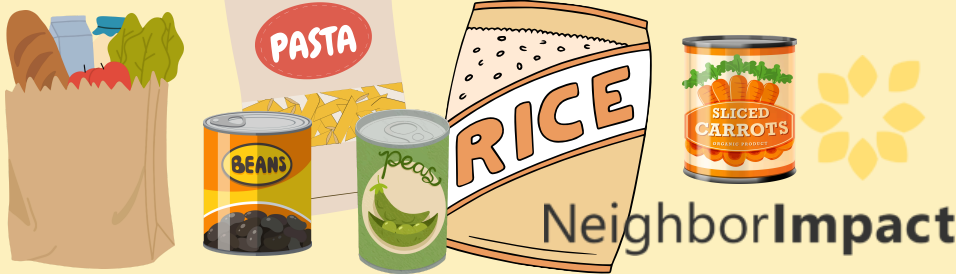
# 0

**LIMIT**  
sugary drinks  
**DRINK WATER!**



# ECE FOOD PANTRY

**ECE LOBBY - WED, MARCH 19, 2025 - 2-5:30PM**



This past month we have seen an uptick in illness with our kiddos as well as with staff. We've had diagnosis of Flu, RSV and other respiratory illness. If your child is sick, please keep them home to prevent the spread of illness.



### Flu Symptoms to look out for

- Your respiratory illness might be influenza (flu) if you have fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and/or fatigue. Some people may have vomiting and diarrhea, though this is more common in children.
- People may be sick with flu and have respiratory symptoms without a fever. Flu viruses usually cause the most illness during the colder months of the year. However, flu can also occur outside of the typical flu season.

In addition, other viruses can also cause respiratory illness similar to flu. So, it is impossible to tell for sure if you have flu based on symptoms alone. If your doctor needs to know for sure whether you are sick with flu, there are laboratory tests that can be done.

### What is RSV?

Respiratory syncytial virus, or RSV, is a common respiratory virus that infects the nose, throat, and lungs. RSV symptoms make it difficult to distinguish it from the common cold or other respiratory viruses (like the flu or COVID-19). RSV spreads in the fall and winter along with other respiratory viruses. It usually peaks in December and January.

- RSV does not usually cause severe illness in healthy adults and children. However, some people with RSV infection, especially older adults and infants younger than 6 months of age, can become very sick and may need to be hospitalized.
- RSV can also cause more severe illness such as bronchiolitis (inflammation of the small airways in the lungs) and pneumonia (infection of the lungs). It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.

There is good information about the difference in symptoms for respiratory illness in children on KWSO's SoundCloud Archive <https://soundcloud.com/kwso-radio/dr-john-stucki-on-flu-covid-rsv-kwso-our-people-mother-earth-podcast>