

Special points of interest:

- SPIRIT DAY March 1 Pajama Day
- Welcome, Read Across America Guests March 1
- SPIRIT DAY March 15 Wear Green!

Inside this issue:

Preschool Articles	2
Village In Action Article	2
Parent Article	3
Notes from the Station Master	3
Important Dates	4
Menu	5

Village News

The Village Team has been busy this past month planning for **CAMP BLUE SKY!**



For those that are new to Camp Blue Sky (CBS) - this is our school age Summer Camp that runs from June 17-August 28, 2019. We have many in-house activities, have some fun in the sun, and connect and build many Villager friendships! Want to hear more information? Please save the date for all of our upcoming Camp Events!

Summer Expo Night Thursday, March 21 from 5pm-6pm in the Village Gym. This event will provide an orientation to our programming as well as showcasing our Summer Vendors. This event is when we release our parent packet and summer schedules and calendars. Everyone is invited—current and future families! Please RSVP to Mrs. Krystal—KBoone@LeafSpringVB.com



Camp Blue Sky Preview Week will be held during VBCPS Spring Break—April 12-19! This week will run just like a typical Camp Blue Sky Week. From the Daily Schedules to Camp Circle and even host our daily Activity Rotations. Mrs. Krystal and I will also be going head on during our **Camp Counselor Challenge!** In fact, we are letting the PARENTS decide what the Challenge will be!

Bring a Friend for a Day! The Village Program will also be hosting a "Bring a Friend for a Day" on **Friday, April 19** during VBCPS Spring Break. We welcome any NEW Village families that want to try out the Village Program. Please see a Village Administrator for more information.

Front Desk Notes from Mr. Justin

March is always an exciting month because of St. Patrick's Day. I hope everyone is ready to be decked out in green! Make sure you check the weather because spring is right around the corner! I do not know about you but I am ready for short sleeved shirts and shorts!

Our annual Cupid's Ball was AMAZING! I hope everyone had as much fun as the kiddos dancing the night away. I would like to thank all the parents who donated to Operation

Smiles, it was greatly appreciated!

I am really sad to announce that my last day here at Leaf-Spring School will be Friday, March 1st. I have been offered a position in the field that I studied in college. I will be working with at-risk families as their Counselor. My time here has been beyond amazing and the staff and all of you are like my second family. DO NOT worry,

you will still see my smiling face visiting and coming to the family events!

Please do not hesitate to stop by the front desk with any questions or concerns.

Happy March!
Mr. Justin
jscroggins@leafspringvb.com

Curriculum Highlight for Blue Room

We focus on many topics throughout the month but there's always a week that stands out. This February, that was definitely our dental health week. We discussed why we have teeth, what they help our bodies do, why we keep them clean, and of course the doctors who help us keep them healthy. Lucky enough, some of our friend's parents work in the dental field!

We had 2 special visitors come, demonstrate, and discuss why our teeth are important. They had an experiment using coffee, vinegar, and hard boiled eggs. Showing what happens over long periods of time to our teeth when we eat certain foods. They even used some of the children to demonstrate why flossing is important. They did an amazing job entertaining

not only my class but green room as well. The children were very engaged and interested in their visit.



INSPIRED Article from Red Room

In February, Red Room talked about patience, working together, and cooperation. We learned how to wait for what we want. We recognized the importance of cooperation by establishing friendships and working well with others. We learned about opposites, Valentine's Day, sensory exploration and dental health. For our week of opposites, we talked about what opposites were. We talked about working together and working alone,

open and shut, tall and short, up and down, and so much more. Then we focused on sensory exploration. We brought out our big sensory bin and added cotton and noodles, feeling the difference between hard and soft. We put wet and dry sand in a small sensory bin to let them feel the difference. We tasted the food that was sweet and sour by tasting oranges and lemons. Valentine's week was our busiest week! Students

from Cox High School came in and read stories, make heart doilies, and play with us. We discussed cooperation and how we can share with our friends. We made hand heart cards for our parents, and exchanged cards with our friends. Finally, we learned about our teeth and how it is our goal to take care of them. We painted with tooth brushes, made marshmallow mouths, and cotton ball teeth.

Tribe Time in the Village

This month, we have made a change in the after school schedule that offers a chance for one on one interaction with tribe teachers and villagers. In Tribe 5, we made All About Me collages where I brought in magazines and asked the children to cut and paste things that represent them.

It was amazing to see the different variations of images cut out. This is a great opportunity for children to engage their tribe peers and counselors. The next time you are in the gym, check out what Tribe 5's collages look like!

We are looking forward to the rest of the school year!



Stop the Scratch: Eczema Triggers to Avoid

By Dr. Erica Pelletier, General Booth Pediatrics, CHKD Medical Group

When you're a kid, and your skin itches, it's natural to dig in your nails.

That's why it's important for parents to help their children avoid triggers of eczema, a chronic skin condition that causes dry, red, itchy skin.

It's the most common skin problem treated by pediatric dermatologists.

To help children avoid scratching to the point of oozing or flaking, it's best to take some proactive steps.

Here are some tips from the American Academy of Pediatrics and the Society for Pediatric Dermatology: **Keep your child's skin moisturized.**

Cream or ointment provides more moisture than lotion. Stick with fragrance-free products for best results, and apply at least

once a day, or more if needed. Moisturizer applied to skin after bath time – with the skin patted dry but still damp – works best.

Avoid products that irritate the skin.

The usual suspects include scratchy fabrics and soaps with perfume.

Choose cotton clothing instead of wool. Look for mild soaps and detergents that are free of fragrance and dyes.

Keep bath time short.

Short baths of five to 10 minutes with room temperature water – not hot – is best for skin. Bathing daily or every other day prevents dirt and sweat from irritating the skin.

Try to keep your child from scratching.

Scratching an itch is natural, but remind your child to hold off. Explain that scratching can cause painful infections and worsen the rash. Keep

your child's fingernails cut short.

Be aware of your child's specific triggers to scratching.

For some children, that can be allergies to food, pets, or dust mites. Sweating and stress can also trigger flare-ups. Other triggers include bathing too much without moisturizing, low humidity, exposure to cigarette or wood smoke, friction, and overheating of skin.

For more information, visit:

<http://www.chkd.org/Blog/Stop-the-Scratch--Eczema-Triggers-to-Avoid/>



Words from the Station Master

Hello and Happy March!

With Mr. Justin leaving, Mrs. Athena and I will be covering his duties until we hire a new administrative assistant. Thank you for your patience during this transition. He is leaving us with big shoes to fill and he will be greatly missed.

We have sent out intent forms to help us plan for

summer camp and Fall enrollment (already!). We have some families on the wait list that are anxious to know when they can join our Leaf-Spring family!

We have Geico employees coming as guest readers for Read Across America Day on March 1st, which is also our school-wide pajama day!

I will be in and out of the

office this month for vacations, my big 4-0 birthday, and the annual Virginia Association for the Education of Young Children conference in Roanoke, Virginia.

Cheers!

Mrs. Joyce



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OUR LEADERSHIP CURRICULUM

INSPIRED

Raising Tomorrow's Leaders



March is financial literacy.

I take care of my things.

I give to others.

I set goals for the things I want.

Important Dates to Remember

2019 Closings:

May 27

July 4

August 29-30

September 2

November 28-29

December 24-25

December 31 *Closing at 4 pm*

This Month's Celebrations

Children's Birthdays:

01 Chloe 8

02 Selah 4

Paige 3

14 Austin 6

15 Noah 8

Markus 6

16 Tyson 4

19 Jonah 7

Madison 4

20 Billy 6

21 Rex 1

Sawyer 1

22 Sophia 6

23 Joshua 5

24 Everleigh 7

Anna Kate 5

25 Vihaan 4

27 Jacob 9

Kaitlyn 6

Peter 4

31 Alana 11

Hayley 4

Staff Birthdays:

8 Ms. DJ

11 Mrs. Kim P.

12 Mrs. Joyce

22 Ms. Toni

23 Ms. Mallory

Staff Anniversaries:

9 Ms. Toni 2 years

27 Mr. Desmond
2 years

March 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Milk served with all meals unless otherwise noted				1 Waffles Chicken & Cheese Wrap, Salad Pineapples Animal Crackers
4 Roll w/ Butter Creamy 3 Cheese Spaghetti, Green Beans Pineapples Goldfish Crackers	5 Rice Krispies Cereal Veggie Alfredo Corn Fruit Cocktail Oatmeal Cookies	6 Cheerios Cereal Meatball Marinara (beef, chicken, turkey), Roll, Salad Applesauce Animal Crackers	7 Pancakes Chicken Tetrizzini Mixed Vegetables Pineapples Trail Mix	8 Corn Flakes Cereal Ham & Cheese Wrap Salad Peaches Veggie Straws
11 Cheerios Cereal Veggie Lasagna Salad Pineapples Cheez-Its	12 Roll w/ Butter Chicken Pasta Salad Green Beans Applesauce Graham Crackers	13 String Cheese Turkey Hot Dog on Bun, Broccoli Fruit Cocktail Animal Crackers	14 Waffles Turk-a-Roni Corn Mandarin Oranges Oatmeal Cookies	15 Rice Krispies Cereal Turkey & Cheese Wrap Salad Applesauce Trail Mix
18 Cheerios Cereal Mac & Cheese Green Beans Pineapples Oatmeal Cookies	19 Corn Flakes Cereal Spaghetti (turkey meat) Mixed Vegetables Mandarin Oranges Animal Crackers	20 String Cheese Beef Ravioli Peas & Carrots Pineapples Cheez-its	21 Pancakes Cheesy Chicken & Rice Broccoli Mandarin Oranges Trail Mix	22 Roll w/ Butter Chicken Hot Dog on a Bun Salad Peaches Veggie Straws
25 Waffles Cheese Wraps Salad Pineapples Oatmeal Cookies	26 Cheerios Cereal Turkey Stroganoff Broccoli Peaches Trail Mix	27 Rice Krispies Cereal BBQ Meatballs (beef, chicken, turkey) Green Beans Fruit Cocktail Animal Crackers	28 Roll w/ Butter 3 Cheese Spaghetti w/ Turkey Meat Corn Applesauce Snack Mix	28 String Cheese Chicken & Cheese Sandwich Salad Pineapples S'mores Pudding