



# Lorraine Boyce CDC Monthly Newsletter March 2018

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## Welcome to ECCDC!

### Site Supervisor Corner

Parents please don't forget this month we have Picture Day on March 29 and 30. Graduating students will take their Cap and Gown pictures during these days. This month each classroom will be doing Parent Teacher conferences. This is great time to talk with your child's teachers about any concerns and also to see where your child is developmentally. Make sure to give yourself enough time to meet with your child's teachers.

### Parents as Partners

**How to Limit your Child's Screen Time.** Children under the age of 6 watch an average of 2 hours of screen media a day. Media includes Television, DVD's, Video games, and mobile phones. The effects of television on children can be harmful to them in the long run.

**Negative Effects Include:**

- Carry a much higher risk of childhood obesity.
- Have less energy.
- Have a harder time in school.
- Have a hard time focusing on important task.
- Lack of interest in the natural world.

**Here are some helpful tips to lower screen time.**

- Set limited viewing times.
- Encourage other activities (coloring, building with Legos, looking at books)
- No TV in the bedroom
- Playing games together as a family

### Upcoming Events

# MARCH

- March 1- Let's Read Together Workshop at Clothier site
- March 2-Read Across America
- March 12- Parent/Teacher Conferences Begin
- March 29 & 30- Picture day



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### Staff of the Month

Boyce would like to welcome Michelle Isaacs to the ECCDC team. Michelle joined our team as a substitute teacher in November of 2017 but has been with ECCDC since 2014, working at our Ruth Clothier site. Michelle is very professional and enjoys working with the children. Welcome to the team Michelle, we are so happy to have you!!

# Happy Birthday!

Benjamin, Destiny, Eric, & Haily

