



Ruth E. Clothier CDC

Monthly Newsletter

January 2021

Supervisor-Monique Gapuz Assistant Supervisor- Lupe Islas

mgapuz@eccdc.com

lislas@eccdc.com

Escondido Community Child
Development Center
Ruth E. Clothier CDC
613 E. Lincoln Ave.
Escondido, CA 92026
760-839-9330

WELCOME TO ECCDC!

Happy New Year 2021

PARENTS AS PARTNERS

BIRTHDAYS OF THE MONTH

Students:

Staff:

- | | |
|------------------|----------------|
| 3- Mia F | 7-Lupe I. |
| 5- Karely A. | 15- Ernesta R. |
| 26- Alexander P. | 30- Brenda |
| 24- Kassandra G. | |
| 20-Matteo S. | |

Tips to help your kids from getting sick

- **Keep hands clean**- by regularly washing hands
- **Be active daily**- moderate exercise can reduce the number of cold and flu episodes by boosting the circulation of infection-fighting cells.
- **Get plenty of sleep**- . Sleep deprivation nearly doubles the risk of getting a cold or flu. Most babies need approximately 14 hours of sleep a day; preschoolers need 11-13 hours of sleep.
- **Avoid touching your face**- Cold and flu viruses enter the body through the nose, eyes, and mouth.
- **Consume a balanced and healthy diet**-Meal with plenty of fruits and vegetables help boost your child's immune system.

STAFF OF THE MONTH

Clothier would like to welcome and recognize Julie Benavides. She shines as the site receptionist, has a positive attitude and takes pride in her work.

EVENTS

- 1- Closed Happy New Year
- 4- Return to school
- 15- Teacher Inservice CLOSED @12
- 28- Clothier Kindergarten Info Night
- TBD- MAAC Meeting

SITE SUPERVISOR CORNER

The staff at the Ruth E. Clothier Site would like to wish you all a very Happy New Year! We look forward to working with all the continuing families and the new families. **PLEASE** continue to follow CDC guidelines.

CORONAVIRUS

2-14 DAY | INCUBATION PERIOD

SYMPTOMS

- Fever
- Dry Cough
- Headache
- Shortness of breath

PREVENTION

- Avoid risk places
- Wear mask
- Avoid crowded places
- Wash hand with soap
- Quarantine at home
- Avoid touching eye, nose & mouth