



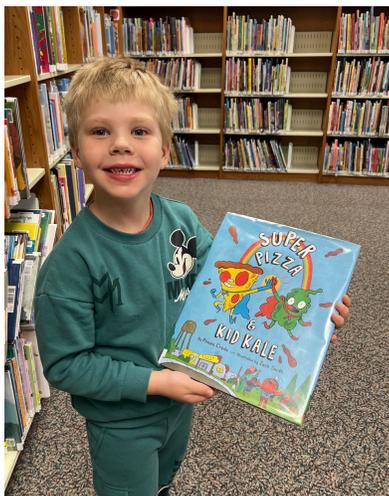
Upcoming Events

March

16-20 FD 2s & 3s conferences
19-20 PD 2s & 3s conferences.
No classes held for PD 2s & 3s

April

2 School Closed for Teacher
Professional Development
Day
3-6 School Closed for Easter
Holidays
13-17 Full Days 4s Conference
29 Art Night 6:15-7:15pm



Happy March!

Boy, this winter has been challenging! Even as a New Englander, I have been ready for warmer temperatures and sunny days.

As you know, we conduct fire drills once a month; our church colleagues are always very impressed with how quickly and efficiently we are able to evacuate the school with 26 teachers and close to 100 children.

We also are required to conduct a shelter-in-place and a lockdown drill once per year. We will have our shelter-in-place drill on 3/3. Given that our school is in the lower level with cinder block walls and no windows, the children will be asked to sit in the hallway. They enjoy this drill as we sing some songs all together. This type of drill is used for weather-related issues.

I have been working with the Director of Operations and the Property Ministry to better improve the safety of the children in our care. To that end, I have been working on various trainings centered around safety. The topics have included a variety of concerns, and during the teacher training day on Thursday, April 2nd, I will present an overview of best practices, and the Property Ministry will present specific information about the grounds and the building. After that training, I will conduct the lockdown drill, where children are asked to be quiet in their classrooms for a short time. I will share the date of that drill next month.

If you have any feedback or questions about this topic, this is a good time to submit them so Woods can be sure to cover any concerns. To that end, many families have not been using their key cards, sometimes waiting for others to open the door. Please be sure to have your card with you; practically, no one might be in the office to let you in, and from a safety standpoint, no one without a card should be admitted to the school. If you have misplaced your card, you may purchase a new one.

Contact information is another key component of safety. We must be able to get in touch with families efficiently and have the proper individuals able to pick up children from school. We will be updating paperwork by classroom during the next few weeks. You will receive an email when it is your class' days, and you can come to the office to check your child's information and initial the forms. This is also a good time to be sure all medical information is accurate.

Thank you for partnering with us to keep Woods a safe place for our children to learn and grow.

Roxann



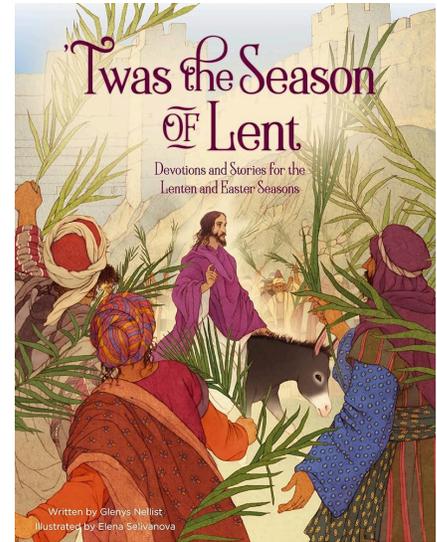
OVERHEARD IN PRESCHOOL

While playing in our pretend playroom as a Train conductor Taylor shouted, "THE NEXT STOP: THE UNITED STATES OF FLORIDA!!!"

Marching towards Spring

Many families countdown to Spring. Whether it is Spring Break or Easter there is so much to look forward to! One resource your family might use for the weeks that move towards Easter, called Lent in the church, is "Twas the Season of Lent" by Glenys Nellist. She provides a sensitive set of devotions and pictures to help you and your child walk towards the message of Easter. In Chapel we will think of ways that we learn kindness and caring from Jesus. Your children ask such good questions. Thank you for the ways you encourage them to wonder about the world around them.

Peace,
Kat.
Kathryn "Kat" Green, CCE



March 2026

Spring is here, and that means a rise in allergies. Asthma exacerbations and breathing problems in general are the leading cause of emergency room visits and school absences every year for children under the age of 18. There is a genetic component, along with environmental factors, that influences which children develop allergies and how severely they are affected (recent studies also suggest a possible gut microbiome component).

If your child suffers from seasonal allergies, there are a few things you can do to help curb them (NOTE: always speak with your child's provider and follow their recommendations foremost before following any generic information). Seasonal allergies include hay fever, allergic rhinitis, and allergic conjunctivitis, all of which may cause some or all of the following symptoms: sneezing, cough, runny nose, and itchy eyes. Most seasonal allergies are caused by grass, dust, and pollen.

Some of the easiest ways to curb these allergies are to stay inside when the pollen count is high or on windy days, and to keep windows closed while using the air conditioner. After playing outside, it may be a good idea to wash your hands, wipe your eyes, shower, and/or change clothes if you or your child has trouble with allergies. You can also put a dehumidifier in damp rooms in the home (and remember to clean it often) and pay special attention to cleaning dust in the home, especially in your child's room.

Ask your doctor about the use of antihistamines, nasal sprays, and decongestants if your child is having severe allergies that are affecting their quality of life. It is important to note that decongestants are not recommended for any children under the age of 4.

Warmly,
Allie Barden
RN, Health Consultant

The Wisdom of Woods

Resilience in Early Childhood

by Angel Mayes

When I hear the word resilience in children, I think of those moments when a day feels impossibly hard, everything seems to go sideways, and then, before the day is even over, your child does something so sweet your whole heart melts.

That's exactly what came to mind when I was asked to write this article. I replayed different moments in my head, and on some days, if I'm being honest, I think, "Wow... that was a tough moment for both of us, and here this child is bringing me a picture, offering a hug, being loving as if the hard part never happened." To me, that's resilience. Children are the most sincere, honest, loving, and resilient population I know.

According to Madeline Levine, PhD, in her book *Ready or Not: Preparing Our Kids to Thrive in an Uncertain and Rapidly Changing World*, children need adaptability, curiosity, risk-taking, and flexibility to navigate life. How can parents raise resilient kids? She encourages us to think of our child's development as a movie, not a snapshot. What feels critical in the moment often becomes incidental over time. She also recommends not shielding children from failure but helping them learn from it.

Other research highlights four keyways to support resilience in children:

- Supportive relationships: Create strong, trusting bonds
- Emotional regulation: Help them understand and manage their feelings
- Problem-solving: Give them chances to work through challenges
- Mindfulness: Use sensory tools to ease anxiety

As I wrapped up my research, I came across the 7 Cs of Resilience by Dr. Kenneth Ginsburg: competence, confidence, connection, character, contribution, coping, and control. His framework is incredibly helpful because it gives parents and caregivers concrete ways to nurture resilience in everyday life. If you would like more information about this topic, you can visit the website www.fosteringresilience.com

I hope this topic gives your insight and gets you thinking about resilience as much as it did for me



Do you have a question, ask the experts:

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