



# CLASS RULES



**LISTEN WHEN SOMEONE IS TALKING**



**FOLLOW DIRECTIONS QUICKLY AND QUIETLY**



**RAISE YOUR HAND TO SPEAK**



**RESPECT OTHERS  
RESPECT YOURSELF  
RESPECT YOUR SCHOOL**

May 2021

All parent workshops will be online:

Health Literacy

Mental Health

Emergency Preparedness

Nurturing Partnerships for Positive Behavior

## STAY HOME IF:



Fever



Vomiting  
and/or  
Diarrhea



Cough



**BE SAFE  
BE HONEST**



**MAKE YOUR  
TEACHERS HAPPY**





## Teaching Strategies GOLD<sup>®</sup> Birth Through Kindergarten



### SOCIAL-EMOTIONAL

1. Regulates own emotions and behaviors
  - a. Manages feelings
  - b. Follows limits and expectations
  - c. Takes care of own needs appropriately
2. Establishes and sustains positive relationships
  - a. Forms relationships with adults
  - b. Responds to emotional cues
  - c. Interacts with peers
  - d. Makes friends
3. Participates cooperatively and constructively in group situations
  - a. Balances needs and rights of self and others
  - b. Solves social problems

### PHYSICAL

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
  - a. Uses fingers and hands
  - b. Uses writing and drawing tools



At Alamosa Migrant and Seasonal Head Start we use Teaching strategies in assessing the children. Assessing and evaluating children are critical in the educational process to measure children's learning and development. Assessment results can be used to guide classroom decision making, to identify children who might benefit from special services, and allow professionals to communicate with other adults about the children for whom they are responsible. Typically, assessment procedures are used as a part of program evaluations based on formal and informal, norm-referenced, and standardized assessments. Therefore, most of the assessment tools should be valid, reliable, free of bias, and culturally appropriate.

curriculum-embedded  
on-going  
naturalistic  
systematic  
play-based  
authentic  
**assessment**  
observation-based  
developmentally appropriate



#### Metacognitive

- Planning
- Self-monitoring
- Self-evaluating
- Attention & Engagement
- Persistence



#### Cognitive

- Purposeful Play
- Resourcing
- Grouping
- Imagery
- Elaboration
- Summarizing



#### Social/ Affective

- Cooperation & Collaboration
- Questioning
- Interacting







Some ways to stay sun-safe outdoors include wearing sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes, and wearing a long-sleeved shirt and pants or a long skirt for additional protection when possible.

## Sun Safety Tips for Families

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.

- Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.
- Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.

**Protect your family and yourself from skin cancer!**

### Stay Sun-Safe Outdoors

- Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.
- Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.
- Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

### Choose Sun-Safety Strategies that Work



Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.

