



Durango Early Learning Center

THE DELC DIGEST

FEBRUARY 2024

IMPORTANT DATES

- 2/2 Snow Down Dress-Up Day
- 2/5 no school teacher work day
- 2/13 Board Meeting 5:45pm
- 2/14 PJ DAY
- 2/19 NO SCHOOL PRESIDENT'S DAY
- 2/26 staff meeting 5:30pm
- 2/29 school family time 10:00AM



- 2/9 Alex
- 2/18 Penelope
- 2/18 Soren m
- 2/19 Wynne
- 2/20 Katrina
- 2/23 sophia
- 2/29 Anna



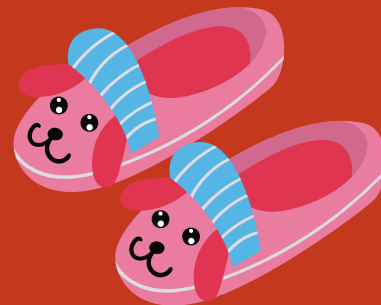
Peace, Love
& Snowdown

2024.2025
Registration Forms & \$100 Fee
due March 3rd

REGISTRATION has been emailed and sent via brightwheel! After March 3rd, we can no longer hold your child's spot and will be opening up any remaining availability to waiting list families.

Please let Becca Know if you are hoping to increase or change your days prior to registering.

PAJAMAS
ALL DAY



Feb
14th

Yoga & Mindfulness
with Ms. Amanda

2/6, 2/20, 3/4

Purple 9:00 - 9:30

Green 9:30 - 10:00

Rainbow 10:00 - 10:30

2/13, 2/6, 3/11

Sun 9:00 - 9:30

Orange 9:30 - 10:00

Blue 10:00 - 10:30



Conscious Discipline Corner

At school, we work on self-regulation when using these breaths to calm down!

Self-regulation is the skill that allows us to put a **pause** between the impulse and the action.

 **Conscious Discipline**



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbppbpbpb" sound.



Durango Early Learning Center Land Acknowledgement

Welcome to the Durango Early Learning Center. We respectfully acknowledge that the school is located in Durango, Colorado, the ancestral and unceded territory of the Ute (Núu-agma-tǣvǣ-pǣ), Diné (Navajo: Naabeehó Bináhásdzo), Hopi (Hopituh Shi-nu-mu) Pueblos, Apache and Zuni (Shiwi'ma) People who have been stewards of this land throughout generations. As early childhood care providers and educators of our future generation, it is our responsibility to acknowledge the impacts of the unKind acts that have led to the unfair and inappropriate treatment of people that traditionally lived here and still live here today. We lead by example and share stories of this land that are respectful to the people and the real history of this region. As we teach our children, we strive to nurture a culture that takes responsibility for our actions, and is curious, honest, and inclusive to the diverse backgrounds in our community. #HonorNativeLand