



Durango Early Learning Center

THE DELC DIGEST

OCTOBER 2024

IMPORTANT DATES

- 10/8 Board Meeting 5:45PM at Early Childhood Council of La Plata County
- 10/11 Meet the BOD! Chili Cook-Off 3-5pm
- 10/15 Staff Meeting 5:30PM
- 10/31 School Family Time & PJ Day 10:00AM
- 11/1 Hallo-Clean! 9:30AM
- 11/27 - 11/29 NO SCHOOL FOR THANKSGIVING BREAK

HAPPY BIRTHDAY

- 10/7 Ms. Nae Nae
- 10/9 Ms. Becca
- 10/10 Oscar & Veda
- 10/15 Luke
- 10/16 Raffaella
- 10/19 Ms. Misty
- 10/21 Avery
- 10/24 Oliver



School Family Time!

We love dancing and singing with the whole school! We begin School Family Time with our Conscious Discipline "Get Ready" song, practice some deep breaths, sing our "School Family Song", wish our friends and family well, dance to some movement songs, sing "Happy Birthday" to all our friends celebrating in the month, and finish with announcing some staff thank-you "high-fives!"



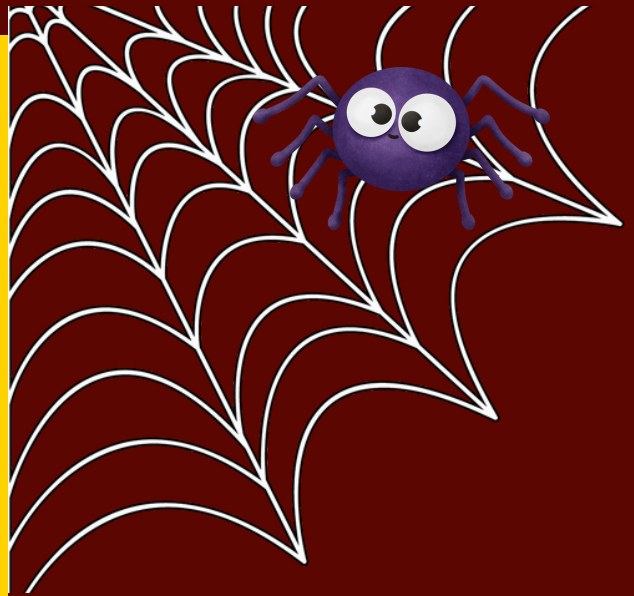
⚡ DURANGO EARLY
LEARNING CENTER ⚡

CHILI COOK-OFF

10.11.2024 **BRING THE HEAT!** 3-5:00 PM

Meet the Board of Directors
and vote for the best chili!

During pickup, taste some of the Boards
amazing chili and vote on the best one!
5 tastes OR a bowl with corn bread for \$5.
Cash only.



OCTOBER
31st

10:00am

PJ DAY
&
School
Family Time
in the
Sun Room



Family Conferences

Your classroom teacher will reach out with available times during the month of October after their scheduled classroom hours. We are not closing the school for the day like we typically do since the entire staff is attending the Rocky Mountain Early Childhood Conference in March, and DELC will be closed 3/6 and 3/7. This fall conference focuses on how your child is adjusting and for setting goals for the school year!

Conscious Discipline Corner

Active calming by taking deep breaths is an essential life skill and the prerequisite for self-regulation. The more we model, teach, and practice these techniques with children, the more easily they will be able to access them during times of distress.

Notice Your Breathing

Belly breathing, also known as diaphragmatic breathing, is one of our most important tools in regard to disciplining yourself and children, but **it must begin with us**. We instinctively hold our breath during times of acute stress. Next time you start to feel out of control at home or school, notice your breathing.



Try out some of these Conscious Discipline Breaths yourself and with your child!



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, Take a deep breath And Relax. 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 "pbbppppbb" sound.



NOVEMBER 1ST

HALLO-CLEAN

WE ARE TEACHING OUR DELC STUDENTS HOW TO BE STEWARDS OF OUR ENVIRONMENT AND UNDERSTAND THEY ARE PART OF THE LARGER COMMUNITY!

ON NOVEMBER 1ST, OUR PRESCHOOL CLASSES WILL BE TAKING A MORNING WALKING FIELD TRIP ON 3RD AVE TO CLEAN UP CANDY WRAPPERS AFTER HALLOWEEN! CHILD GLOVES AND TRASH BAGS PROVIDED AS WELL AS DIRECT SUPERVISION ON WHAT IS BEING PICKED UP!

WANT TO JOIN US? CONTACT YOUR CHILD'S CLASSROOM TEACHER DIRECTLY!

TODDLERS WILL REMAIN ON CAMPUS AND HELP RAKE LEAVES. WE ARE LOOKING FOR CHILD RAKES TO BORROW OR KEEP AT DELC FOR THE CHILDREN TO USE!

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-tuvv-pu), Diné (Navajo: Naabeehó Bináhásdzo), Hopi (Hopituh Shinu-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