

**Bloomfield Early Childhood Center  
(BECC)  
310 La Jara  
Bloomfield, NM 87413  
505-634-3883**



Kindergarten will also have an Academic and Attendance Celebration on March 17<sup>th</sup>. Students will receive a certificate for their mastery of the Essential Skills and a star with their name is placed on our wall.

At 9:00 the student's in Ms. Rice's class, Ms. Cherl's, Ms. Bette's, Ms. Amanda's, and Ms. Moore's will be honored.

At 1:00 the students in Ms. Evans, Ms Wilma's, Ms. Linda's, and Ms. Tami's will be honored.



Come join us for Math and Science Night on March 6<sup>th</sup> from 5:30-7:30. We will have many-fun hands on activities that cover the math and science concepts such as: anatomy, earth, wind, five senses, gravity, sound, chemical reactions, symmetry, geometry, numbers, operations, measurement, and data. We will also have a star lab. Information for child health, fitness, safety, and teaching measurement at home will also be available to parents.



Veronica Olivas, BECC Principal

Today I want to talk about something that is very common in young children and causes frequent visits to the health office. A child will come in saying that their stomach hurts and their tummy will be slightly protruding and they just look uncomfortable. Very often I will have them sit on the commode in my office and read some books and relax. They usually tell me, "I don't need that." I still encourage them to try. Usually in about 5 minutes I will hear a small voice saying, "It's working. My tummy feels better."

So what is constipation and what causes it? A child is considered constipated if they have fewer than 3 bowel movements per week, if they have trouble having a bowel movement or if their stool (poop) is hard, dry or very large. Some kids avoid going to the bathroom because it does hurt or sometimes they don't want to stop playing. Sometimes they don't like to use a bathroom away from home so they hold it. Even stress or worry can cause constipation in children. Constipation is very often associated with a diet that doesn't include enough water or fiber to help the bowels do their work. Kids who eat lots of processed, fatty or sugary foods or too much cheese and don't drink enough fluids may become constipated.

So what can you do?

- \* Give your child more fluids. Most school age kids need 3-4 glasses of water a day.
- \* Serve more high fiber foods such as fruits, vegetables and whole grain breads and cereals.
- \* Slowly increase fiber over a few weeks and make sure you increase fluid intake at the same time.
- \* Physical activity stimulates the bowel so encourage your kids to get enough exercise.
- \* Since eating stimulates the bowel, try to schedule meals at the same time each day to help establish a regular bowel routine.

If your child is struggling with constipation it is sometimes helpful to set up a bowel program. Have them sit on the commode for 10 minutes at the same time each day, preferably after a meal. This can help get kids in the habit of going to the bathroom. Sometimes a cup of warm tea or broth can help stimulate the bowel as well.

Remember that not all kids are the same. Some may need to use the bathroom 3 times a day and some may only go every 2-3 days. If they are experiencing discomfort, soiling their underwear or having problems with stomach or nausea issues then it might be time to see your healthcare provider. Please talk to them as well before giving any medications for constipation.

**Cindy Colson, RN**



### **Box Tops for Education and Popcorn and Pickle Sales**

We are collecting Box Tops for Education at BECC. We are currently selling pickles and popcorn for \$1.00 each on Wednesdays for kindergarten and Thursday for Pre-k (pre-k students need to bring in their money on Tuesday). All proceeds will sponsor class field trips, student incentives, family activities/functions, and Promise to Graduate. Please help support BECC!



# Bloomfield Early Childhood Center



## School Calendar

April 3-14 Pennies for Patients and Pasta for Pennies

April 4th PAC meeting 5:00-6:00

April 14 No School

# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Reader's Theater	2 Reader's Theater	3 Reader's Theater	4
5 Daylight Savings	6 5:30-7:30 Math & Science Night Bilingual parent meeting with activities	7	8	9	10 End of the 3rd Quarter	11
12	13	14	15	16	17 Report Cards sent home KN Academic & Attendance Celebrations 9:00 Kindergarten Team 1 1:00 Kindergarten Team 2	18
19	20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break	24	25
26	27	28	29	30	31 Spring Break	

**February 2017**

S	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**April 2017**

S	M	T	W	Th	F	Sa
	2	3	4	5	6	7
	8	9	10	11	12	13
	14	15	16	17	18	19
	20	21	22	23	24	25
	26	27	28	29	30	