



END OF SCHOOL YEAR LGUHS

# PARENT NEWSLETTER MAY 2026

## YEAR IN REVIEW

We have had such a wonderful year in our classrooms. The kids worked together and had fun on various activities throughout the year. A few highlights from the year were Trunk-or-Treat, Fatherhood Golf Activity, Dr. Seuss Spirit Week, Art Show, hatching baby chicks and butterflies.

They have worked hard to learn new skills that will stay with them. Take time to work with your child over the summer months reading, writing their names, and exploring nature. Those children moving on to kindergarten, we will miss you Good Luck.

Thank you to all the parents and caretakers who volunteered their time this year. Your involvement makes such a difference.

*LGUHS Administrators, Teachers, Teacher Assistants, Classroom Aides, and Staff.*

# ENJOY SUMMER BREAK!

# WHAT'S HAPPENING

*Teachers will be doing final assessments  
and scheduling Home Visits or Conferences*

*dheald@lguhs.org Education/Literacy Coordinator*



May 7th



end of the year  
**SCHOOL  
PARTY**

May 20<sup>th</sup> - Painesville

May 21<sup>st</sup> - Geauga

May 21<sup>st</sup> - West

**LAST DAY  
of SCHOOL**

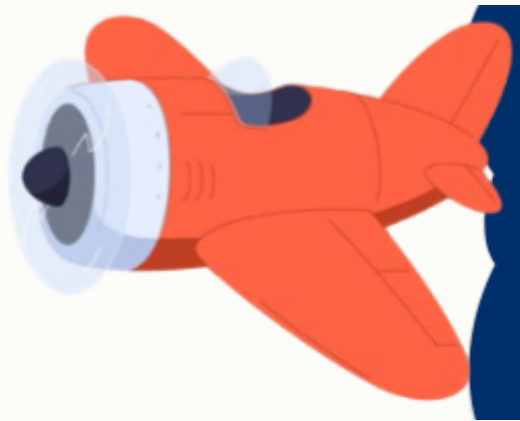
May 21st

# SCHOOL READINESS

## What is Kindergarten **READINESS?**

*Kindergarten readiness means your child has the skills they need to start school successfully.*

**DON'T WAIT!**  
Kindergarten  
readiness  
starts at birth!



*click on the link below*

<https://heyzine.com/flip-book/2b799b73e7.html>



# NUTRITION

## **Food Allergies**

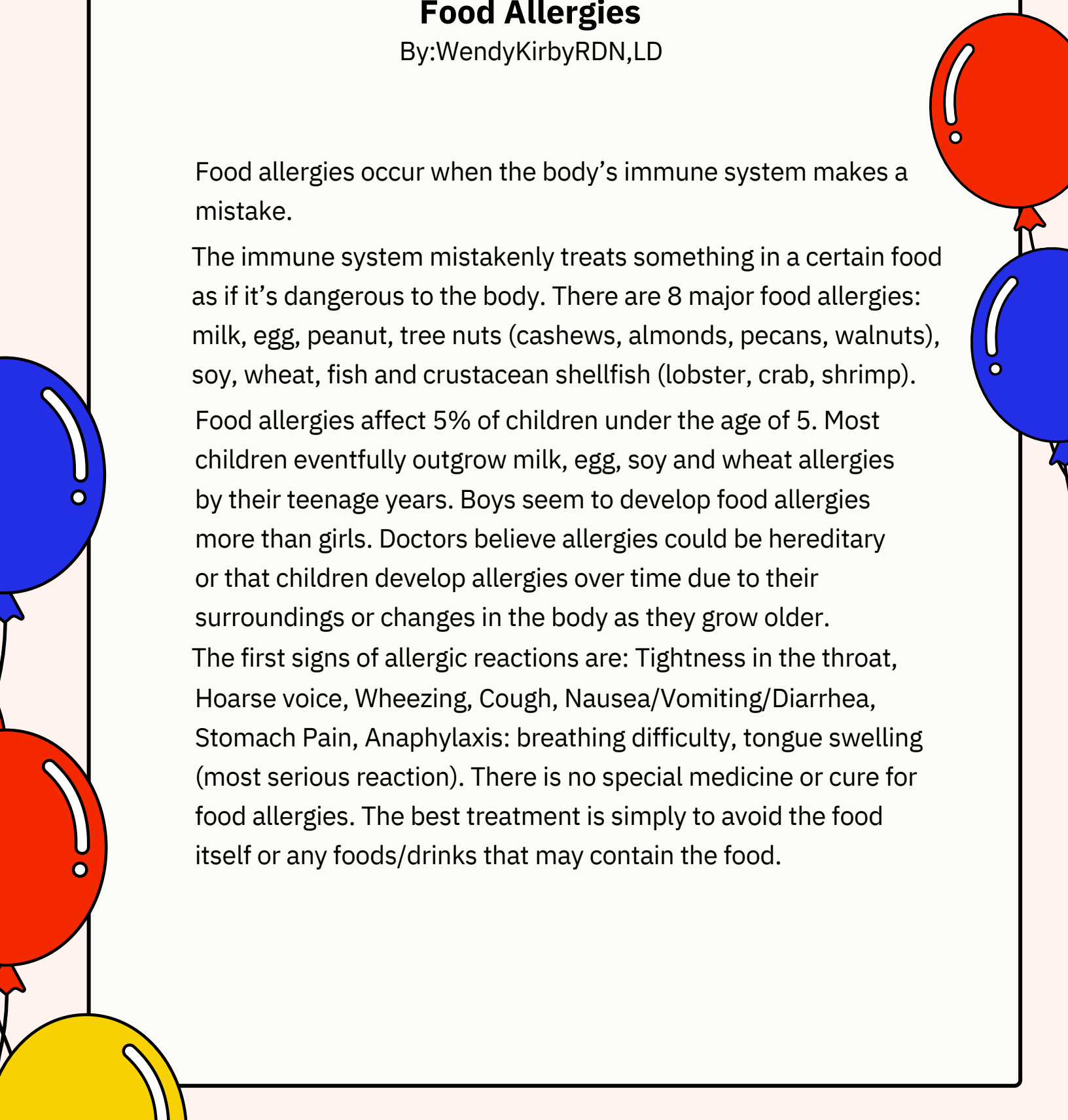
By:WendyKirbyRDN,LD

Food allergies occur when the body's immune system makes a mistake.

The immune system mistakenly treats something in a certain food as if it's dangerous to the body. There are 8 major food allergies: milk, egg, peanut, tree nuts (cashews, almonds, pecans, walnuts), soy, wheat, fish and crustacean shellfish (lobster, crab, shrimp).

Food allergies affect 5% of children under the age of 5. Most children eventually outgrow milk, egg, soy and wheat allergies by their teenage years. Boys seem to develop food allergies more than girls. Doctors believe allergies could be hereditary or that children develop allergies over time due to their surroundings or changes in the body as they grow older.

The first signs of allergic reactions are: Tightness in the throat, Hoarse voice, Wheezing, Cough, Nausea/Vomiting/Diarrhea, Stomach Pain, Anaphylaxis: breathing difficulty, tongue swelling (most serious reaction). There is no special medicine or cure for food allergies. The best treatment is simply to avoid the food itself or any foods/drinks that may contain the food.



# RESOURCES



Mentor Public Library.



Morley Public Library.



**Willoughby-Eastlake  
Public Library**

Willoughby Eastlake Public Library.



Geauga County Library

# MENTAL HEALTH

lkeller@lguhs.org Disabilities/Mental Health Coordinator

## MENTAL HEALTH



National Center on  
Health, Behavioral Health, and Safety

## What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

### Why Is It Important?

*Having Positive Mental Health Makes It Easier for Children to:*

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

*When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:*

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



## Things You Can Do and Say to Help Your Child

### • For Your Infant

- Hold your baby during feedings.  
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!  
"Hey, when I smile, you smile back."
- Talk about what you are doing.  
"I'm going to change your diaper now."
- Try to relax and have fun.  
"When I am happy, you are less fussy."
- Read and sing to your baby every day.  
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.  
"When I am rested, I take better care of you."

### • For Your Toddler/Preschooler

- Make sure they always feel safe.  
"I know loud noises can be scary, but it's OK."
- Offer choices.  
"Do you want the blue shirt or the red shirt?"
- Practice patience.  
"Let's wait until the song is over and then we'll go outside."

- Show understanding.  
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.  
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.  
"There is so much to do but it is important for us to play together."
- Follow her interest.  
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.  
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.  
"First pick up the blocks, then take out the cars."



National Center on  
Health, Behavioral Health, and Safety