



# Westridge Newsletter

## February 2025



### Dates to Remember:

**February 14**

No school K-12

Valentine's Day

Wear Red, White, & Pink and  
Room Parties

**February 27 & 28**

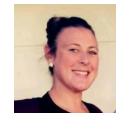
No school K-12

Contact us by email :



Amy –

[westpd@cuccc.org](mailto:westpd@cuccc.org)



Nikki –

[westapd2@cuccc.org](mailto:westapd2@cuccc.org)



### **February 17th is National Random Acts of Kindness Day**

Here are some examples of things you could do that day or any day:

- Let someone cut in line in front of you
- If there is trash on the ground pick it up and throw it in the garbage can
  - Compliment someone
- Bake the neighbors cookies
  - Sharing toys

### **February is Childrens Dental Health Awareness Month**

Here are a few dental health tips for your children:

- Brush twice a day for 2 minutes at a time
- See the dentist every 6 months
- Get a new toothbrush every 3-4 months
- Eat healthy snacks, try to stay away from sugar