



YOUR FAMILY RESOURCE CENTER - THE WRIC - HAS THREE LOCATIONS IN WESD AND IS AVAILABLE THE FIRST SATURDAY OF EACH MONTH AT THE CHOLLA LIBRARY!

OCOTILLO ELEMENTARY

3225 W. Ocotillo Rd
Phoenix 85017
602-347-2422
Mon, Tue, Thu, Fri 7:30 a.m. – 4 p.m.
Wed 7:30 a.m. – 6 p.m.

SUNSET ELEMENTARY

4626 W. Mountain View Rd
Glendale 85302
602-347-3344
Mon - Thu 8 a.m. – 4 p.m.
Fri 8 a.m. – 1:30 p.m.

MOON MOUNTAIN ELEMENTARY

13425 N. 19th Ave
Phoenix 85029
602-896-6086
Mon - Thu 7:30 a.m. – 4 p.m.
Fri 7:30 a.m. – 1:30 p.m.

CHOLLA LIBRARY

10050 N. Metro Parkway East
Phoenix 85051
First Sat of month 9 a.m. – 12 p.m.

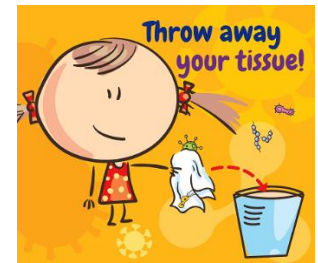


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10 Tips to Help Keep Your Children Healthy This Season



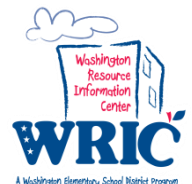
Autumn is finally here with its cooler weather and beautiful, fall colors. Unfortunately, it also marks the beginning of cold and flu season. Here are 10 tips to help keep your children as healthy as possible this season.

1. **Wash Hands Frequently** – Wash them for at least 20 seconds (sing or hum Happy Birthday twice).
2. **Use Hand Sanitizer** – No soap & water? Use alcohol-based hand sanitizer. Use caution with young children as it can be harmful if consumed.
3. **Get A Flu Shot** – Consult with your primary care doctor to see if this could be helpful for you and your family.
4. **Cough or Sneeze Into A Tissue or Your Elbow** – Coughing or sneezing into your hands spreads germs more easily.
5. **Teach Young Children How to Blow Their Noses** – Show them how to use tissue and immediately throw into the trash.
6. **Drink More Water** – Staying hydrated can help our bodies fight off viruses.
7. **Eat A Healthy Diet** – Getting the proper vitamins and nutrients can help boost the immune system.
8. **Get A Good Night's Sleep** – Studies show that poor sleepers tend to get sick more often.
9. **Disinfect Your House** – Be sure to disinfect toys and household surfaces; especially kitchens and bathrooms.
10. **Avoid People Who Are Sick** – It might be necessary to keep sick family members from sharing space with healthy ones, especially young children. Also, make sure your child stays home from school if they are sick.

Signature Pediatrics





4650 W. Sweetwater Avenue, Glendale, AZ 85304 • 602-347-2600 • www.wesdschools.org
Governing Board: Aaron Janneke, President • Tee Lambert, Vice President
Bill Adams, Member • Larry Herrera, Member • Nikkie Whaley, Member
Dr. Paul Stanton, Superintendent



WRIC @ Ocotillo

32nd Ave/Glendale Ave · 602-347-2422

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thankful November!	1	2 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.	3	4 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.
4	5	6 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.	7	8 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.
11 VETERAN'S DAY WRIC CLOSED 	12	13 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.	14	15 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.
18	19	20 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m. Thankful November 10:30 a.m.	21 Hearing and Vision screenings 9 a.m. AZ Science Center Journey to the Moon 10 a.m.	22 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.
28	29	30 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Laugh & Learn Village 10:30 a.m. – 12 p.m.	31  TURKEY BREAK WRIC CLOSED	

Rock & Rhyme Storytime – Introduce your child to language, listening, singing and imagination. Listen to stories come alive and join in the fun during this interactive storytime!

Laugh & Learn Village – When children play, they learn skills that lay a foundation for success in school. Come spend quality playing and learning time with your child! All supplies provided.

Hearing and Vision Screenings – FREE screenings to help identify children with late onset and progressive hearing loss and vision problems prior to entering school. Also, re-screens for children that didn't pass last month.

Arizona Science Center – Journey to the Moon - As members on this voyage together, you will explore all of the wonders of the moon and the journey that took humans from Earth to the moon and back again!

Thankful November - Does your child have a favorite toy, picture, favorite dish or pet (picture only)? If so, come share with The WRIC during our Thankful November activity. We will be having a potluck that day if you would like to bring a favorite food dish.



WRIC @ Moon Mountain

19th Ave/Thunderbird Rd · 602-896-6086

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.		Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	1
4 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	5 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	6	7 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	8
11 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	12 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	13	14 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	15 First Aid Class (Spanish) 9 a.m. – 11 a.m.
18 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	19 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	20 AZ Science Center It's Slime Time! 11 a.m.	21 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	22
25 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	26 Laugh & Learn Village 8 a.m. – 8:30 a.m. Rock & Rhyme Storytime 8:30 a.m. - 9 a.m.	27	28 	29 TURKEY BREAK WRIC CLOSED

Laugh & Learn Village – When children play, they learn skills that lay a foundation for success in school. Come spend quality playing and learning time with your child! All supplies provided

Rock & Rhyme Storytime – Introduce your child to language, listening, singing and imagination. Listen to stories come alive and join in the fun during this interactive storytime!

First Aid – Learn to identify and eliminate potentially hazardous conditions in your environment, recognize emergencies, and make appropriate decisions for first aid care. Learn how to provide immediate care for a suddenly ill or injured persons until more advanced medical care arrives to take over.

INCLUDES CERTIFICATE!

Arizona Science Center – It's Slime Time - Get messy in this investigation into the world of preschool chemistry! Explore texture and measurement while following a procedure to create different types of slime.



WRIC @ Sunset

47th Ave/Peoria Ave · 602-347-3344

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Laugh & Learn Village 11 a.m. – 12 p.m.
4 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Shake, Rattle & Roll 10:35 a.m. - 11:05 a.m.	5	6 Laugh & Learn Village 11 a.m. – 12 p.m.	7	8 Laugh & Learn Village 11 a.m. – 12 p.m.
11 VETERAN'S DAY WRIC CLOSED 	12 If You Give A Mouse A Cookie 10 a.m.	13 Laugh & Learn Village 11 a.m. – 12 p.m.	14	15 Laugh & Learn Village 11 a.m. – 12 p.m.
18 Rock & Rhyme Storytime 10 a.m. - 10:30 a.m. Shake, Rattle & Roll 10:35 a.m. - 11:05 a.m.	19 CPR (English) 5 p.m. – 7 p.m.	20 Laugh & Learn Village 11 a.m. – 12 p.m.	21 Small Talk 2 p.m.	22 Laugh & Learn Village 11 a.m. – 12 p.m.
25	26	27 Laugh & Learn Village 11 a.m. – 12 p.m.	28 	29 TURKEY BREAK WRIC CLOSED

Laugh & Learn Village – When children play, they learn skills that lay a foundation for success in school. Come spend quality playing and learning time with your child! All supplies provided.

Rock & Rhyme Storytime – Introduce your child to language, listening, singing and imagination. Listen to stories come alive and join in the fun during this interactive storytime!

Shake, Rattle & Roll – A music program to get your wiggles out, wake you up or wear you out!

If You Give A Mouse A Cookie – What do you think would happen if you give a mouse a cookie? Join us for this fun and interactive storytime to find out! There may be a special treat at the end...

CPR – Learn adult, child and infant CPR · How to respond to choking · Signs of a heart attack and stroke · Use of an AED · Good Samaritan Law

INCLUDES CERTIFICATE!

Small Talk – Does your child have a favorite toy, stuffed animal or other item? Bring it so they can tell their friends all about it! Only pictures of pets please. ☺ Help your child prepare to answer the following questions:

- What is it?
- Where or who did you get it from?
- Why is it special to you?

Join us as we develop speech and language skills through sounds, sights and conversation!

