

Dear Parents,

This week, we are excited to explore the theme Friends Who Keep Us Healthy! We will be learning about some special helpers in our community—doctors, nurses, and dentists—who take care of us and help us stay strong!



Doctors: We will learn how doctors help us feel better when we are sick and how they check our bodies to make sure we are growing healthy and strong. We will also talk about things we can do to stay healthy, like eating right and getting enough rest.



Nurses: Nurses are special friends who care for us when we visit the doctor or when we get hurt. We will learn how nurses help make sure we are feeling better and how they are there to give us bandages, take our temperature, and comfort us.



Dentists: We will talk about how dentists help keep our teeth clean and strong. We will practice brushing our teeth and talk about the importance of taking care of our smile by visiting the dentist and eating healthy foods.

Throughout the week, we had fun activities to help us remember these important friends:

- **Pretend Play:** The kids pretended to be doctors, nurses, and dentists where they demonstrated how to keep ourselves healthy. We also made doctor, nurse, and dentist puzzles.
- **Healthy Habits:** We will talk about brushing our teeth, washing our hands, and how these little habits help keep our bodies clean and healthy. We also talked about healthy and unhealthy foods.
- **Story Time:** We'll read books about going to the doctor and dentist, helping our little ones feel more comfortable about visits to these special helpers.

You can continue the conversation at home by asking your child about what they learned and practicing some healthy habits together, like brushing teeth or washing hands before meals.

This week the children learn about healthy foods and how to recognize the nutritional foods that are great for our bodies such as fruits and vegetables. After the children learned about healthy foods they learned about unhealthy foods that are not nutritional for our bodies such as candy, hamburgers, French fries, ice cream, and cookies.

Reminder 😊

FRIDAYS 🍎🥕🥕: On Fridays, school bags go home with the children's belongings such as pillows and blankets. The school bags are to be returned with the children's belongings for the week and will be sent home at the end of the week again.

EXTRA CLOTHES 🍎🥕🥕 Please provide two complete sets of extra clothes for the week to ensure your child can be changed and the dirty clothing can be sent home.

Please trim your children's nails to prevent harm from themselves or others around them such as teachers and classmates. Thank you! 🍎🥕🥕

Have a great Weekend

Mrs. Yeysleydy & Ms. Lauren