

09.06.2024

Dear Families,

As we continue our theme of "Safe, Healthy, Helpful Me", this week we are learning about the habit of eating well. We are practicing making healthy choices about the foods we eat.

During Circle Time, the teacher discussed different food groups, such as grains, vegetables, fruits, proteins, and dairy.

The children had a great time playing in the different areas in the classroom.

The letters and sounds we learned eek and are: Qq, Uu and Zz.

For Art, the kids divided "My Plate" into four sections using color so they could group them appropriately: red for fruits, green for vegetables, brown for grains, purple for proteins, and blue for dairy. The children also traced and decorated the letters they learned this week: Qq, Uu, and Zz.

- Music time with Ms. Laura, we sang " I Like to Eat Apples and Bananas".
- The children had an awesome time with the animals from the Little Farm.

- For story time we read:
 - Farley by Lynn Johnston
 - What's for Dinner by Stephanie Nieves
 - ABC's of Food

Have a wonderful weekend,

Ms. Miriam Salas