

09/09/2022

Dear Parents,

The topic of the week was Healthy Me and the letter H.

Even though this week was short, it was packed filled with learning and fun! Here are some more things we talked about:

Exercising regularly and staying fit makes you feel full of energy. Exercise can also help keep your body at a healthy weight. Maintaining a proper diet is another important part of leading a healthy lifestyle. Combining that with physical activity can also help you to lose weight and reduce the risk of future health problems. It is also important to get good quality sleep on a regular schedule, so you feel rested. It also helps reduce stress, improve your mood, think more clearly, and do better in school. Additionally, maintaining good hygiene helps keep bad germs away and can be done through regular bathing, brushing your teeth at least twice a day to avoid tooth decay, and washing hands after certain activities. It is also important to turn away from other people when coughing or sneezing, preferably into a tissue or into your inner elbow. At school, we practice proper hand washing so much that they have become little experts.

We introduced the letter H and listened to the sound that it makes through a song. The H is a consonant. We learned some new words such as horizon, helicopter, habit, and harmonica. We reinforced how to make the letter H through Play-Doh and shaving cream.

The children measured each other with blocks to see how tall they are. We practiced tracing and coloring the letter H and drew a picture. They cut, colored, and pasted the letter H. We also reinforced cutting with scissors. The children first traced shapes and tried to cut them out.

We introduced "My Plate" to help get a better understanding of a proper balanced diet. My Plate is divided into four sections of approximately 30 percent grains, 40 percent vegetables, 10 percent fruits, and 20 percent proteins, accompanied by a smaller circle representing dairy, such as a glass of milk or a yogurt cup. We follow these same guidelines with our lunch menu. The children created their own healthy plate by first coloring the different sections of the plate and pasting magazine cutouts of different foods. We also reinforced this by sorting and classifying fruits, vegetables, grains, and proteins into 4 groups. On Friday we worked on our journal and drew a picture of our favorite food.

Books we read this week:

Healthy Me

Washing Up

Kicking, Running and Stretching

Go to Sleep

Healthy Eating

Some new vocabulary words we learned were energy, hygiene, habit, weight, scale, dairy, grains, and proteins.

Graphing

This week we did 2 different graphs:

What is your favorite green vegetable? What is your favorite fruit?

In soccer with Coach Jackie we played some games and practiced kicking the ball. We also had a in-house field trip with the Jungle Gym on Thursday and the kids had a blast as always.

Activities to do with your child at home:

Cut up junk mail or magazine subscription cards. Make fringe on the edge of a piece of construction paper. Cut straws or shredded paper. Attach a large piece of drawing paper to the wall. Have the child use a large marker and try the following exercises to develop visual motor skills. Make a letter, number, or letter part (stroke) model— one per sheet of paper. Have the child trace over your line from left to right, or from top to bottom. Have them trace over each figure at least 10 times.

Reminders:

Check Brightwheel for pictures and for other information.

Student of the week

Purple Door: Sienna Aldana

Brown Door: Maximo Andrade

Please bring in a poster showcasing him or her and their family. He or she will present this poster to the class Monday during Circle Time. It is a great way for everyone to get to know each other better.

Quote:

“The beautiful thing about learning is that no one can take it away from you.”— B.B. King

Have an awesome weekend!

Ms. Ana and Ms. Nadia

Ms. Marta and Ms. Laura