

02/05/2021

Dear Parents,

This week, our topic was "Health". We discussed with the children how we can stay healthy. The children learned the connection between eating "good food" and having good health, and how some foods help them grow "big and strong". They now know how important it is to eat fruits and vegetables and to drink milk to help them grow strong muscles and a healthy body. Exercising is also a good way to stay healthy; during playground time, we always dedicate some time to exercising: we do some fitness movements for the arms, legs, we stretch, we squat and we finish by running 3 laps. The children also like to show their movements: push up, yoga positions, and ballet movements.

We also discussed the opposite of healthy: being sick and what is happening when we are sick? We go to the doctor of course. Most of the children confessed they like to go to the doctor (they even like the shots!!!). We talked about diseases and how to get better or how to prevent spreading diseases such as wearing a mask. We informed the children that soon they will have to wear a mask during the day like their teachers and would be able to take it off for eating or when going outside. We also talked about keeping our teeth strong and healthy and how important it is to brush our teeth after each meal and going to the dentist for a check-up.

The letter of this week was the letter O. The children presented their word: O for Octopus, Otter, Orange, Ocean, etc and we played games to guess some others.

For Art/Small group, the children traced the letter O, colored it, and added 8 "legs" and 2 eyes to make an octopus. They created a "healthy plate" drawing or gluing pictures of healthy food: fruits, vegetables, protein and grains. The children also practiced writing their names using a personalized name tracing reusable dry-wipe sheet.

For Story Time, we read: "Kicking, Running and Stretching", "Healthy Eating", "Eating the Alphabet", "My Friend the Doctor" and "Just Going To The Dentist".

Playground time was chilly so we did not hesitate to keep moving to get warm and healthy, throwing balls, running after, and trying to catch it! It was lots of fun!

Student of the Week: REMINDER – Due February 16th

- Jonath Hernandez
- Pedro Sanchez

Quotes of the week:

- There's nothing more important than our good health - that's our principal capital asset. \_ Arlen Specter
- I believe that the greatest gift you can give your family and the world is a healthy you. Joyce Meyer

Have a great weekend and stay healthy!

Mrs. Miriam, Mrs. Wanda, & Mrs. Murielle