

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. We talked about how eating well is a habit that begins now while they are young. If they learn to make healthy choices now, they will benefit their entire life.

We also introduced the letters: Q, U and Z. The children identified these letters, they named words for each letter, they sang songs and learned words in sign language.

Little Farm came to our school. The children were able to see and touch the goat, sheep, bunny, rooster and a turkey.

We had Music class with Mrs. Laura. She taught them the different parts of the guitar and sang songs about emotions and colors. The children love their music class.

Books read this week:

ABCs of Food

What's For Dinner?

Farley

Nana's Birthday Surprise

Students of the week:

Brown Door: Ava Campbell

Purple Door: Christopher Alvarez

Please have your child bring a poster with family pictures to share with their friends during Circle Time.

Activities to do with your child at home:

Have your child cut out food pictures from magazines. Ask the following questions: Which foods would you add to your plate? Is your food nutritious or a special treat? What foods are your favorites? When they are done, have them glue the pictures on a paper plate.

Quote of the week:

"Let food be thy medicine and medicine be thy food."

Have a nice and safe weekend:

Mrs. Ana Mrs. Miriam

Mrs. Nadia. Mrs. Carmen