

05/21/2021

Dear Parents,

This week we learned about Healthy Food. During Circle Time the teacher talked about some of the ways we can practice healthy eating by filling half of their plates with veggies and fruits. The kids were shown a Healthy Eating Plate. It showed the children examples of good choice foods and meals. Some of the fruits that were spoken about were apples, avocados, bananas, blueberries, cherries, cantaloupe, and oranges. The veggies that were spoken about were carrots, broccoli, corn, cucumber, green pepper, asparagus, and lettuce. The children were asked what are some of the fruits they like to eat, the teacher heard answers like banana, oranges, grapes, and watermelon.

For art, in making their apple they were given a small paper plate and the children glued red construction paper squares to it and then added the leaf to it. Corn on the cob was lots of fun they colored their corn yellow using crayons and then decorated it using mosaic squares and glued the husks to their corn. Do-a-dot pineapple was fun to do as well. Once again, a yellow crayon was used to color their pineapple-shaped paper plate and then they used brown do-a-dot markers to complete this project. Their handprints were used as the crown which is the green part on top of the pineapple. The lemon paper plate was fun, they were shown a picture of a lemon first and then decorated a small paper plate by ripping tissue paper and gluing it on. By ripping an orange construction paper they made their cart and glued green construction paper to the top of the carrot which is called fond.

The stories that were read to the children were Llama, Llama Mad at Mama, No More Diapers For Ducky, Llama Llama Misses Mama, The Very Hungry Caterpillar, and Hands Are Not For Hitting.

Parents, please wash your child's blanket to be returned to school on Monday. Please make sure their nails are cut short. Please help your child in reinforcing how to hold a crayon or pencil correctly. Practice makes perfect!

Quote of the Week: "A child can teach an adult three things: to be happy for no reason, to always be busy with something, and to know how to demand with all his might that which he desires" By Paulo Coelho

Have a nice weekend!!

Mrs. Cindy
Mrs. Miriam