

11/12/21

Dear Parents of Blue Door,

Hi! This week we learned about healthy foods. During Circle Time the teacher talked about some of the healthy foods we eat such as fruits and vegetables. Some of the fruits that we talked about were apples, oranges, strawberries, and pineapple. When asked what fruits they like we heard grapes, watermelon, and strawberries. The vegetables that were talked about were broccoli, peas, carrots, and tomatoes. The children were also asked what veggies they like and we heard a lot of broccoli. The foods that were spoken about that are healthy are oatmeal, berries, beans, and yogurt P.M. snack. The teacher also spoke about all the different kinds of meals that are eaten here at school which are very healthy.

For Art, the children had lots of fun making their paper plate pineapple. They decorated an oval shaped paper plate using do-a-dot markers and used green tissue paper that they ripped to represent the crown that is what the green on the top of the pineapple is called. They loved using the toothbrush that they use at school to paint a tooth. The teacher went into housekeeping and gathered the fruits and veggies and placed them in the middle of the carpet and had each child choose the fruit and the vegetable. The children were shown pictures of fruit and veggies as well.

For storytime they heard these stories: Pete's Big Lunch, Healthy Foods, Llama Llama Red Pajama, Alphabet Adventure, Eating the Alphabet, Growing Vegetable Soup, and The Vegetables We Eat.

As we play on the playground we also practice our gross motor skills. The children marched all around the playground, walked backward, threw the ball, rode the tricycles, kicked the ball,s and had a basketball game with one another.

Parents, please do not forget to send in clean clothing for your child as well as pull-ups if they are potty training. Please remember to potty train at home as well. Make sure your child's nails are cut short so that way they do not scratch themselves or their friends. Please go over the colors and shapes with your child at home and also how to hold a crayon correctly. We work very hard here at school. Reinforcement is very important.

We hope you enjoyed the day off yesterday!

Have a nice weekend!

Mrs. Cindy

Mrs. Luz