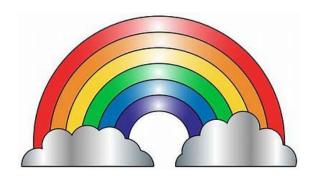


Miss Beka, Miss Amber, and Miss Tabbie March 2024– Newsletter– Dekin

This Month

We going to enjoy a week of Dr Seuss fun!
We will explore rhyming words and
patterns. We are going to look at the
colors of the rainbow and what happens
when colors mix. We will have some fun
St Patrick's Day activities. To finish out
the month we will begin exploring all
things spring!



Important Dates

03/01- Parent Teacher Conference No School

03/04 through 03/08 - Read Across America Week

03/04 - Wear Red or Blue Day

03/05 - Wear Stripes or Hat Day

03/06 - Wacky Day

03/07 - Wear Green Day

03/08 - No School Professional Development Day

03/10 - Daylight Savings Time Begins (Spring Ahead)

03/14 - Parent Club 5:30 pm in Pekin

03/17 - St. Patrick's Day

03/19 - Policy Council 5:30 pm at Family Center

03/26 - Kindergarten Transition Event in Pekin 5pm-6pm

03/29 through 04/07 - Spring Break No School

04/08 - Return to School from Spring Break



Pyramid Model News

We are working on helping each other. To help your child practice at home, you can give your child chances to help around the home (picking up toys, wiping the table, setting the table).

Snacks can play a role in meeting kids' nutrient needs. Choosing a variety of snacks will give them energy they need between meals. Kids usually need 2-3 snacks daily and they should be provided at least 1-2 hours before meals. Below are a few healthy snack ideas to try:

- 1) Make a parfait: layer vanilla or plain low-fat yogurt with fruit or dry cereal.
- 2) Make a smoothie: blend low-fat milk with frozen strawberries and a banana for 30 seconds. Enjoy!!
- 3) Make frozen treats: Mix equal amounts of low-fat plain or flavored yogurt with 100% fruit juice then pour into paper cups and freeze for a tasty treat. Remember light versions of flavored yogurt tend to have less added sugar!
- 4) Make a rocky road treat: Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
- 5) Use low-fat vanilla pudding or yogurt to dip fruit slices or graham crackers in for another tasty treat option.

https://www.eatright.org/national-nutrition-month/resources