



## Miss Beka, Miss Amber, and Miss Tabbie

### March 2024- Newsletter- Pekin

#### 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>