



## March 2024 Newsletter-Family Center

**Miss Courtney & Miss Kaeli**

### **This Month**

**Spring is arriving faster than ever! We spent February celebrating kindness and friendship, making our classroom family foundation stronger. We also studied water and learned so many new things about water with science experiments, a water sensory table, and many different water activities. As we move into March, we will be learning about the changing seasons and birds! We are excited to venture back out to the playground, now that winter is coming to a close, and see what we can learn while we are outside! We hope everybody gets a chance to enjoy their spring break later this month with some rest and relaxation.**

### **Important Dates**

**3/1 - Parent-Teacher Conferences/ No School  
Read Across America Week is 3/4 - 3/8  
3/4 - Wear Red or Blue Day  
3/5 - Wear Stripes or Hat Day  
3/6 - Wacky Day  
3/7 - Wear Green Day  
3/8 - No School/ Professional Development Day  
3/10 - Daylight Savings Time Begins (Spring Ahead)  
3/17 - St. Patrick's Day  
3/19 - Policy Council 5:30 pm at Family Center  
3/21 - Parent Committee 5:30 pm at Family Center  
3/25 through 04/01 - Spring Break No School  
4/02 - Return to School from Spring Break**



### **Pyramid Model News**

**We have been working on problem solving in our classroom this past month, and are making it to the point where our friends are able to problem solve independently. Watching them grow their social-emotional skills every day has been so exciting for us.**

### **Nutrition**

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>