



## March 2024 Newsletter-Eureka

### Miss Dee, Miss Michele, & Miss Melissa

#### This Month

**Hello March! This will be a busy month as we celebrate Dr. Seuss, St. Patrick's Day, and prepare for Spring Break. We will be doing a lot of work on rhyming words and beginning letter sounds. Just a reminder that we post fun learning activities for you and your child every week on Learning Genie. These are great ways to enhance your child's learning at home and learn more about what we are working on in the classroom. We will be planning some fun days to celebrate the holidays this month, so we hope you will be able to join us. We will be sending out more information on the dates for these fun days. Also, please remember you are welcome in our classroom to volunteer anytime you like. We are looking forward to a fun March.**

#### 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 4/01 - Spring Break No School  
4/02 - Return to School from Spring Break**



#### Pyramid Model News

**Children learn best through play and role modeling. Helping them find ways to problem solve and use words to express feelings. This can be practiced through sharing, taking turns, and expressing feelings of frustration. As a family, you can label your emotions with words so that your child can learn to solve simple social problems on their own, building independence and self-confidence.**

#### 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>