



## Miss Katherine, Miss Jackie, and Miss Alicia

March 2024

### This Month

Spring is right around the corner! We can't wait to be able to spend more time outside enjoying the beautiful spring weather.

This month, we will talk about Dr. Seuss, St. Patrick's Day, and spring! They are always so excited for the leprechaun to visit!

Please remember that we will be enjoying the upcoming nice weather so please dress your child appropriately for outside play and send a jacket with them to school.



### Important Dates

3/1 - Parent-Teacher Conferences/ No School

Read Across America Week is 3/4 - 03/8

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

Be a problem solver! We have been working very hard on learning how to solve problems in our classroom. They have learned to say, "We have a problem", think of solutions, and trying the solution out. We have also been working on using our words to problem solve social conflicts before getting help from a teacher.

### 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>