



March 2024- Newsletter- Pekin

Miss Kristi & Miss Alexis & Miss Cat

This Month

Oh, the places we will go in the month of March getting hooked on books. We will celebrate Dr. Suess's Birthday. We all love rhyming words and reading books here there & everywhere!

We will also be playing a fun new game with letters (Rhyming & letter recognition). Working on writing each letter and creating our own alphabet!

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 have been working with the children that we are SAFE, we are KIND, WE are a TEAM! By now we have already worked towards filling our bucket up with kindness. This is something we ask you to reinforce with your child at home. Try making a game out of it. Tell them, I'm looking, to see if I can catch you being kind! Now, onto keeping ourselves and friends and class safe.

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>