



## March 2024 Newsletter-Family Center

### Miss Sarah, Miss Kira, & Miss Stephanie

#### This Month

**We are so excited to have warmer weather upon us! We will be celebrating Dr. Seuss with a week filled with fun activities and dress up days. This month, we will also be talking about ways to keep our bodies healthy and strong. We'll discuss healthy eating habits and what exercise does for our heart and muscles! Don't forget to check Learning Genie for activities that count towards IN-KIND for our program. 😊**

#### 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

**As a class, we will be working on social problem solving. What is a problem? What can we do to fix the problem? We will go over our solution kit, which has different strategies on what we could do to solve a problem. Strategies we can use may be to get a timer, wait and take turns, share, ask a teacher for help, etc.**

#### 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>