



Miss Shannon, Miss Mary, and Miss Tiffany

Classroom Newsletter – March 2024

This Month

Happy March! 😊

Quick reminder . . . Parent/Teacher Conferences are on February 29th and March 1st. We look forward to meeting with you and discussing your child's progress and goals.

This month, we will be learning about rhyming words and working on our language skills during Dr. Suess week. We will also have a Show & Tell Day on Monday, March 4th to help us model these language skills. On the 15th, Miss Casey will be joining us for a nutrition activity. During this week, we will be learning about Whoa Foods and Go Foods and talking about what foods are nutritional for our bodies. We will also start learning about Spring weather and all things Spring!

We are also trying to plan a field trip sometime after Spring Break. More info will be sent out at a later date.

As always please remember to bring in extra clothes for your child. Especially now that the weather will be warming up soon. Have a wonderful Spring Break!

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)
03/12 - Parent Committee 5:30 pm at Family Center
03/14 - Kyleigh's Birthday!
03/17 - St. Patrick's Day
03/19 - Policy Council 5:30 pm at Family Center
03/25 - Kyson's Birthday!
03/25 through 04/01 - Spring Break - No School
04/01 - Easter Monday - No School
04/02 - Return to School from Spring Break



Pyramid Model News

We have been focusing a lot on our emotions lately. Sometimes kids have trouble vocalizing their emotions or knowing what they can do to calm their body down. Talk about feelings with your child. It might be fun to do a daily feeling check in board. Have your child draw a picture of how they are feeling in the morning, afternoon, and evening. Talk about what emotion they are feeling, why they feel that way, and what they can do to calm their body down if they are upset. (Ex: Take a deep breath, color a picture, play with playdough, take a bath, go for a walk, 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>