



March 2024 Newsletter-Family Center

Miss Tammy, Miss Morgan, Miss Diamond

This Month

We are starting this month with Dr. Seuss. The children will be working on rhyming words and retelling a story. Later in the month, we will begin learning about birds.

The children will be focusing on listening skills and respect toward friends and teachers. We are reading a lot of books about practicing good listening skills and playing listening games like Simon Says and Listen and Move.

The children will be working towards an ice cream party by practicing good listening skills. Each time we spy a child practicing good listening, they will get an egg to put on the board. When we get to 10 eggs on the board, we will have our ice cream party!

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

This month, the children will be learning friendship skills. They will be practicing sharing, taking turns, playing cooperatively with a friend, and successfully entering a group for play.

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>