



March 2024 Newsletter-Family Center

Trina and Lindsey

This Month

This month, we will continue to investigate wheels by making cars out of reusable materials. We will also test ramps using boxes and investigate other types of wheels. Miss Trina will focus on colors that we see in our environment. She will incorporate the change in weather and do fun activities that involve the rain. We will also celebrate St Patrick's Day with engaging, fun green activities. Towards the end of month, we will learn about animals and birds and the changes they go through in the Spring.

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, we are working on Problem Solving Steps. 1. We stop and think of a problem. 2. We think of a solution. 3. We try the ways we have learned. Get a teacher, share, ignore, say: please stop! Get a timer, play together, wait and take turns, trade, and ask nicely.

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>