

Junior Journal

HEALTHY DIET



Jan. 11th-15th

Theme: Healthy Kids

Week 22

Introductions: Mm and Nn, Story #3
Run and Jump



Concept: This week we will discuss the importance of eating nutritious foods. The class will also talk about how exercise and the right amount of sleep help you stay healthy. The children will learn to differentiate between healthy and junk foods by sorting through pictures. The importance of Doctors and Nurses and the jobs they do will also be discussed. In science look for a fun new bath time sensory bin.

What To Eat?



Parent Information

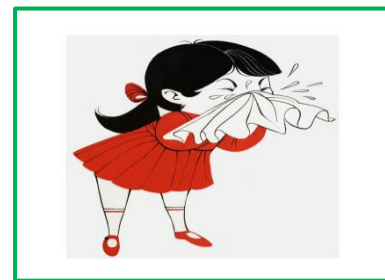
We would like to take the daycare students outdoors to play in the afternoon, however if snow is present children will need snow pants, boots, hat, gloves and coat. Half day students will be notified when to bring a full set of outerwear for morning outdoor play.

We are beginning our second student evaluation of the school year.

Craft and Writing: Ah-Choo!! (Bless you!) We are getting ready for the New Year. Mrs. Melissa hopes to instill the best of manners in her students. She will reinforce proper table manners, the importance of hand washing and Kleenex. Our readiness papers will feature our two new letters, Mm and Nn.

Language Arts: Our topic of discussion continues to be healthy eating, exercising and the importance of sleep and rest to keep our bodies healthy. Our book for the week is "Eating the Alphabet". Here's a reminder of what we should do every day if we have the sniffles.

*If you cough or if you sneeze,
cover your mouth if your please. Ah-choo*



Motor: We are rocking our way into a New Year! The children will have a blast as they take turns rocking in the wooden rocking boat as they sing "Row, Row, Row Your Boat". They will also enjoy the obstacle course, path activities, shooting hoops and throwing and catching balls.