

NURSERY

NEWS



Language Arts: In addition to exercising our bodies, we need to exercise our brains to be a healthy person. Many finger plays and flannel board stories, such as "If You Cough" and "Rise and Shine," will help add to the fun along with Captain Vegetable. The importance of handwashing will be reviewed.

Concept: We will be discussing things that help keep us healthy. A healthy/unhealthy food chart will be displayed using pictures and we will sort healthy foods using a plate, bowl and cup. Other concepts we will cover on this topic are how to dress for the weather, bathing a baby, and brushing our teeth.

Craft & Writing: As we learn about healthy foods like fruits and vegetables, our class will be collaging their favorites. We will also explore watercolors and finger paints throughout the week.

Motor: Learning various yoga moves will encourage a healthy exercise routine. We will be practicing our balancing skills using the balance beam and stair stepper. Also kicking a ball to a target will add to our motor class fun.

- **Registration for the 2024-25 school year**
Registration has begun and spots are filling up! All current students need to re-register for the new school year. If you return your **fall registration** forms by February 15, you will receive 50% off your registration fee. Request your registration form today! Registration opens to the public on February 15.
- **Parent/Teacher Conferences** Monday & Tuesday, February 19 & 20. Info will be sent home soon.

January 22, 2024

Theme: Healthy Kids



This week, our discussions will focus on the things we need to do so that we can be happy and healthy. Our eating habits, exercise routines, and getting sufficient rest will all be a part of our discussions.

Have a great week!

Mrs. Desi, Mrs. Taghrid, Ms. Melissa and Miss Riley

Introductions

5 & 6

