



**Bobbie Noonans' Child Care  
Palos Hills**

**\*\*\*Pre-Kindergarten News\*\*\***

*for the weeks of 1/15 - 1/22*

**Theme:** Healthy Kids

- **Introduce:** Uu ,Vv , Ww, Xx
- **Expressive Vocabulary:** sympathy: *to show concern*  
flourish: *grow or develop in a healthy way*
- **Bits of Intelligence:** Birds
- **Manners:** Say “excuse me” & “Do not tattle”
- **Proverb:** A place for everything and everything in its place
- **Fable:** The Greedy Fox

**Happy Birthday R. J. Crist January 18!**

**Language Arts:** Bend and stretch and reach for the sky! This week we will begin a new unit on healthy kids. Mrs. Mary will lead the boys and girls in a discussion about what we need to do to keep our bodies healthy and strong. We'll be sure to talk about the importance of exercise as well as proper nutrition. We'll take a look at the “my plate” icon to learn what types of foods we should eat and how this food benefits our bodies. We will also talk about doctors, nurses and dentists and how these important helpers work together to keep us well and heal us when we are sick.

I Am What I Eat

*I am what I eat from my head down to my feet*

*All the food that goes in me helps me grow*

*Yes-it helps me, it helps me*

*To grow up STRONG!*

**Concept:** We will be focusing on our bodies and how to keep them healthy. Mrs. Tiffany will introduce the five senses by doing activities that will help foster awareness of each sense. We will discuss how exercise keeps us healthy and strong. We will be doing different exercises throughout the week to strengthen our bodies. An assortment of index cards with numbers on them and a hole puncher will be in a basket, the children will pick a card and punch out the same number of holes as the number on the card. It is also evaluation time, and the children will be re-evaluated on their number recognition, number concept, manipulatives, readiness skills, and concept growth.

**Craft & Writing:** We will be introducing the letters, Uu, Vv, Ww and Xx. The children will practice writing these letters along with recognizing all of the phonetic sound. Our papers will also include our first connect the dots in order to create the rest of a picture. We will also be doing some activities about healthy choices.

Daycare Parents: Please remember that the children will continue to go outside in the afternoon as long as the temperature with wind chill is 20 degrees or above. Students will need a coat, hat, scarf and mittens. Please label the tags of each item with your child's initials. Thank you – we appreciate your cooperation.

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