



Hello Preschool Families!

This week our class discussed keeping our bodies healthy. This included getting plenty of rest, drinking water, exercise, bathing/brushing our teeth, healthy food choices, and even play. We got creative to learn a little about our five senses by closing our eyes and "feeling" things to figure out what they were, "listening" to sounds with our ears, and also "tasting" different flavored Jelly Belly's to figure out if they were sweet, sour, or spicy (candy cane flavor, lol). We discussed very basic facts about our body structure such as every body is made up of bones, muscle, and organs and the role some of them play. For example, our lungs help us breathe, our heart is like an engine that makes the blood flow through our body, and our brain is the command center that tells everything what to do. I brought in some 1lb weights for the kids to practice "flexing" their muscles to see them change from a relaxed state to a working state. On Thursday, we discussed dental health and good brushing skills. I set up some dry erase samples of a mouth that the kids could color to create germs/dirt on then brush the teeth clean with tooth brushes. Each child received a complimentary dental care bag from the office of Dr. Mark Harris (THANK YOU!). For a sensory bin, I filled a tub with rice, bones, and google eyes as well as funnels, spoons, and jars that the kids could search for parts. For dramatic play, there was a doctors station set up complete with stethoscopes, blood pressure monitor, pretend medicine, thermometer and more. This was such a popular station working on the dolls to make sure they were not too sick.

Tuesday, March 17th is St. Patrick's Day. Please dress your child up in lots of green as we will be trying to catch a leprechaun.

Spring Break is March 23-27 and there is no school. However, if you will need daycare, please let Mrs. Jones know so that we can have appropriate staff scheduled.

As always, have a great weekend!

Ms. Trudy 