



# February 2024

## NEWSLETTER

### Themes

#### Kindness Counts

Acts of kindness, whether random or intentional, go a long way! Children will explore the concept of self-care and ways they can show care for others. They'll reflect on what it means to be a good friend and family member and learn positive ways to share thoughts, ideas, and emotions.

#### Food Parade

Good nutrition helps our bodies stay healthy and strong. Children will learn about the food groups and have the opportunity to prepare, cook, and taste foods. March into the kitchen, it's time for a food parade!

#### Alphabet Words

pan, pencil, pig, potatoes, quarter, queen, quetzal, quilt, rabbit, refrigerator, rose, rug

Color/Shape	Letters/ Numbers
	Pp, Qq, Rr 13, 14

#### Sign Language



### Learn with Me!

#### • Acts of Kindness

Have a conversation with your child about what *kindness* means. Together, make a list of ways to show kindness to others. Provide pictures or online videos to reinforce the concept. Work together to show three acts of kindness to family members, friends, or community members.

#### • Food Exploration

Talk with your child about foods your family likes to eat. Remove several food items from your pantry and refrigerator. Encourage your child to explore the items. Which one is the heaviest? Do any feel cool? Are the foods all packaged the same way? Sort the foods by food group together. Which displayed foods are your child's favorites?

#### My Project: Mystery Drawing

When I bring this project home, we can:

- Talk about the process that was used to make this art project.
- Display this project near other art projects and discuss things we notice in the different creations.



#### My Project: Avocado Buddies

When I bring this project home, we can:

- Find other pairs of things around the house.
- Buy a real avocado and make an avocado recipe together.



*Graphics are intended to show samples of projects.  
Materials may be substituted or used differently.*

