



February 2023

NEWSLETTER

Themes

Let's Communicate


Receiving mail can be exciting for children. In this theme, children will learn about mail carriers and the work they do. They'll learn how to address envelopes and about forms of electronic communication, explore types of packaging, and deliver a few pieces of mail themselves!

Happy and Healthy

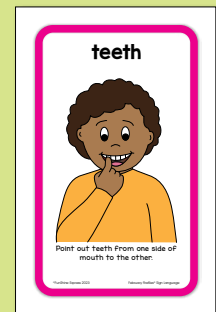
We can do many things with our bodies. The children will learn how to stay healthy with proper hygiene, exercise, and nutritious eating. National Children's Dental Health Month and American Heart Month will be highlighted during this healthful theme.

Alphabet Words

paintbrush, pan, panda, pizza, quail, quartz, quiet, quills, rake ring, robot, rooster

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

Sign Language



Learn with Me!

• String Telephone

Gather two plastic cups and a long length of string to create a string telephone. Poke a hole in the bottom of each cup. Pass an end of the string through the hole in one cup. Repeat with the other cup. Secure the string ends to the bottom of the cups with tape or a paper clip. Give one end of the string telephone to your child and keep the other end. Move as far away from each other as the string allows. Spend time together testing the sound and vibration over different distances. What a fun way to communicate!

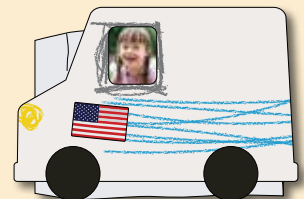
• Healthy or Not?

Visit your pantry with your child to talk about the different types of food there. Read food labels together and describe what unfamiliar items are used for. When your child has a good understanding of the items, work together to sort healthy foods from treats. Throughout the next few days, encourage your child to pick a healthy food from your discoveries to eat.

My Project: Mail Truck

When I bring this project home, we can:

- Talk about a mail carrier's job.
- Think of a time we saw a mail truck.
- Write a letter together and take a trip to the post office to send it.



My Project: Germs!

When I bring this project home, we can:

- Name the colors used in the project in English, Spanish, and our home language.
- Talk about our routines at home that prevent spreading germs.
- Talk about what I learned during the Happy and Healthy theme.



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

FAMILY CONNECTION

Book List

Mail Carrier
by Jeff Barger

From Here to There
by Sue Fliess

Ten Thank-You Letters
by Daniel Kirk

Our Post Office
by Mary Meinking

Meena's Mindful Moment
by Tina Athaide

The Food Group Series
by Jory John

Good for Me and You
by Mercer Mayer

Daniel Has an Allergy
by Angela C. Santomero

Songs

In the Mailbox

Sung to "Down by the Station"

Here comes the mail carrier
With a bag of letters,
Delivering all the mail to our door.
In the mailbox the letters are all hiding.
One for you and one for me.



Exercise

Sung to "Pop! Goes the Weasel"

Shake your (arms) and shake your (legs),
Get up and exercise!
Turn around;
Jump off the ground.
Hey, let's stay healthy!

Repeat with: hands/feet
elbows/knees
head/hips

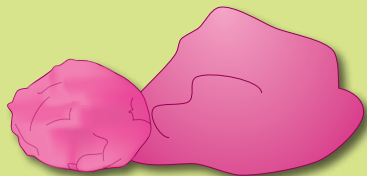


Recipe

Fruity Pink Playdough

- 2 ½ cups flour
- 1 T. cream of tartar
- 2 pkgs. unsweetened cherry, strawberry, or pink lemonade powdered drink mix
- 1 cup salt
- 2 cups boiling water
- 3 T. cooking oil

Review the color pink by making a batch of delicious-smelling playdough! Mix the dry ingredients. Add the oil to the boiling water and pour it into the dry ingredients. Stir quickly, mixing well. As the dough cools, knead it until smooth. Store it in the refrigerator in an airtight container.



Reminders
