

August 15-19



## The Doctor Is In...

This week, we refocused on the doctor area in our dramatic play center. It has been a great addition to our over arching theme of Malama, but we feel it has almost run its course. We encouraged the children to play in here, writing appointments, ailments and prescriptions and tending to their patients. The dramatic play center is a key component of the preschool classroom. Children use their imaginations and creativity whilst practicing things they have observed in the adult world. As Vygotsky said, a child in play is a head above himself and we couldn't agree more when we see our friends at play. Embedded within the dramatic play center are reasons to write and reasons to engage in conversation. As we look to our next scenario, we will think carefully about providing these opportunities in the grocery store. Perhaps by way of labels and shopping lists, recipes and the check out line. The children will play an active role in the set-up of our center. You can help by pointing out the people who work at the grocery store and helping your child notice the different things found there.

### Dates to Remember

August 22– Sept 1

Ms. Gemma will be on vacation

August 31

Library visit 930am

September 5

**SCHOOL CLOSED**

September 16

P.O.G meeting 4pm

September 20

Open House

530-630



## Food is Fuel

Lunch and snack can be hectic times in the preschool but we try to help the children focus on their food. Often, the social chatter is distracting but most children are now sitting at the table and eating their food. Packing healthy food for your child is so important. Lunches and snacks need to include protein as well as carbohydrates to help sustain your child's energy throughout the day. Cookies and crackers do not do this! Protein can come in the form of meats, cheeses, dairy, nut butters, eggs, and more! Involve your child in choosing or preparing their lunch items and they may be more inclined to eat it. At school, we try to include healthy foods in our cooking activities. This week, we substituted butter for apple sauce when we made our banana bread with bananas from Mr Dean and Zoe & Jacob. If you have a particularly picky eater or perhaps a child who is sensory adverse, you may be interested in our feeding group that meets on the third Thursday of every month at 10am.



## Our Park



We took our first walking trip to the park this week and everyone did a great job! The children were paired up in teams that consisted of an "expert" and a "novice." We went over our rules before we left and practiced returning to the sound of the conch shell. Being at the park allows us to give the children

freedom to run and explore in a larger area. The conch shell is the signal that they need to return to the group. Over the next few weeks, we will visit the park often creating a relationship with it that goes beyond playing on the playground.

We will observe the natural elements of the park noticing what animals visit and which plants grow. We already spotted the first Kōlea bird returning to winter with us in the islands. The children who had visited the park previously were very excited to introduce our newer friends to the Rainbow Eucalyptus trees and the troll bridge.

