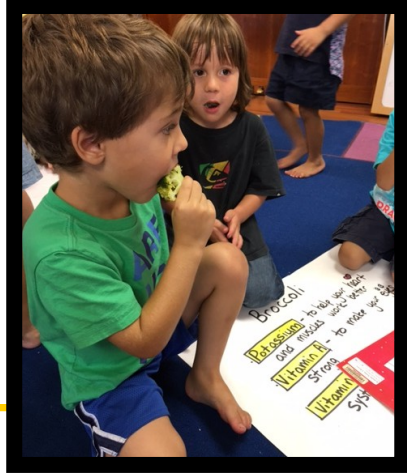


August 29-September 2

Malama Yourself

As part of our “Malama” unit, we are still focusing on Nutrition as part of “Taking Care of Yourself”. Mahalo to Cadence’s family for the avocados and mangoes, Caleb’s family for the broccoli, Chance’s family for the bananas, Zoe and Jacob’s family for the sunflower sprouts, Emerie’s family for the rambutans and peaches and Madelyn’s family for the starfruits. The children enjoyed taste-testing all of the fruits and vegetables, doing cooking recipes and learning how they help our bodies!

We will continue to learn about Nutrition this coming week and will start to introduce other food groups such as Protein, Dairy, and Grains. We are also planning on doing a walking field trip on September 14th to Foodland. At Foodland, we will get a tour of the store then go shopping for items we need in our classroom. It’s great to see the children so interested and engaged on this topic! Healthy Children are Happy Children!



Dates to Remember

September 5

NO SCHOOL

September 7

Walking Trip to the
Park at 9:30

September 14

Walking Trip to
Foodland at 9:30

September 16

P.O.G. Meeting at
4pm

September 20

Open House at 5:30-
6:50



Sensory Play

This week we made Coffee Play Doh! It was made from coffee grounds, flour, salt, and water. The children enjoyed squeezing and molding the Coffee Play Doh and compared the gritty feeling and coffee smell to our regular Play Doh!

Sensory Play are activities that stimulates your senses and children learn their best through their senses. This could include play doh that has different textures or smells, the water table, playing with ice, the sand box, and other items such as rice, seeds, shaving cream, or mud. The possibilities are endless!! Sensory Play promotes learning in so many ways. The children are learning to problem solve, such as what do we need to add to our play doh to

make it stick together or what if its too sticky? They are expanding their vocabulary such as learning the words mold, combine, and gritty. They are working on their fine-motor skills as they are using their fingers and hands to pinch, roll, and squeeze. And of course, they are working on their social skills as they work together and share their sensory experiences. Their learning opportunities are also endless!

