



# Preschool Newsletter

## 8/14/17~8/18/17

### Malama ~taking care of ourselves



This week, we continued to learn about our first classroom rule "I take care of myself." We asked the children in small groups to share one way they take care of themselves. As they answered, we wrote down their ideas using words and icons and attaching their name to it. This type of activity helps to develop literacy skills as the children connect the spoken word to the written word. It also develops self-confidence as they see their idea as valuable. We decided to make sure we cover each of the ideas presented



One idea covered was protecting our skin from the sun, an idea that Madelyn shared. Ms. Jen helped the children to understand how sunscreen can help to protect your skins as can wearing long sleeves and hats. The children used sunscreen to paint the body shape on construction paper. The idea was that the rest of the paper would fade but the covered part would remain dark. This did not quite work out as expected and that is okay. It is a positive experience for children to see adults try ideas and for

through an activity or discussion. When we cover the idea, we will circle it in red.

them to not work out!

Check out our mind map hanging on the board to see what we have covered thus far.



## Yoga

Another way to take care of ourselves is through exercise and calming down. We are fortunate that Dr. Tamara has chosen to share her practice of yoga by visiting our school and providing yoga classes on Mondays. This week, she started off with some gentle stretches and then told the Hungry Caterpillar story using yoga poses. Mindfulness is a concept that has been gaining popularity and for good reason! Focusing on our breath and learning how to relax is beneficial for adults and children alike. This year, we aim to infuse more mindfulness practices into the program including yoga and breathing. Ms Lyn has been doing relaxation breathing with the children at circle time by having them pretend they have a flower in one hand and a candle in the other. She encourages them to take a deep breath as they smell their flower and release the breath slowly as they blow out their candle. This technique can than be utilized during moments when a child is having

**a hard time handling their emotions and need to take some calming breaths.**



**Hungry Caterpillar Juice**  
Piggy-backing on our yoga session, we turned our attention to healthy eating. The children created a chart using images from magazines depicting healthy foods and sometimes foods. Healthy foods were described as a food that you might eat for a meal or every day and a sometimes food was categorized as a dessert or something you might eat every once in a while. This was also an opportunity to point out people's differences. For example, some families view meat as a healthy food whereas others may be vegetarian like Ms Abby. Some families view milk as a healthy food but others cannot consume it. Later in the week, we brought in the various fruits that the hungry caterpillar had eaten.



**Nurse Dawn**  
Nurse Dawn came to visit us on Thursday. She spent time in our dramatic play Doctor's Office where she played the role of, you guessed it, nurse! The children took turns being her assistant, patient or receptionist. They signed in on a clipboard and had a seat in the waiting room before she called them in for their check-up. Nurse Dawn used her stethoscope and let the children listen to their heartbeat and tummies. At group time, she talked about the importance of washing their hands and showed them how to get rid of the germs. She had each child rub a special lotion on their hands and then used a black light that highlighted the germs. The children then washed their hands and checked

**We showed the book to the children and they counted the various fruits. The recipe for the juice was written on large paper which we referred to throughout the activity. Both of these activities allowed for discussion and opportunities to engage in literacy and mathematical thinking. The juice was delicious!**

**with the black light to make sure they had got rid of them all. Proper handwashing is paramount in staying healthy. Please remember to have your child wash their hands every morning upon arrival.**



## **Brush 'em!**

**Brushing teeth was a common topic that children brought up with regards to taking care of themselves. We practiced by brushing white, mint scented paint onto egg carton teeth. We then talked about how important it is to floss too and the children used yarn to floss in between the cardboard teeth. Some of our children already bring a toothbrush in a baggie and brush their teeth after lunch. Please feel**



**free to have your child bring a tooth brush and participate in this practice. We ask that you put the tooth brush in your childs cubby and take it home daily. Toothpaste is not necessary.**