

# March



## CLASSROOM HIGHLIGHTS

### Cuddly Room:

Diana, Marla, and Suzanne have many activities planned for the month of March. March is National Nutrition Month. There will be many food experiences going on this month. Parents encourage your children to at least try everything on their plate. We will be talking about breads/grains, dairy, fruits, and vegetables throughout the month of March. We will also be having a parent meeting on March 31<sup>st</sup> the title is "Creative Ways to Get your Kids to Eat Veggies." The children are progressing well. Luz is walking everywhere and so is Aiden. We would like to welcome Zaharra to her new classroom. She is a sweet little girl. Parents thank you so much for sending your children to school every day. The kids make so much progress when they come every day. Parents also remember the play group we are having every Wednesday from 2-3.

Diana has been selected as Employee of the Month. She is always very dependable and the children love her as much as the staff. Tell Diana Thank you and tell her she is doing a wonderful job.

### Busy Bees:

Our class will be celebrating National Nutrition Month in March. The theme will be "Eating Right with Color." We will be incorporating nutrition into our monthly themes. We continue to encourage physical activity as part of staying healthy. We will also be talking about the animals on the farm and where eggs and milk come from. We have new songs to learn and lots good learning opportunities. This month we will have stories, songs, and activities about weather. Clouds, rain, sunshine, and rainbows. We will have activities about Saint Patrick's day and the color green. On March 31<sup>st</sup> we will have a parents meeting about Nutrition. There will be lots of very tasty things to eat and some great recipes to take home. Hope to see you there!

# MORRILTON



MARCH, 2011

### Ramblin Room:

March is nutrition month. All month long we will be talking about "eating our colors". We hope to take this opportunity to introduce some new nutritious foods to your child. Be watching your child's cubby or backpack for letters about our exciting activities.

This class is having a blast! We have so many that are growing up so fast. We are learning to find our voices and express our needs. Brayden, Tiffanie, and Zoey are our big talkers. Daniel and Omarion are settling into our routines and enjoying our classroom. Jamar, Kendell, Paisley, and Chevalita are learning to share and play with their friends. Ms. Lana and Ms. Joan enjoy working with the kids, and do a great job in this room.

### Rainbow Room:

March is already here. This month is National Nutrition Month. This week we are talking about breads and grains. This morning we made blueberry muffins and the kids always enjoy cooking experiences. There will be a lot of those going on this month. Next week we will be talking about fruits. We are going to make some smoothies. The third week we will be talking about vegetables and the fourth week we will talk about dairy products. The kids always learn so much during nutrition month. Please encourage your children to try different foods. We will also be having a parent meeting on March 31<sup>st</sup> the title is "Creative Ways to Get your Kids to Eat Veggies." Parents thank you so much for sending your children to school every day. The children are progressing so well. We would like to say goodbye to Diamond and welcome Jaida to our room. March is also National Social Workers month. Everybody stop by Zandy's office and tell her thanks. She works very hard and deserves recognition during this month.

### Growing Room:

Our Growing Kids room has lots of great activities planned for the month of March. Since March is National Nutrition Month we will have many activities around our theme "Eating Right with Color". We will be talking about Town and Country and learning food comes from farms, ranches, and orchards and how and where we get our food in towns. We also have activities planned for Saint Patrick's Day and finding out what is a leprechaun. Since this is Nutrition Month we will be having a parent meeting on March 31<sup>st</sup>. There will be lots of great food and recipes. We hope you can make it. Also, March marks the fifth year Miss Sandee has been with us. Congratulations Sandee!

### Sunshine Room:

We've got two things on our minds in this room: Graduation and nutrition. This month is nutrition month, so we are planning lots of fun activities to go along with our "eat your colors" theme. We will be sending home letters to let you know what we are doing.

Kindergarten transition meetings will be coming up soon. Please return the authorization to release information that I sent home a couple of weeks ago. We have to have this form signed in order to have our meetings.

This class is working so hard on their kindergarten skills! TJ, Hunter, Sharita, Brooklyn, Bobby, Justin, Addison, Tyler, Aaron, and Mario are all learning their letters and numbers and how to write like pros! Chloe is working hard on her signing, and Ava is learning to take care of herself. This is a great class and Dusty and Stephanie have a fantastic time with these kids!

# NATIONAL SOCIAL WORKER MONTH

From: ZeAndrea Anderson, LSW



Being a social worker means: You will never be bored; you will always be frustrated. You will be surrounded by challenges. So much to do, so little time. You will carry immense responsibility and very little authority. You will step into people's lives and will make a difference. Some will bless you, some will curse you. You will see people at their worst and at their best. You will never cease to be amazed at people's capacity for love, courage and endurance. You will see life begin and end. You will experience resounding triumphs and devastating failures. You will cry a lot and you will laugh a lot. You will know what it is to be human and to be humane. Author unknown.

On a personal note: I am glad to serve you and be your social worker and I will continue to be the best social worker for you and will continue to help your family. This is my 10<sup>th</sup> year as being a licensed social worker and I can't think of any other job that I would love to do!!!! Thanks, ZeAndrea Anderson, LSW

<p><b><u>NATIONAL NUTRITION MONTH</u></b> <b>PARENT MEETING</b> <b>"FUN WITH VEGTABLES"</b> <b>COME JOIN US!</b> <b>MARCH 31ST</b> <b>TIME: 4:45</b></p>	<p><b>St. Patrick's Day</b> <b>March 17th</b> <b>Be sure and wear green!</b></p>	<p><b>MARK YOUR CALENDER FOR SPRING PORTRAITS APRIL 13TH</b></p> 
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## Project Nurture

### Nurturing Idea for March

#### Help Your Toddler Sleep through the Night

Make sure bedtime is a quiet time. Take her outside during the day for play and fresh air, even on colder days. Consider shortening his naps. If she wakes up during the night, don't play. Reassure her that she's ok, keep the lights off, and keep it quiet. Also, keep in mind family stresses that may contribute to irregular sleep.



Mostly, remember that he will soon settle into a regular sleep pattern, and you both will be getting a good night's sleep.

*Thanks to Scholastic*

#### What is Project Nurture?

Project Nurture is KIDS FIRST's Infant Mental Health Program. Our goal is to promote the social and emotional well-being of KIDS FIRST infants, toddlers, and families through secure and nurturing relationships.

<b>Happy Birthday Kids!</b>	
Zaharra	3/4
Zoey	3/13
Tristan	3/23
Railyn	3/30