

February 5, 2012



My Healthy Body

This month we will be talking about our Healthy Bodies! Good Nutrition, Exercise, Sleep, Our Skeletons, and keeping germs at bay will be a few of our topics. As always - the VA Standards of Learning will stem from this theme. See the attached Weekly News and Lessons for all the details.

A Note from the Teacher:

Jennifer Polaski

Valentine's Day and Get Up and Move Day

On Tuesday February 14th, I'd like to celebrate Valentine's Day by getting our hearts pumping! The kids will exchange Valentines in the morning. At 12:00-1:00 we will Get Up and Move in the gym with several active game/exercise stations. So I invite everyone to come dressed to exercise - sneakers, sweatpants, work out gear..

I will need some parent volunteers to help run these simple stations with me.

Let me know ASAP if you would like to help.

After we exercise, we will come back to the class for a healthy fun snack of "Make Your Own Fruit Kabobs".

Please let me know what you can bring in. All fruit should be washed and ready to eat.

red grapes

green grapes

honey dew melon (cut in cubes)

cantaloupe (cut in cubes)

watermelon (cut in cubes)

strawberries (cut in half)

mini water bottles

plates

Homework

Homework Letter Bags and Workbook bags are due tomorrow. There will be no Homework Bags or Workbook assignment this week.

Check the Ziplock bag for 2 assignments:

Valentine Box - please see the direction sheet for all the details. This can be as simple or complex as you and your child like. We just need a bag or box labeled with your child's name so we can deliver Valentines to each other.

Hungry Kindergartner Journal- a week long project. See the Journal for directions

Food Labels

We will begin talking about the Food Pyramid and the various food groups. Next week we will be making a large food graph. Please search your pantry and refrigerator and send in some food labels for us to graph by food group. We are looking for things like juice boxes, labels from cheese, yogurt, cereal, fruit, vegetables. Please try to find simple foods we can easily classify in one food group.

These can be sent in at anytime from now till Feb. 14th.

As always - thank you so much for your support.

Jennifer