



Children's Choice Educare February 2021 Newsletter

Monthly Themes

Nutrition: Our goal for this unit is to teach children about food and nutrition. We will introduce the five basic food groups and help them to understand how the food we eat is processed through our bodies. We will discuss how eating nutritious food and drinking plenty of water can help us grow healthy and strong.

Black History Month: February is also Black History Month and will give us an opportunity to introduce children to the achievements of influential Black Americans in U.S. history.



Valentine's Day Celebration

This year we will not be having our annual Valentine's Day Party or Card Exchange at school. We encourage students to wear a Valentine's themed outfit or wear anything red.

This year we will have a socially-distanced Valentine's Day movie morning and present a short Valentine-themed movie on our classroom projector.

We know that this year's celebrations will look different, but we look forward to introducing new Valentine traditions at school this year!



Nutrition: Helpful Hints

Children grow at a steady rate during Preschool and Kindergarten years. Here are some helpful hints to help your child maintain concentration while learning, and energy during play while at school:

- Pack a healthy lunch for your child. Encourage your child to develop healthy eating habits by putting healthy snacks like fresh fruits and vegetables in their lunch box.
- According to the American Heart Association, most juice pouches/boxes can contain more than half of your child's daily intake of sugar. Water is an excellent alternative to juice pouches/boxes and the best way to prevent dehydration.
- Children love sweets, but too much is not good for them. Sugary, high energy treats are best kept for special occasions.
- Please remember, candy and soda are not allowed at school.



Brrrr . . . Cold Weather

Whether Groundhog Phil will see his shadow or not, we still have plenty of chilly and rainy mornings ahead of us. Please remember to dress your child appropriately for school. Always send a jacket with your child and make sure to dress them in layers.



2020 Annual Tuition Receipt

If you have not received your annual receipt for tuition paid in the 2020 school year, please contact Ms. Robin.



Parent Reminders

- Our school is a nut free environment. Please do not send any peanut or tree nut products for lunch or morning/afternoon snacks.
- Please remember to provide a full change of clothes (socks, underwear, pants, shirt) in your child's cubby for any accidents of spills. We will send home courtesy reminders for any children missing these items.

COVID Vaccinations

As the vaccination becomes more accessible to the community in the coming weeks, please visit <https://covid-19.acgov.org/vaccines> for notification on when it's your turn.

Dates to Remember

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|----------------------------------|------|
| Groundhog Day | 2/02 |
| Valentine's Day Movie | 2/12 |
| Wear Red Day | |
| Lunar New Year | |
| President's Day (School Closed) | 2/15 |
| Hat Day | 2/26 |
| Wear Green Day | 3/17 |
| Sports Day | 3/30 |
| Cesar Chavez Day (School Closed) | 3/31 |

February Birthdays

| | |
|----------------|------|
| Kennedy Hayden | 2/12 |
| Emma De Alba | 2/15 |
| Ali Habad | 2/17 |
| Samuel Iyegha | 2/19 |
| Ms. Rukhshana | 2/20 |

Welcome to Our School

Samuel Iyegha