



NEWSLETTER

Week 19 1/8-11

CLASSROOM NEWS

Investigation: Exercise What do we know about exercise? What do we want to find out about exercise?

Books: Our Muscles and Body Talk in Rhyme

Alphabet Knowledge: Visual Features: L, F, E, H, T

Heggerty (Phonemic Awareness): Week 16

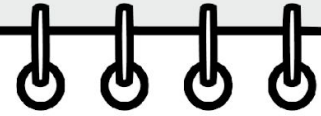
Great 8/Capturing Kids Hearts: "Goal Directed Behavior"

Rainbow Rotations: Rainbow writing letters L, F, E, H & T, Motor Lab, Bean bag game (spatial relationships), Roll a shape game (identifying shapes, representing numbers, operations), movement game (counting, exercising), muscles activity (movement, art, science), Wow Experience (visiting locations around school where exercise happens), Academic concepts practice (using music and visuals to practice letter, number, shape, and color identification).

Centers: dramatic play "Gym," construction: build an obstacle course, writing/creativity: draw pictures and write words, library: read books, fine motor activities, technology time.

REMINDERS Student's Need (daily):

- *At least 2 snacks (in their snack bag)
- *A water bottle (filled with water, labeled with name)
- *A lunchbox (or to know they are getting a tray; we ask each morning to enter a lunch count for the cafeteria staff)
- ***Warm clothing and a warm jacket** (we go outside even if it's cold—only rain stops us)!
- *a nap mat/bedroll (send on the first day of the week)
- *to arrive at school before 7:35 so we can begin on time!



EVENTS

JANUARY

- 8** All students return to school
- 9** Law Enforcement Appreciation Day—Thank you Officer Pina!
- 15** School Holiday for Staff and Students (No School)
- 26** All Pro Dads Meeting 7:00 am
- 29** Author Visit: Jessixa Bagley
- 31** Class GROUP Pictures

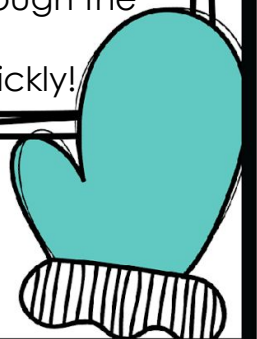
FEBRUARY

- 1** 100th day of school!

TO-DO

Please read the attached letter about our new investigation: **EXERCISE!**

If your child will get a tray from the cafeteria, please consider pre-ordering. It helps us go through the line much more quickly!



Dear Families,

Young children are in nearly constant motion. Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. Children's love of movement will make a study of exercise very exciting. We will try many types of exercise, watch other people exercise, explore the places that people exercise, and discover what equipment they use.

If you can, we would love your help to get our study going. We will need many different objects and pictures related to exercise. Below is a list of suggested items, but you may also send others not on the list that you think might add to our exploration. Please label all items with your name so we can return them to you at the end of the study. We will take good care of items, but please be aware that some preschoolers are still learning how to be gentle. Please do not send items that are irreplaceable.

Hand weights (up to 2 lbs) exercise mats plastic toy hoops jump ropes
Plastic bottles with lids small balance beam helmets knee pads
Photos of children or families engaged in different types of exercise (ex: yoga, marathon, running, biking, weight lifting, swimming, skiing, skating, boxing, martial arts, soccer, football, etc)
Photos of places where we can exercise or types of exercise equipment (ex: gym, home gym, pool, park, track, field, etc)
Books that feature exercise and movement or the human body
You can send printed photos or digital photos (in SeeSaw)

As we study exercise, we will learn concepts and skills in physical development, language and literacy, math, science, social studies, the arts, and technology. We will also develop thinking skills as we observe, investigate, ask questions, solve problems, make predictions, and test our ideas.

What you can do at home

Talk with your child about exercise and do a few exercises with your child each day.

Point out when you notice people in your community exercising. Help your child keep a daily exercise chart. Create a list with your child of your family's favorite exercises. As you read books with your child, notice and talk about the character's physical movements.

Throughout our study, we may ask for family members to volunteer to come demonstrate exercise to our students. If you have an area of expertise or experience (such as yoga, martial arts, sports, runner/marathon participant) and would be willing to speak to the students and share pictures, show equipment, and/or demonstrate the exercise, please let me know and we can work on scheduling a presentation!

At the end of our study, we will have a special project to share what we have learned.

Thank you for playing an important role in our learning!

Mrs. Sarah Wilson