



Newsletter March 2020

Early Learners, Pre-Preschool & Preschool

Themes

Yummy in My Tummy
Sail Away

Shapes and Colors



Numbers

15, 16

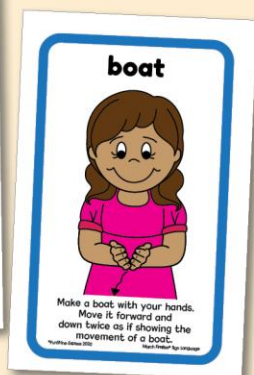
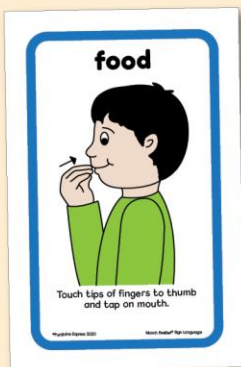
Letters

Ss, Tt, Uu

Alphabet Words

sandcastle, saw,
seahorse, soap,
tadpole, teeth,
toast, turtle,
ugli fruit, umbrella,
unicycle, up

Sign Language



Theme Descriptions

Yummy in My Tummy: Good nutrition helps our bodies stay healthy and strong. In this theme, the USDA MyPlate and all of its components will be discussed and explored. Children will have the opportunity to learn that cooking can be just as enjoyable as eating!



Sail Away: Ahoy, matey! Float into spring with this aquatic transportation theme. Learn about what might be found on and deep within oceans, lakes, and rivers. An array of water table fun will be included, and plenty of pirate activities will pop up as well! Arrgghh!

Activities for Home

- Preschoolers learn to be more independent and open-minded when they choose to try a new food. Vary the foods you serve and introduce new items. Set a good example by trying the food first and describing why you like it. Be patient! It can take up to 15 tries before a child decides she likes a new food.
- Talk about boats with your child. Read books or look at pictures of different types of boats. Has your child been on a boat or ship? If possible, take her to see a real boat, either on the water if you live in a warm winter climate, or in a showroom if you live where it's cold!
- To help your child learn the alphabet, make sure that he is learning letters in meaningful ways. Help your child learn to identify his own name and the letters that spell it. Begin with uppercase letters, as they are easier for children to recognize. Show him his whole name in functional ways. You might put name labels on his backpack or lunch box or inside the covers of favorite books. Show your child his name on any mail you receive, such as doctor appointment reminders, school calendars, or junk mail.

Look for Books

The best way to learn which books your child enjoys is to read children's books—lots of them! Check out funshineextras.com for Book Lists corresponding to each month's themes. Get to know your local librarians and ask for their recommendations as well.

Guacamole

by Jorge Argueta

D.W. the Picky Eater

by Marc Brown

Wave

by Suzy Lee

Creepy Carrots

by Aaron Reynolds

Dragons Love Tacos

by Adam Rubin

Spring: An Alphabet Acrostic

by Steven Schnur

Sheep on a Ship

by Nancy Shaw

Big Machines Float

by Catherine Veitch

Cooking Together

When cooking with young children, allow them to help in a safe way with mixing, pouring, rolling, mashing, shaking, etc. Use words to describe what you are doing and what you plan to do next. Talk about what you see, smell, feel, hear, and taste.

Pastry Puff Eggs

pie crust dough (store-bought or homemade)

food coloring

1 can pie filling

1 or more egg yolks

Preheat oven to 375 degrees. Roll out the pie crust onto a floured surface. Use an oval cookie cutter to cut an even amount of egg shapes. Place half the eggs on an ungreased cookie sheet and top each one with a spoonful of pie filling. Moisten the edge of each egg with water, and then top with the remaining dough eggs, pressing the edges together. Make pastel hues by mixing ¼ tsp. of water with drops of food coloring into a beaten egg yolk.

Paint the tops of the pastries. Bake for 10-12 minutes.



Sing Along With Me

Find these songs at www.funshineexpress.com

Things to Eat

Sung to "If You're Happy and You Know It"

Fruits and veggies, grains and meat,
We should eat.

Fruits and veggies, grains and meat,
We should eat.

Candy, cookies, oils, and fat, limit those,
We all know that!

Fruits and veggies, grains and meat,
We should eat!



A Sailor Went to Sea

Sung to "The Muffin Man"

A sailor went to sea, sea, sea
To see what he could see, see, see.
But all that he could see, see, see
Was the bottom of the deep blue sea, sea, sea.



St. Patrick's Day

