



Ms. Janet and Ms. Anita

Classroom Newsletter

March 1, 2019



## February Recap

In February, students celebrated the Chinese New Year. After being introduced to the Chinese celebration by Noran's parents, the children enjoyed listening to colorful, engaging literature that taught the culture and customs of the Chinese New Year, such as the giving of red envelopes with money, sweeping out the old year and cleaning house, hanging spring happiness poems, getting new shoes clothing and haircuts, fireworks, special foods, and a dragon (*Dragon Dance* by Joan Holub) or lion dance. *Bringing in the New Year* by Grace Lin and *Round Is a Mooncake* by Roseanne Thong are highly recommended books for your family to enjoy together as you explore this celebration. For creative expression, the children made dragon masks for our dragon parade throughout the classrooms as they listened to beautiful Chinese music.



## Classroom News

Welcome March and the coming of spring! This month the PreK will celebrate the birthday of Dr. Seuss by inviting families to be Guest Readers. A handout was sent home with your child explaining the details, and we hope that you are able to come and read aloud to our students! We will also do maple syrup activities, make pancakes and participate in spring season activities.

This is also a perfect time to explore the human heart and body and how we keep it healthy through healthy eating, exercise, relaxation and rest.

The students are learning about food proportions with My Plate, from the USDA, which is designed to show how much food of each group to serve. Understandably, your family has its own diet and sources of protein and dairy alternatives. My Plate is to be used as a guideline to balancing healthy foods.

For food preparation this month, heart-shaped zucchini muffins were the valentine snack, and fruit salad was a huge hit with all of the children! They are finishing up the lessons by studying the human heart, how it works, and is using stethoscopes to listen to heartbeats and count pulses with Ms. Suzanne.





Zucchini Muffin Prep



Measuring for Muffins



Our Chinese Dragon



Happy Chinese New Year



Grating Zucchini



Practicing for a Healthy Plate