

# Pre-K1 Newsletter

January 2019

Happy New Year Everybody!! I hope everyone had a wonderfully blessed holiday and that you all got to enjoy some quality family time! This New Year should bring lots of new learning and plenty of growing for your children, and I can't wait to get started!

For the first week of January, many of my students will still be enjoying their time off for winter break, but for those that will be here, we are going learn about celebrating the New Year. We will talk about what they did on that day and then we will find out how different people celebrate it around the world. The students will then get a chance to make their own resolutions for the year and see if we can make them happen as the year goes on! We'll have some fun creating art projects like sound makers, fireworks, and maybe we'll use some glitter!

As we continue through the month, we will delve into the world of germs and how to keep ourselves healthy from them. Many of the children are very familiar with the runny noses, the coughing, and the sneezing, so I thought that we could learn about different ways that germs spread and how to prevent others from getting sick. This will lead into healthy eating and what foods will make us grow big and strong. I'm going to try and have us try some different foods, and then help them see what makes a well-balanced meal. We will also discuss oral health and the importance of brushing our teeth. We will practice with the new doctor kit that I brought for the class, as well as possibly practicing on our own teeth!

After this month your children should know all about different ways to keep their body's strong and healthy as they grow. I have lots of fun ideas that we are going to do throughout the month so be sure to check out all the lesson plans coming up as well as our important dates! If you have any questions or concerns, feel free to talk to me in person or send me an email!

-Ms. Griffiths