

## **Creative Curriculum Studies for MARCH**

**Buildings**

**Tools**

**Community Helpers**

**Insects**

These themes will be explored in all the different classes with the teachers providing age-appropriate activities. If you have any books pertaining to any of these themes, feel free to share them with your child's class.

## **FACEBOOK**

We are very excited to be a part of Facebook! Now you can be a part as well, joining in and catching up on what is going on in our school. We will be posting pictures and videos of happenings in the classrooms as well as child development information. You can make social connections, and contact other parents to arrange play dates, birthday parties, etc. You'll be able to share your thought about our center. This will be a closed group so there shouldn't be any concerns about privacy issues. Only parents and staff affiliated with Glendale Preschool will be allowed to join our group. Thank you for your support and please - Don't forget to join us on **FACEBOOK**.

## **KINDERGARTEN '20-'21 REGISTRATION**

We are now enrolling for our Fall '20 Kindergarten Class. If you would like to register your child for this class, please notify the office as soon as possible as space is limited. Feel free to speak to Ms. Gracie or Ms. Johanna who will be happy to explain our Curriculum to you. A one-time fee of \$100 for reading materials and supplies will be required to secure your child's spot in the class.

## **DAYLIGHT SAVINGS TIME!**

Before going to bed on Sat., March 7th, be sure to turn your clocks *forward 1 hour*.

***Spring forward - fall back***

## **But I HATE Broccoli!**

Parents often worry because they think their young children don't eat enough. Some children tend to be naturally finicky. But others simply may be so overwhelmed by the amount of food on their plate that they don't know where or how to begin eating it.

How much food is enough? And how can we get our children to participate more successfully in mealtimes?

Physicians tell us that a child needs one tablespoon of food per year of age at each meal. That means a 3 year old child needs at least three tablespoons of food at breakfast, at lunch, and at dinner in order to maintain health and growth. These are not the heaping portions that we are tempted to put on children's plates; they are standard measurement portions.

Allowing children to serve themselves encourages them to eat larger portions of a variety of foods. When children get to control their choices and the amount of food they take, mealtimes become more enjoyable for them and you. Participation in meal planning and preparation also encourages children to feel that they are part of the process of mealtime.

A family meal can be a time of conversation and relaxation or a time of frustration and anger.

By offering children smaller amounts, the opportunity to help prepare meals, and the chance to serve themselves, we can provide a calmer, more satisfying family time for everyone.

