
EMCDC Newsletter

March 2010

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Upcoming Dates:

Tuesday, March 2nd:

Portrait Day

Sunday, March 14th:

Daylight Savings Time Begins

Wednesday, March 17th:

St. Patrick's Day

Saturday, March 20th:

First Day of Spring

Friday, April 2nd:

Center Closed – Good Friday

March is National Nutrition Month!



Five Easy Ways to Get More Fruits & Vegetables in Kids:

Introduce fruits & veggies early &

often. Give kids a wide variety of fruits and vegetables during the first years of life. Don't expect kids to like new items the first time you serve them, though. It actually takes about 15 exposures before they want to eat it!

Be a fruit & veggie role model for your kids. Children take food cues from the adults around them. They will try - and eat – more fruits and vegetables when their parents, grandparents, babysitters, & teachers are excitedly enjoying them.

Pressuring or forcing will not help.

Always keep fruits & veggies handy for snacks. There are fun options for

every age including boxes of raisins, trail mix, celery sticks with peanut

butter, cherry tomatoes, cans of pineapple tidbits, & 100% fruit bars.

Allow kids to choose fruits and

veggies themselves. Children like to have a choice, especially when it comes to food. Make it a game (*each person gets to choose a green vegetable today*) or a family project (*everyone gets to choose an object for the fruit salad*).

Explore fruit and veggie options for everyone. Having trouble finding fruits and vegetables that everyone likes? You can visit: www.fruitsandveggiesmorematters.org. You will find great serving ideas, tips, and information on produce. There are also recipes that you can make with your kids!

March Classroom Information

Two's Class:

It's the third month of the year already and we're excited about all the fun planned!

This month we will talk about kites and how they fly in the air, then we'll move into spring and how spring looks and feels. We will explore the color white this month and the number 3. We will have fun counting objects up to number 3.

We'd like to wish our friends success that are moving up to the 3's class, and

we give a warm welcome to our new friends Emma, Mattie, Olivia, & Avery!

Happy Birthday to Addilyn, Sterner, Avery, and Ms. Melinda!

Ms. Sheron & Ms. Ashley

Three's Class:

This month our class will have fun talking about springtime, Letters U,V,W,X,Y, and we will have a color review. Our class can't wait for the spring to start bouncing in!

In the upcoming weeks, the class will begin to see some new faces around our room. This means that some old faces will be leaving our room. Sawyer and Marqui will be moving up to Ms. Jennifer's room and will certainly be missed! Danica and Sterner from the 2 year-old room will be taking their places.

Please continue to go over at home what is being learned at school.

Please be sure to sign your child in and out each day.

As the weather begins to change, make sure to have the appropriate clothes in your child's cubby.

Ms.

Renee

Three's & Four's Class:

The month of March brings the springtime and hopefully some nice weather!

This month our topics will be:

Weather

Springtime

Kites

St. Patrick's Day

Letters U, V, & W

Please continue to review the letters with your child at home.

We would like to welcome Sawyer and Marqui to our class this month, and say good luck to Ennis who is moving up!

Just a reminder: No toys unless it is Share Day, which is Fridays.

For St. Patrick's Day, we will have a "Green Snack". I will post a sign-up sheet.

Happy Birthday to Ms. Melinda (24th)!

Ms.

Jennifer

Four's & Five's Class:

Spring is coming and our class is ready!

The month of March will be filled with Spring activities, St. Patrick's Day, kites, and planting seeds. Other topics include Nursery Rhymes, Fairy Tales, opposites, and letters Q, G, & S.

A big "Thank You" to to the parents and children for the candy, cards, flowers, and treats on Valentine's Day. These made us feel very special!

We would like to welcome Ennis to our class this month!

Happy Birthday wishes go out to Xavier (15th), Aynsleigh (17th), Gabriel (30th),

and Ms. Melinda (24th)!

Have a wonderful month and spring!

Ms. Sheila & Ms.

Debbie