

# EMCDC Newsletter

March 2011

919-779-0316 ~ ernestmyattcdc@yahoo.com

## Upcoming Dates!

**Wednesday, March 2<sup>nd</sup>:**  
Portrait Day!

**Tuesday, March 8<sup>th</sup>:**  
Dog Safety Training w/ Sawyer's Mom!

**Sunday, March 13<sup>th</sup>:**  
Daylight Savings Time Begins!

**Thursday, March 17<sup>th</sup>:**  
St. Patrick's Day!

**Sunday, March 20<sup>th</sup>:**  
First Day of Spring!

---

## March is National Nutrition Month!

### **Five Easy Ways to Get Kids to Eat More Fruits & Veggies:**

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 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](http://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:**

Wow, it's already March! We've enjoyed the last couple of months talking about numbers, colors, and other fun stuff. This month we will enjoy things about spring, such as flowers, kites, bugs, and the change of the weather. Please dress your child according to the weather, and make sure they have a change of clothes in their cubby.

We will also continue to work with the children on following 2-step directions or more. This helps them understand language and our expectations. Please work on these at home too. One fun way to do this is by playing a game like "Simon Says"! To help your child learn to clean up after they play, take pictures of their toys and games and use them to label the drawers and shelves where they belong. Then as they clean up, it is like they are playing a matching game! Ask them to help around the house by cleaning up their plates and silverware after they eat, for example. Let learning be fun and hands-on! It takes time and patience, but we should be our child's number one teacher!

We would like to wish Avery, Savannah, Will, & Ms. Melinda a Happy Birthday!

*Ms. Sheron & Ms. Ashley*

### **Three's Class:**

Springtime is right around the corner! This month our topics are: Letters V, W, X, Y, Z, Numbers 3 – 5, Color review, St. Patrick's Day, and Springtime.

FYI - Tips on teaching the alphabet:

- \* Always begin with the letters in your child's name.
- \* Flash cards
- \* Memory games
- \* Matching games
- \* Labeling
- \* Use the sounds with the letters.
- \* Point out words, then recognize the letters in the words.

With the weather being unpredictable, please make sure that your child has the appropriate change of clothes in his/her cubby.

Reminder - Phone conferences are 3/1 – 3/3.

Birthday wishes go out to Sterner (27<sup>th</sup>), Addilyn (28<sup>th</sup>), & Ms. Melinda (24<sup>th</sup>)!

### **Three's & Four's Class:**

The month of March brings the springtime and great weather! Please make sure your child is prepared for the changing weather and that any jackets are labeled with their name.

Our exciting topics for March are springtime, weather, kites, St. Patrick's Day, and letters V,W, & X. Our class will also be doing some fun cooking activities to follow our topic. For St. Patrick's Day, we will have a "green snack"! I will post a sign-up sheet next week.

We will be having a lot of discussions this month about the weather and the changes in our environment. The kids are learning to observe and compare the different types of weather. We will use our problem solving skills to determine how the sun and rain can affect us and our environment, and how they are a good thing.

Several of our friends in this class will be graduating and leaving for Kindergarten this year. Graduation will be held on Thursday, May 26<sup>th</sup>, at 4 pm. More details are to come as time moves closer.

Happy Birthday to Ms. Melinda (24<sup>th</sup>)!

*Ms. Jennifer*

### **Four's & Five's Class:**

Wow, spring is almost here and our kids are definitely getting "Spring Fever"! We will be busy this month decorating for spring and St. Patrick's Day.

Topics for the month of March are: Dental Health, Nursery Rhymes & Fairy Tales, St. Patrick's Day, and Letters Dd, Qq, & Gg.

There will be a sign-up sheet for parent/teacher conferences soon. These will be held the last 2 weeks of March.

Kindergarten will be here before we know it, and we need to start preparing our children for new schools, teachers, and friends. You may check out our Kindergarten DVD that's located beside the sign in and out sheet. Please help prepare your child for Kindergarten by working on self-help skills such as hand washing, buttoning and zipping, and keeping up with their belongings.

For your planning purposes, our Graduation will be held May 26<sup>th</sup> at 4:00 pm. More details are to come as time moves closer.

Happy Birthday to Ms. Melinda (24<sup>th</sup>) and Maliyah  
(27<sup>th</sup>)!

*Ms. Sheila & Ms. Debbie*