

Dear Families,

In this unit “Healthy Kids,” children explore how to take care of their bodies. They discuss their experiences going to the doctor, and they learn about nourishing foods, staying active, and getting a good night’s sleep. They also:

- begin to learn letter names and their sounds (t, f, l, b, m)
- learn to identify and copy beginning patterns
- compare the sizes of objects
- play more games with rhyming words



## Keep It Going

### Share Learning

As part of learning about taking care of their bodies, children are drawing a picture of a nourishing food for every letter of the alphabet. You can do the same thing at home! Select a letter and draw a food that you eat at home that begins with that letter. You can use any size paper (in school we are using 8 ½ x 11). You can use crayons, markers, or the drawing material of your choice. We will happily display your art work on our family bulletin board!

### Share Your Expertise

We are looking for family members who work in the health care professions (or in a related field), such as doctors, nurses, dentists, ophthalmologists, dietitians, technicians, nutritionists, exercise teachers, gym teachers, or yoga teachers. Please let us know if you have experience in one of these areas.

### Share Some Supplies

Our classroom is in need of the following items. We hope you are able to share:

- any items (real or toy) associated with a doctor’s office for our dramatic play center
- pieces of fabric (strips of cloth)
- clean, empty containers (such as water bottles, cardboard tubes, and tissue boxes)
- old magazines and brochures
- circulars from local supermarkets