



# NEWSLETTER

MARCH NEWSLETTER 2022

Message from the Director Mrs. Shabana Syed

## HIGHLIGHTS OF FEBRUARY

The kiddos at the preschool classroom have enjoyed another busy month. February was such a fun month. We learned all about the importance of Dental health from Dr. Sarah Mirfarsi from Western Dental Health Sciences. We visited the Supermarket and learned all about healthy eating and food safety.

In Social Studies & Science we learned eating healthy is very important. They had the opportunity to learn about food safety by washing fruits and vegetables. As a class we discussed what a balanced meal looks like. Everyone was able to identify the differences between fruits and vegetables. The children were also able to identify the food group in which each food we eat belongs to so that we can grow up to be big and strong. We also took a learning lesson at Trader's Joe and learned about healthy shopping. We got to pick refreshing fruits and enjoyed them together. We also had a special guest speaker Dr. Fida Salamah, who did hands on activities to develop Healthy Habits and Exercising. Our little ones enjoyed working on sorting the different food groups (Fruits, Veggies, Grains, Protein, and Dairy), learning about the benefits of healthy food and exercising, and making healthy choices.

## MOVING INTO MARCH

We will begin the month of March by celebrating Read Across America Week, which is a special week launched by the National Education Association (NEA) to encourage children to read. We will have a fun week of Dr. Seuss themed activities; flyers will be distributed.

March also marks the beginning of our next Season-Spring! We will prepare our garden, plant seeds, and learn about the plant's life cycle.

Last and most exciting of all, we will be shifting our focus to "Animals and their Habitat". In celebration of our theme, the Little Angels will have two exciting field trips this month! We will visit the local Kacey Acres Equestrian farm and petting zoo followed by a visit to the LA Zoo

### SPECIAL DATES FOR THIS MONTH

**DR. SEUSS WEEK**  
MARCH 1-4  
**SETTING UP THE GARDEN**  
MARCH 3RD  
**KASEY ACRES EQUESTRIAN**  
MARCH 10TH  
**DAYLIGHT SAVING TIME**  
MARCH 13TH  
**FIELD TRIP-LA ZOO**  
MARCH 17TH

### NO SCHOOL

**MARCH 25TH**  
PROFESSIONAL DAY  
**MARCH 28TH- APR 1ST**  
SPRING BREAK



# 10 WAYS TO ENCOURAGE

## YOUR PRESCHOOLER TO READ

BY LOUISE BAIGELMAN, MED

Use these strategies to help make reading familiar and fun for your preschooler. These tips can also help kids who learn and think differently start to work on the basic skills they need to become readers.

### 1 . READ STORIES TO YOUR CHILD.

Try to read together every day. Make this a special one-on-one time that your child can look forward to. Curl up together in a cozy chair or designate a comfy reading nook in your house. During story time, give your undivided attention to your child and to the story you're reading together. This helps create positive associations with reading that can last a lifetime.

### 2 . SHOW YOUR LOVE OF READING.

Tell your child how much you enjoy story time and reading together, and explain why you like it so much. Share your favorite childhood books or stories, and talk about what they meant for you. You can even tell your child a little about what you're reading nowadays. Let your child see you reading as often as possible. (It doesn't have to be a traditional book — it could be a cookbook or a newspaper, for example.) Preschoolers like to imitate, so this is a great way to encourage reading. It also shows that reading isn't just something you do with kids.

### 3 . LET YOUR CHILD CHOOSE.

Pick out a few books your child might like, and then let your child pick which one to read together next. Offer a range of options, on topics and with characters your child can relate to. Kids are more excited and engaged if they have a real choice about what to read.

### 4 . LET YOUR CHILD "PRETEND READ."

If your child wants to pick up a book and imitate the act of reading, that's great! Even if kids can't yet sound out the words on the page, it's still helpful for them to experience early the physical tasks of reading.

Encourage your child to point to the pictures in a book and make up a story. Try letting your child "read" a book to stuffed animals, but don't criticize or correct what it sounds like.

### 5 . ACT IT OUT.

Have fun with the way you read to your child. Exaggerate, be funny, and play with different expressions and voices. You can even include props and turn it into a show. Adding some drama keeps kids entertained and can help them understand the story better.

**6 .**

## **KNOW WHEN TO STOP.**

If your child loses interest or is having trouble paying attention when you're reading together, put the book away for a while. You don't want to make reading feel like a chore.

**7 .**

## **BE INTERACTIVE.**

Talk about what's happening in the book as you read. Point out things on the page — like how the pictures illustrate the story and what the characters' expressions mean. Ask questions about what's happening. Be sure to take your child's responses seriously and talk them through.

**8 .**

## **READ IT AGAIN AND AGAIN.**

When your child asks, go ahead and read that favorite book for the 100th time. Even though re-reading can feel tedious to you, there's a real value in it for kids. Re-reading lets kids become the expert on their favorite stories. Push your child to think deeper about the characters: Ask questions about what motivates them and about what your child thinks will happen to them after the story ends.

**9 .**

## **TALK ABOUT WRITING, TOO.**

As you read, make connections between reading stories and writing text. Help your child notice that we read from left to right, for example. Point out how words are separated by spaces. You can make these connections outside story time, too. Point out the written words you see in the world around you. Ask your child to find a new word each time you go out.

**10 .**

## **MAKE A HOME LIBRARY.**

Create a sense of joy around reading by giving books as special gifts. Build excitement around trips to the bookstore or library. Treat reading like a fantastic adventure so your child doesn't want to miss out on it.



# DENTAL HEALTH

BY DR. SARAH MIRFARSI



## FIELD TRIP TO TRADERS JOE





# HEALTHY EATING AND EXERCISING

BY DR. FIDA S.



## HEALTHY EATING HABITS-FRUIT SALAD





# PRESCHOOLERS LEADING JUMMA PRAYERS

HAAMID, EDEN AND ADAM





# FIELD TRIP – MECHANIC STORE

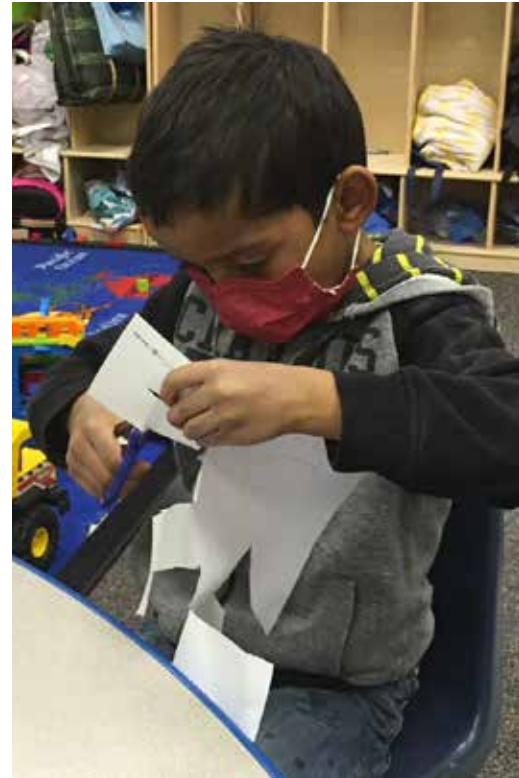


## FIELD TRIP TO TRAIN RIDE





# MASTERING CUTTING SKILLS



## TIGHT ROPE WALKING





# MARCH THEME: "READ ACROSS AMERICA WEEK" AND

## "ANIMALS AND THEIR HABITAT"

### "READ ACROSS AMERICA WEEK"

Read Across America Day, also known as Dr Seuss Day, is a yearly observance in the USA inaugurated by the NEA (National Education Association).

Theodor Seuss Geisel was an American artist, book publisher, animator, poet, a political cartoonist as well as an author. He is best known for authoring over 60 children's books.

Look out for the flyer for fun activities.



## LANGUAGE AND LITERACY:

The letters of the month are Kk, Ll, Mm, Nn. Children will engage in activities that pertain to the letter of the week. We will be reading the books, My Bunny, My Star, My Black and White, At the Zoo, Miss Moo Goes to the Zoo, Good Night Gorilla, and Edward the Emu. Relating back to the Zoo theme, we will be discussing what kinds of animals live at the Zoo as well as all the people that work at the zoo. We will also be talking about what kind of habitats the Zoo animals live in and what their natural habitat looks like in the wild.

## IN COMMUNICATION AND LANGUAGE:

We will watch the story 'Big Red Barn' and learn the poem 'A farm visit'. In Literacy, the children will enjoy all the different sounds that farm animals make. Each child gets a turn to make a sound and the rest of the class have to guess which animal they are.

## IN MATHEMATICS:

We will count the legs on different farm animals. Some have two legs like we do and others have four legs. In Understanding of the World, we will look at the different stages in the life cycle of the chicken. Starting from the egg to when it hatches and runs around as a baby chick and then finally as a fully grown chicken. The Zoo theme will also present various math opportunities. For example, we will count how many legs the spider has, make patterned snakes, and sequence zoo animals.

## SCIENCE & SOCIAL STUDIES:

Studying zoo animals is so much fun! After our class fieldtrip we will be putting together a book that talks about our time at the zoo. The Children shall be able to categorize the animals by feathers, fur, and skin. Each one will also be able to identify animals by their tracks. We are also going to be zookeepers and make sure the zoo animals are kept healthy, clean, and fed.

## FINE MOTORS & ART:

We will engage in art projects that pertain to the zoo theme. We will be making zoo animals out of our hands and out of shapes. We will clean the zoo animals with tooth brushes using small and large circular motions.

## MUSIC & MOVEMENT:

We love to move! We will be singing songs that have to do with the zoo all month long. You will hear "5 Little Monkeys", "Daddy's Taking us to the Zoo Tomorrow", "Animal Boogie," and "Little Bunny Foo Foo". We will be singing our songs all day long!

# AT HOME ACTIVITIES

## Learning At Home Activities: String Art

Use string to create interesting shapes while painting! Dip a piece of string in paint. Place this string on a piece of paper in a zig-zag pattern. Pull the bottom of the string straight off the paper. This should create a cool pattern! Repeat these steps with different paint colors and string patterns.



**Estimated time:** 30 minutes

**Materials:**

String, paper, and paint

**Subject:** Art

## FRUIT BUGS

Make butterflies, caterpillars, and other bugs out of fruit and vegetable slices.

