

# KIDS OF EXCELLENCE

MONTHLY NEWSLETTER



## IMPORTANT DATES:

EARLY DISMISSAL

**12/23, 12PM**

CHRISTMAS HOLIDAY

**26TH- JAN 2ND**

RETURN TO SCHOOL

**JANUARY 3,23**

Dear Families,

Wow, 2022 flew by at lightning speed! Things finally feel normal and we are excited to start 2023 with a bang! Starting Tuesday, January 3rd we will officially end curbside drop-off and allow families to re-enter the school. We are looking forward to engaging with families again on a daily basis in person.

We wish you all a safe holiday season, Merry Christmas, and Happy New Year.

### School Closures:

Early Dismissal: 12/23/22, 12pm

Christmas Break: 12/26/22- 1/2/23

## OPPOSITES/SAFE AND HEALTHY ME

Dear Parents,

This month our infants and toddlers will be learning about “Opposites.” During this theme, we are going to discuss the many pairs of words that have different meanings (e.g. big/little, fast/slow, happy/sad, hot/cold). Your child will learn how to provide descriptions, engage in classroom routines, and improve communication.

At the end of this theme, the children will have the vocabulary of opposite pairs, and describe and identify opposites such as movement, time, and emotion.

- Week 1: In/Out, Inside/Outside
- Week 2: Up/Down, Over, Under
- Week 3: On/Off, Open/Closed
- Week 4: Big/Little, Hard Soft

At the end of this theme, the children will have a vocabulary of community friends, describe and identify different types of community friends in the community, and discuss how community helpers benefit the community.

Our Preschool classes will be learning about “Safe and Healthy Me”. Your child will explore how important safety, nutrition, and good habits are in helping to keep them safe and healthy. Your child will learn about the importance of healthy eating, exercise, sleep, and hygiene. Your child will understand the important elements of good health, such as sleep and exercise, and safety such as water, fire, and care safety that shape their everyday life. Your child will learn to create a healthy routine that includes hand washing, eating healthy, brushing teeth, sleeping, and taking baths.

Week 1: Safe Me

- Week 2: Healthy Me
- Week 3: Eating Well
- Week 4: Active Me

At the end of this theme, the children will learn how to distinguish food groups and discuss how fruits and vegetables differ. They will identify different healthy foods, such as fruits, milk, vegetables, eggs, meats, poultry, and seafood, and discuss how healthy food contributes to maintaining a healthy body with exercise.

## AT HOME ACTIVITIES

**At home you can:**

### Infants and Toddlers

- Look for opposites in your home: big window/small window, noisy toy/quiet toy, hard books/soft books, heavy ball/light ball, etc.
- Cut out pictures from magazines or other books that show many opposite images.
- Talk to your child about opposite emotions.
- Share a story with your child only using opposites.

### Preschoolers

- Ask your child about their favorite food and whether they think it is healthy.
- Teach your child your favorite exercise and practice with them.
- Talk with your child about home safety and a healthy sleep routine.
- Discuss your phone number and emergency numbers such as 911.

# DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 Early Dismissal, 12pm	24
25	26	27	28	29	30	31
<b>Christmas Break 12/26/22- 01/02/23</b>						



# December 2022 Food Calendar



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

			<p>1. <i>Cheerios, Apples, Milk Smothered Chops, Brown Rice, Green Peas, Whole Wheat Bread, Blueberries, Milk Wheat Thins, Oranges, Water</i></p>	<p>2. <i>French Toast Sticks, Bananas, Milk Spaghetti &amp; Meatballs, Toss Salad, Whole Wheat Bread, Cantaloupe, Milk Pretzels, Peaches, water</i></p>
<p>5. <i>Oatmeal, Raspberries,, Milk Beef Roast, Brown Rice, Green Beans, Fruit Cocktail, Whole Wheat Bread, Milk Cheez Its, Oranges, Water</i></p>	<p>6. <i>Cheerios, Oranges, Milk Shrimp Pasta, Garden Salad, Melons, Whole Wheat Bread, Milk Chex Mix, Strawberries, Water</i></p>	<p>7. <i>Waffles, Oranges, Milk Jambalaya w/ Turkey Sausage, Corn, Melons, Whole Wheat Bread, Milk Animal Crackers, Strawberries, Water</i></p>	<p>8. <i>Grits, Melons, Milk Baked Fish, Mashed Potatoes, Garden Salad, Raspberries, Whole Wheat Bread, Milk Raisin Bread, Oranges, Water</i></p>	<p>9. <i>Pancakes, Apples, Milk Baked Chicken, Yellow Rice, Broccoli, Strawberries, Whole Wheat Bread, Milk Graham Crackers, Apples, Water</i></p>
<p>12. <i>Sausage Patties &amp; Toast Bread, Blueberries, Milk Red Beans w/ Turkey Sausage, Caesar Salad, Oranges, Whole Wheat Bread, Milk Veggie Sticks, Apples, Water</i></p>	<p>13. <i>Oatmeal, Bananas, Milk Smothered Hamburgers, Brown Rice, Green Peas, Whole Wheat Bread, Pineapples, Milk Cheese Crackers, Blueberries, Water</i></p>	<p>14. <i>French Toast Sticks, Strawberries, Milk Shrimp Stew, Brown Rice, Caesar Salad, Melon, Whole Wheat Bread, Milk Tuna Sandwich,</i></p>	<p>15. <i>Eggs &amp; Toast, Apples, Milk Barbecue Chicken, Macaroni &amp; Cheese, Caesar Salad, Cantaloupe, Whole Wheat Bread, Milk Goldfish, Oranges, Water</i></p>	<p>16. <i>Waffles, Bananas, Milk Baked Ham, Dirty Rice, Mixed vegetables, Whole Wheat Bread, Strawberries, Milk Wheat Thins, Melon, Water</i></p>
<p>19. <i>Cheerios, Blueberries, Milk Spaghetti Lasagna, Corn, Whole Wheat Bread, Oranges, Milk Pretzels, Melon, Water</i></p>	<p>20. <i>Oatmeal, Raspberries, Milk White Beans w/ Turkey Sausage, Brown Rice, Caesar Salad, Whole Wheat Bread, Apples, Milk Raisin Bread, Apples, Water</i></p>	<p>21. <i>Pancakes, Oranges, Milk Chicken Teriyaki, Rice Pilaf, Cabbage, Tropical Fruit Salad, Whole Wheat Bread, Milk Animal Crackers, Melons, Water</i></p>	<p>22. <i>Grits, Blackberries, Milk Crawfish Pasta, Toss Salad, Whole Wheat Bread, Pineapples, Milk Cheese Its, Oranges, Water</i></p>	<p>23. <i>Cheerios, Strawberries, Milk Baked Macaroni, Baked Turkey, Green Peas, Whole Wheat Bead, Oranges, Milk Chex Mix, Cantaloupe, Milk</i></p>

26.

27.

28.

29.

30.

***CLOSED***

***CLOSED***

***CLOSED***

***CLOSED***

***CLOSED***