

It's a Good Day in Pre-K

February newsletter

What I love about Pre-K

It is February! February is often associated with love and valentines. But it can also be a month for self-love, self-care, and we can't forget Groundhog's day! But getting back to love, I love my job, in particular Pre-K! For those that don't know me, I have worked in all levels of education. I was an elementary teacher, and a principal in elementary, middle and high school levels. As a teacher and administrator I always loved working with the kids, but there is something different in Pre-K. Every time I leave a classroom I am fulfilled for the day. It is so rewarding to watch the kids grow. As difficult as life can be at times, take some time and look at it through the lens of your little ones. Welcome everyone with a smile, give the occasional hug and make your day a good day, like it is everyday in Pre-K!



Black History Month

February is dedicated to Black History honoring the struggles and accomplishments of African Americans throughout history. Picture books are a great way to teach our Pre-Schoolers about Black History. Attached is a link to PBS Kids which lists some great books which celebrate Black History. <https://www.pbs.org/parents/thrive/childrens-books-to-celebrate-black-history-month>





Imaginative play

If you visit a Pre-K classroom you will often see students playing. Play is crucial not only for child development, but also for them to process things around them both good and bad. For many of our kids, the pandemic kept them isolated from friends. Intentional play prioritizes working with others, sharing and managing impulses. Here are three students in Mrs. Welch's class at Ichabod Crane socializing at their dinner table!

National Preschool Health and Fitness Day

National Preschool Health and Fitness Day is the last Friday of January. While there is a day dedicated to this, our teachers are incorporating health and fitness into their program on a regular basis.

Here is a photo of student's in Mrs. MacGiffert's Pre-K classroom in Cairo practicing yoga! Yoga not only can help with strength and flexibility but it can also help students who may have anxiety. The American Academy of pediatrics suggest 60 minutes or more of physical activity for kids ages 6-17 a day.



While physical activity is important so is healthy eating. Be careful of sugary drinks and encourage your children to eat healthy snacks! For more information on eating healthy, staying active and growing up healthy check out MyPlate on the U.S. Department of Agriculture website: <https://www.myplate.gov/life-stages/preschoolers>.

"A Little Spot of Love"- Enjoy this read aloud all about giving and feeling LOVE! The story is about a little PINK spot, who shows us the many different ways we can show our love.



February Calendar

Winter Break- Feb. 20th-24th

Groundhog's Day

Thursday, Feb 2nd is Groundhog's day. This is the day where we look at good old Punxsutawney Phil to predict the weather for the next six weeks. According to folklore, if it is sunny the groundhog will go back into its burrow for 6 weeks. If it is cloudy, than spring will come early.



Making predications is an important skill for our preschool students. In Pre-K our students are learning to notice patterns, sequences and make connections that help them guess what is happening in the word around them. Talk to your little ones and have them make a prediction on whether or not Phil will see its shadow! Personally, I hope it is cloudy. Bring on Spring!

Pre-K registration

If you have a child that will be entering Pre-K in the fall please visit your home district's website for information on registration. You can also visit our Early Childhood Education site at <https://www.questar.org/education/general-education/early-childhood-education/>.



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