



ST MARY OF THE HILLS

Mrs. Laskos 4's Class Newsletter

February



Dear Parents,

It is hard to believe it is February already! The children are growing and developing all their skills for kindergarten. It is such a lot of fun to see how they are maturing and becoming more independent! We will try to go outside as the temperature and weather permit. We appreciate any practice you can do at home to encourage the children to be as independent as possible when getting dressed. They are doing a great job and we want them to be as prepared for kindergarten as possible!

Learning Themes

During February we will be discussing St. Valentine, valentine hearts and our anatomical hearts. We will then move on to talking about keeping healthy through exercise and healthy food choices. We will look at the Food Pyramid and the different foods we eat. We will be working on a Food Groups Project. We ask that you please have your child cut out **one small picture** from a magazine or grocery ad for **each food group** to use in class (protein, dairy, fruit, vegetable, grain). Please put the pictures in a baggie with their **name** on it and bring them to class by February 6th.



LANGUAGE AND LITERACY DEVELOPMENT

The Story Bag / Letters of the Week

Thank you for the time you are taking with the letter bag and the story bag. The children love to recall their stories and letter clues. I am delighted at how many letters the children know and the sounds for each letter! It helps the children if you can point out the letter of the week as you are going around your usual activities. This makes them more aware of 'words' all around them.

Science Work

Our science work will be to look at heart facts and how the heart works in our body. We will experiment with 'resting' heart rates and 'running' heart rates. We will talk about the heart as a pump in our body and what we can do to keep it healthy.

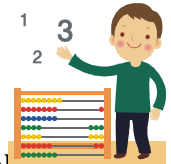
Healthy Heart



Healthy You

Math Work

The children love counting and representing numbers so we will develop this work from 1-20 and look at groups of 4,5 & 6. We will continue to graph and chart objects and numbers. Some of our Math work will involve measuring items in the room and comparing big and small. We will continue to count and work on writing our numbers.



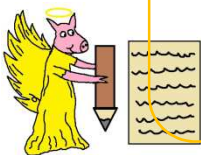
Language Development

We will use picture stories to develop skills of sequencing and prediction. Our vocabulary will include new 'heart' words and food types. All of these skills prepare the children for reading. The children love sounding out their letters and words beginning with these letters. Please encourage them by sounding out words at home!

February Learning Skills

We will spend this time reviewing our skills that we have learned to date as well as continuing with our **Letter of the Week**:

2/1 Ss; 2/5 Ss; Tt 2/12 Uu





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Religion

We will be talking about how much Jesus loves us as the heart is a symbol of love. We will be talking about St. Valentine and how Valentine's Day started. We will introduce Lent on Ash Wednesday. We will ask the children to think of some positive "helping" they can do during Lent.



Parent/Teacher Conferences

Our parent / teacher conferences are on **February 7th**. The sign up sheets for conference times allow 10 minutes for each conference. If more time is needed we can arrange a separate conference at another time. If by chance conference day happens to be a snow day, conferences will be canceled and rescheduled for the next class day. The children/siblings can play in another of our rooms with one of our assistant teachers while you are at your conference.

There is no school on conference day.

Character Traits

Our character trait this month is 'cooperation'. We will look at how we need to work together with other people and what words we can use when we need to co-operate. The story 'Raspberries' will be used as an example of how we should work with each other. We will play games in class to encourage co-operation.



Healthy Food

Since we are talking about the food pyramid and healthy foods I would like to do a healthy **Valentine** snack. I will have a sign up posted to bring food items from each food group.

Special Guest Night

Each year we close the preschool during the day to host a special shortened session at night so that the children have a chance to bring **one adult** 'Special Guest' with whom they would like to share their school. Although the 'Special Guest Night' is not until March. I want to let you know so that you and your child can talk about who he/she might like to invite.

February Birthdays



	<u>Birthday</u>	<u>Celebrate In Class</u>
AM Class		
Paul	Feb 10 th	Feb 9 th
PM Class		
Alaina	Feb 18 th	Feb 15 th
Ayla	Aug 17 th	Feb 22 nd ($\frac{1}{2}$ Birthday)

Class Library

Our Class Library is an exciting event for the children. We are encouraging them to select books to take home to read with you! Our date for the children to select books from the library is **Feb 12th**. Please return the book at any time. We are going to an "honor system". You will know it is our book by looking for "St. Mary of the Hills Preschool inside the cover.

Valentine Card Exchange

We will have a Valentine card exchange on February 14th. We have 19 children in the morning session and 16 in the afternoon session. If you wish to send cards please **DO NOT** write who they are **for** on the envelopes. The children will distribute their cards, one in each child's Valentine bag. It simplifies their delivery if we do not have to search for names. We will have our Post Office Center to help deliver the mail!



Dates to Remember



Parent Conferences - No School	Feb 7
Food Group Cut-outs	Feb 6
Class Library	Feb 12
Cooking Day - Valentine Party	Feb 14 th
No School	Feb 19 - 21
Lunch with Teacher	Feb 27 th
Special Guest Night	March 6

**Judy Laskos,
Laurie Sigelko & Jennifer May**



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Songs for February



My Heart

(sang to tune of "Wheels on the Bus")

The heart in my chest goes thump, thump, thump
Thump, thump, thump
Thump, thump, thump
The heart in my chest goes thump, thump, thump
All day and night

The heart is a pump that pumps my blood
Pumps my blood, pumps my blood
The heart is a pump that pumps my blood
All day and night

Exercise makes it nice and strong
Nice and strong, nice and strong
Exercise makes it nice and strong
All day and night

Peanut Butter, Jelly

Chorus: Peanut, peanut butter, jelly

First you take the nuts and you (crack them) 4x
Then you take the nuts and you (mash them) 4x
Then you take the berries and you (pick them) 4x
Then you take the peanut butter and jelly & a
slice of bread and

You (spread them) 4x
Then you take the sandwich and you (bite it) 4x
Then you (chew it) 4x
M-M-M-M

We are so lucky to work with your children. They are full of fun with a great interest and wonder in learning!

Judy Laskos,
Laurie Sigelko & Jennifer May