

*Health and Nutrition*  
*October 2011*

*Dear Folks at Home,*

*Today we are beginning our new unit on "Health and Nutrition." The children will be learning:*

- 1. That food gives us energy that we need to grow.*
- 2. Our bodies need water, sleep, exercise and a combination of foods to stay healthy.*
- 3. There are five basic food groups which include: fruits, vegetables, grains/cereals, and meat and dairy products.*
- 4. God provides food for us to keep our bodies healthy.*

*Our dramatic play area has been transformed into a "Birthday Party." The children will have the opportunity to create a party for themselves or their friends complete with presents, decorations, birthday cake and ice cream, and party games! The children have a blast in this dramatic play. It is amazing to watch their creativity and imagination blossom!*

*We will be focusing on the story of Samuel as found in I Samuel 1 & 3. God provided Samuel with Hannah who through her love for the Lord modeled and taught Samuel about God. God has blessed you with children to teach about Jesus' saving grace! Thank you for allowing us to partner with you to teach the preschoolers in our care about Jesus' love and forgiveness for each of them.*

*School pictures are quickly approaching on Wednesday, October 12 (Class 6) and on Thursday, October 13 (Class 7). We will be having clean art activities and choice activities on these days so you know that your child will be clean for their pictures. Please watch for more information about the background for the photos. You will get to see your child's proofs before you place the order. Please let me know if you have any questions about school picture day!*

*Our field trip to Eveland Farm will be our special activity for this unit! The children have a wonderful time riding the bus, going on a hay ride and seeing the animals on the farm. Please wear appropriate shoes and outerwear for the field trip. The activities will mostly take place outside during this field trip! Please note that our preschool day will end at 11:30 due to the field trip.*

***Free-Choice Activities:***

- Science Center: smelly jars*
- Sensory Centers: salt trays and noodles with scoops and bowls*
- Religion Center: Samuel*
- Art Table: create bones on a person shape*
- Easel: glue teeth on mouth shape*
- Letter of the Week: Dd*
- Shape of the Week: triangle*
- Color of the Week: red*

*Health and Nutrition  
October 2011*

*Dates to Remember:*

- *School Pictures-*  
    *Class 6-Wednesday, Oct. 12*  
    *Class 7-Thursday, Oct. 13*
- *Book Orders Due-On-Line Thursday, Oct. 13*  
    *Paper Orders Due-Friday, Oct. 14*
- *Field Trip-Eveland Farm*  
    *Class 6-Monday, October 17 (School will end at 11:30 on our field trip day)*  
    *Class 7-Tuesday, October 18 (School will end at 11:30 on our field trip day)*
- *No School-Wednesday, Oct. 19- Friday, Oct. 21*  
    *(School in session Monday, Oct. 24)*
- *Harvest Party-Wear Orange/Cooking Applesauce*  
    *Class 7-Thursday, Oct. 27*  
    *Class 6-Monday, Oct.31*

*Mealtime Tips for Parents:*

- *A good way to get children to eat most foods is for them to see you eating and enjoying them.*
- *Make mealtime a pleasant time for visiting as well as eating.*
- *Offer new foods when your child is not tired or upset.*
- *Allow time for slow eaters. Rushing children makes them frustrated.*

*Song:*

*"Apples and Bananas"*

*I like to eat, eat, eat, apples and bananas*

*I like to eat, eat, eat, apples and bananas (repeat)*

*I like to ate, ate, ate, etc. (Long A) (Long E) (Long I) (Long O) (Long U)*

*God's blessings,*

*Marla Guenther*

*"So don't worry, saying, 'What shall I eat?' or 'What shall I drink?' or 'What shall we wear?' For the pagans run after all of these things, and your heavenly Father knows that you need them."*

*Matthew 6:31-32*