



Unit Letter  
**"Health and Nutrition"**  
October, 2011

Dear Families,

Today we begin our new unit **"Health and Nutrition"**. The books we read and the experiences we participate in will help us identify healthy foods and good health practices. We will be investigating the food groups and learning that food gives us the energy we need to work, play and grow. We will also be talking about other good health practices like washing our hands, using a tissue, holding a grown-up's hand when crossing the street, wearing a seat belt and dressing appropriately for a variety of weather conditions.

**We will continue to go outside as long as weather permits.** Please send your children in weather appropriate jackets, gloves/mitten and hats. You do not need to send boots. We will not go outside in rain, snow or temperatures below 32F/0 C.

During **Jesus Time** we will be telling the story of Hannah and Samuel. The children are learning how we worship God by reading the Bible, singing songs and saying prayers. We review the stories we've told during our Jesus Time and it was delightful to hear how they retell the stories. They remember so much some of the information ...some so exact, some very entertaining. Their straightforward, childlike responses are so very precious. I invite you to tell and retell the stories that are sent home every week .. Enjoy the journey.

Our **Dramatic Play** area has been transformed into a Sleep-Over.. Ask your child who they played with today. What did they pretend while in the Dramatic Play area? It is delightful to listen to the conversational interactions that take place in this area of our room. Although children can be very selective about what they tell Mom or Dad, ask them about the Dramatic Play area and see if they will share. Your attention to your child's day, your attention to their responses and your investment of time in these possible conversations is a wonderful gift.

**We have been practicing pre-writing and cutting.** Your children are given many experiences to hold large and small writing tools every day. We are pinching clothespins onto a coffee can and trying to squeeze paper punches and staplers to develop strong finger muscles. We are cutting along straight lines, learning to "open, close, open, push, close as we get better and better. Preschool children should have their own "kid" scissors at home. Their little hands need lots of time and trying to get strong and flexible for these fine motor tasks.

During our **FREE CHOICE ACTIVITIES** your child may choose from these experiences:

ART: Glue Teeth on a Mouth Shape.

EASEL: Use White Crayon on a Black Body Shape (X-Rays, Skeleton).

SCIENCE: X-Rays

SENSORY TABLE: Salt Trays

SENSORY TUB: Corn with Scoops and Bowls

DRAMATIC PLAY: Sleep-Over

LETTERS of the WEEK: D, d

COLORS of the WEEK: Yellow

SHAPES of the WEEK: Triangle

COOKING: Applesauce

## SONGS and FINGER-PLAYS

### October Snack Prayer

(Sing to ABC Song)

A-B-C-D-E-F-G,

Thank you God for feeding me.

Amen

### Once I Had A Pumpkin

Once I had a pumpkin, a pumpkin, a pumpkin,

Once I had a pumpkin with no face at all.

So I made a Jack-O-Lantern, Jack-O-Lantern, Jack-O-Lantern

So I made a Jack-O-Lantern with a big funny face.

With two eyes and a big nose and a big mouth with big teeth,

I made a Jack-O-Lantern with a big funny face.

### Who's Behind That False Face

Who's behind that false face?

Nobody knows but me.

Who's behind that false face?

Nobody knows but me.

I won't tell you,

You will have to guess.

If you guess correctly,

I will answer YES!

### Favorite Books

*Little Raccoon Catches a Cold* by Susan Canizares

*Because of a Sneeze* by Bernice Meyers

*Moose's Loose Tooth* by Jacqueline Clark

*Go Away Big Green Monster* by Ed Emberley

### DATES TO REMEMBER

**School Pictures:** October 13

**NO SCHOOL:** October 20

**Harvest Party:** October 27, bring one apple for our cooking project.

**November Chapel:** November 3

