

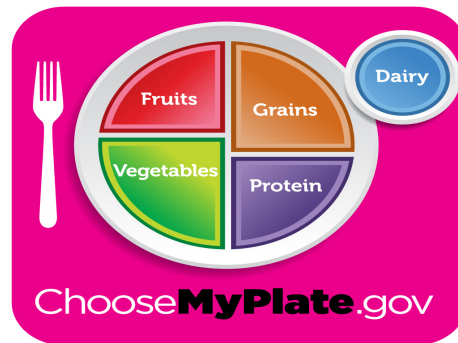
Panda Bears

Health and Nutrition

February 28, 2016



The children were excited to learn about their bodies and minds and how to keep themselves healthy. We talked about the MyPlate food groups and importance of eating fruit/veggies, carbohydrates such as cereal and bread as well as eggs, nuts and chicken for protein, and some dairy. We enjoyed Ant s on a Log, a snack of celery with peanut butter and raisins. Thank you for sending the fruit for our salad! We enjoyed strawberries, oranges, apples, grapes, blueberries, and bananas. The children helped to cut up the fruit into bite size pieces and tossed all together in a large bowl.



We talked about exercise and the importance of moving to keep ourselves healthy. We played a beanbag toss game, the “Hokey Pokey” and “Head, Shoulders, Knees, and Toes.” For the last day of our theme, we talked about the importance of sleep. The children loved wearing their pajamas to school and brought along their favorite lovey. We ended the day with a “breakfast” of chocolate chip pancakes, bananas, and apple slices.





Feelings

This past week, we talked about feelings. We named the most common emotions such as happy, sad, scared, and surprise as well as shy, discouraged, and embarrassed. The children enjoyed the different feelings that decorated small bottles that lined our window. The Pandas helped make the Friendship Art activity by painting and then gluing many faces with expressive eyes, smiles and frowns.

Safety

We had a visit from Sergeant Bob to talk about safety. He talked about strangers, unfamiliar dogs, 911 for emergencies, and bike safety. He also let the children take turns holding the nightstick, handcuffs, and St. Bob turned on his radio/walkie talkie.

Coming up next week, we will be talking about counting and numbers 1-5. Please send five of the same items in a small plastic bag. We will collect them and put them in a small jar. Thank you!

Important Dates:

Spring Break, March 14-18

Parent Teacher Conferences, April 21, 22



Love, **Marsha** and **Chona**