



**Bobbie Noonans' Child Care
Palos Hills**

*****Pre-Kindergarten News*****

for the week of 1/11 & 1/18

Theme: Healthy Kids

- **Introduce:** Ss, Tt, Uu, Vv, 17 & 18
- **Expressive Vocabulary:** spontaneous: *not planned or forced*
triumph: *a great success*
- **Bits of Intelligence:** Great Art Masterpieces
- **Manners:** Say "excuse me" & "Do not tattle"
- **Proverb:** Practice Makes Perfect
- **Fable:** The Dog and His Reflection

Language Arts: Bend and stretch and reach for the sky! This week we will begin a new unit on healthy kids. Mrs. Tiffany will lead the boys and girls in a discussion about what we need to do to keep our bodies healthy and strong. We'll be sure to talk about the importance of exercise as well as proper nutrition. We'll take a look at the "my plate" icon to learn what types of foods we should eat and how this food benefits our bodies. We will also talk about doctors, nurses and dentists and how these important helpers work together to keep us well and heal us when we are sick.

I Am What I Eat

I am what I eat from my head down to my feet

All the food that goes in me helps me grow

Yes-it helps me, it helps me

To grow up STRONG!

Concept: We will be focusing on our bodies and how to keep them healthy. Mrs. Tiffany will introduce the five senses by doing activities that will help foster awareness of each sense. We will discuss how exercise keeps us healthy and strong. We will be doing different exercises throughout the week to strengthen our bodies. An assortment of index cards with numbers on them and a hole puncher will be in a basket, the children will pick a card and punch out the same number of holes as the number on the card. We will Also continue to work on place value using our golden beads.

Craft & Writing: We will be introducing the letters Ss, Tt, Uu, and Vv. The children will practice writing these letters along with recognizing all of the phonetic sounds. The numbers 17 & 18 will make an appearance as we print and count objects. Our papers will also include our first connect the dots in order to create the rest of a picture. We will also be doing some activities about healthy choices.
