



Ms. Mary Jo's Classroom News Letter

Issue 3

February 2010



Olmsted Early Education Program

Ms. Mary Jo
Ms. Emily
Mr. Bob
Miss Shannon
Mr. Ben

February Fun!

Inside this issue:

February Fun	1
Yoga for Kids	1-2
Birthdays	2
Welcome	2
Health	2-3
Home Ideas	3
Community Community	3-4

Special points
of interest:

- NO SCHOOL
- PRESIDENT'S WEEK:
- February 15-19

February brings more unpredictable winter weather! We have focused on outside changes that have taken place and seasonal fun during the past month following the



The staff in Room 103 is very excited about a healthy activity

holidays! Our themes during the month of February will evolve around kindness, love and friendship. The temple does not celebrate St. Valentine's Day, therefore we

are unable to have a formal Valentine's Day celebration with our PALS friends. We will do something small among ourselves Thursday February 11, 2010.

ABC YOGA!

that was introduced and added to our schedule in

January! It is ABC Yoga for Kids. It is an interactive DVD

Yoga (con't)

that walks the children through the letters of the alphabet with an example of a word each letter stands for and includes a yoga pose to correspond to that letter. Well, it has been a hit! All the children are anxious to participate in the yoga activity. We will be

including this in our schedule 2-3 days a week. Hopefully, the importance of exercise introduced at a young age will spark an interest in a healthy lifestyle.



February Birthdays!

Thomas 2-10

Miss Shannon 2-14



WELCOME!

We are happy to extend a warm welcome our new student, Jason!



Keeping Your Child Healthy

We are trying very hard here at school to do our part with keeping your child and the adults that work with them healthy this cold and flu season!

Simple rules of thumb that we follow are:

- wash our hands often
- use hand sanitizer between hand washing
- disinfect our toys

regularly

- teach kids to sneeze into their elbow sleeve
- offer healthy snacks and drinks with vitamin C to boost immune

Health (con't)

systems.

Please help us by keeping your child home if they experience a fever (100 degrees or higher), productive cough, vomiting or diarrhea within the last 24 hours! Thank you for your understand-

ing and cooperation, we want to provide a healthy safe environment for every child. Some of our children have compromised immune systems and other health problems so we must practice caution during these peak months.



Ideas for Activities at Home

- Look for **red** food at the grocery store.
- Find something **red** in each room of the house.
- Count the pieces of mail that the mail carrier delivers.
- Mail a letter or package.
- Make a heart shaped sandwich using a cookie cutter.
- Count all the pillows in the house.
- Water play today in the sink or tub.
- Help empty the dryer and help fold wash cloths

Community Events

NOW SHOWING

When: February 6, 2010

**Place: AMC Theaters
Maple Ridge**

Time: 10:00 a.m.

Movie: The Tooth Fairy"

Cost: \$4.00-\$6.00

Monthly "**Sensory Friendly Movies**" now showing at the AMC theaters! AMC theaters teamed up the Autism Society to provide movies once a month in a safe and accepting environ-

ment to families with individuals with disabilities. They will turn the lights up and turn the sound down, there will be no previews or advertisements, you can move around, dance in the isles,

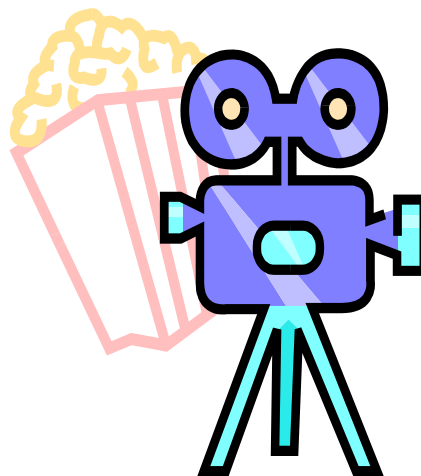
Community (con't)

sing or shout! Families can bring in their own "gluten-free" and "casein-free" snacks.

Whether movies have been a challenge or if it is a

new experience for your little one, this may be a nice alternative to enjoy a movie experience.

Let me know if you try it! Have fun!



See You Next Month!



Let it Snow!
