

# AK NEWS

AQUARELLE KIDS  
academy



## JANUARY 2012

JANUARY THEME Winter Wonderland!	
SPECIAL ACTIVITIES	
All month:	Community project to collect blankets for homeless coalition
Wednesday, January 4 <sup>th</sup>	All VPK classes resume
Wednesday, January 11 <sup>th</sup>	Open House and Craft Night (5:00 - 6:30 p.m.)
Monday, January 16 <sup>th</sup> and 20 <sup>th</sup>	All VPK Classes Closed
Thursday, January 19 <sup>th</sup>	Class Photographs
Thursday, January 26 <sup>th</sup>	Parent Teacher Organization meeting (6:00 p.m.)
Friday, January 27 <sup>th</sup>	Parent Night Out (6:30 - 11:00 p.m.)

Dear Families:

We have many new families joining us at Aquarelle Kids this month. We extend a warm welcome to you and hope your experience with us is enriching for each of you. This month we want to partner with you to educate our children on healthy eating habits. During the month we will send home interesting articles and recipes appealing to children. Perhaps you have some ideas we can share with families. You will see in our calendar section that we would like to continue our Parent Teacher Organization. This is another idea we have to work closely together with you to benefit the children and our school. Please attend our meeting so that you can assist us with planning events. We wish each of you a healthy, safe and very happy 2012.

From Ms. Alison, Director

### LEARNING ABOUT NUTRITION

Preschoolers are very curious and eager to learn about the foods they eat. Nutrition education for preschoolers takes place both in the classroom and in the home, so parent involvement is very important. When parents and teachers work together, the nutrition education experience is more meaningful. Food experiences are one of the best ways to teach children about food and nutrition. Children are more likely to choose specific foods if they are able to look at and taste them on a frequent and consistent basis. Food-based activities which have been successful in increasing children's food preferences include vegetable and fruit gardens, food preparation, and tasting parties. This month look at our bulletin boards and your child's folder for topics such as: nutritional requirements, lunch box recipes, picky eaters, obesity and other medical problems. In February we will focus on physical activity which is as important as good nutrition.

#### Surprise Bag Game

Introduce shapes and textures of foods with this game. Place one or two different fruits or vegetables into a small brown lunch bag. Have your child reach into the bag without looking inside and describe how it feels (soft, hard, rough, smooth, round etc.)

#### Keep lunches healthy

We ask you to have your child plan their lunch each day with a fruit, vegetable and protein items. Remember to include milk or a healthy juice.