

AK NEWS

AQUARELLE KIDS
academy



AUGUST 2010



AUGUST THEME
From Home To School

SPECIAL ACTIVITIES

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| August 9 th - 20 th | Kindergarten Prep Class |
| August 3 rd - 11 th | Meet your Teacher (7:00 p.m.) - VPK only |
| Thursday, August 12 th | Summer VPK Graduation Ceremony |
| Monday, August 23 rd | First Day of Public School VPK Program starts! |
| Thursday, August 26 th | Parent Teacher Organization Meeting (6:30 p.m.) |
| Friday, August 27 th | Parent Night Out (6:30 - 11:00 p.m.) |

Dear Families:

We are excited as our new school year begins on August 23rd. A new beginning brings opportunities for us to meet new friends and share our experiences. That is exactly what our curriculum guides us to do this month. Our theme, From Home To School, encourages us to share information about our lives which enhances children's self-concept, improves language development, and builds friendships at school. Please become familiar with our Family Resource Area located in the Multi-purpose room. There you will find pamphlets and books on child development as well as recent articles from magazines and newspapers that will interest you. You will also find our snack menu posted which changes weekly. Talking of food, read below for some lunch box ideas! Remember, my door is always open to you so that we can communicate our concerns, compliments and ideas for change.

Ms. Alison, Director

TEACHABLE MOMENTS THE LUNCH BOX

Appealing Lunches:

Children look forward to school lunches that have been planned especially for them. Appeal to your child's taste buds and appetite by keeping foods simple, adding contrast and variety, and preparing small serving sizes.

Something Special:

Children enjoy an occasional surprise in their lunches. Consider adding a non-food item that says "You are special!" Here are a few ideas for that special something:

- A picture of the family or a pet, a colorful or holiday napkin, a sticker.
- You can also choose a weekly educational theme and work it into lunch during the week. Theme ideas could include: a letter, number, color, shape, word or even a scent!

Did You Know:

- Toddlers and preschoolers grow more slowly than infants and usually are not as hungry as infants.
- Children's appetites vary from day to day depending on their actual growth.
- Don't worry if your child occasionally doesn't eat a meal. It is important that children eat a balanced diet over a 3 to 4 day period.