

# AK NEWS

AQUARELLE KIDS  
academy



## FEBRUARY 2010



FEBRUARY THEME  
Town and Country!

### SPECIAL ACTIVITIES

Friday, February 12 <sup>th</sup>	Student Art Sale
Monday, February 15 <sup>th</sup>	All VPK classes closed
Thursday, February 25 <sup>th</sup>	Parent Teacher Organization meeting (6:30 p.m.)
Friday, February 26 <sup>th</sup>	Parent Night Out (6:30 p.m. - 11:00 p.m.)

Dear Families:

Wow! We are a busy school with many events coming up! Please become one of the organizers of all our activities by joining our Parent Teacher Organization. See the calendar section for our next meeting date.

This month, our curriculum theme is called Town and Country. Many concepts will be taught as we learn about the differences between town and country living. We will include activities to help us learn about our Presidents, and to celebrate Black History Month. We will read stories about Groundhog Day and practice good tooth brushing for Dental Health Month.

Love is in the air this month and you will see our school filled with hearts!

From Ms. Alison, Director

### KEEP ACTIVE TIME FUN!

Last month we stressed the importance of good nutrition for our children. It is also equally important that children stay active at least one hour every day. To motivate our children we need to make this time fun. You can have a great time kicking the ball back and forth together, but your child probably wouldn't have much fun if put into a soccer game with all the rules enforced. In addition to being a good role model when it comes to exercise, parents can take these steps to encourage physical activity:

- ✓ Limit TV and computer time. When you do, children often find more active things to do.
- ✓ Know your child. Help find activities your child likes and then present many opportunities to enjoy them. Know what activities are best for your child's age group. If in doubt your child's teacher will guide you as they are trained in child development. Keep equipment and supplies on hand and, if possible, within easy reach of your child.
- ✓ Provide close supervision. Preschoolers' physical prowess - like climbing to the top of the playground tower, for instance - often exceeds their ability to judge what's safe and what's dangerous. Likewise, they don't know when it's time to take a break on a hot day.

It's up to your child to have fun outside. It's up to you to bring the water bottle, snack, and sunscreen!