

February 2016

WEE LITTLE WHISPERS

By

Mary, Ashley and Gretchan

February is the month of love. In the infant room we will learn about our feelings. Our theme for the month is "love" and our weekly activities will revolve around some favorite books about love. For example, Count the Ways, Little Brown Bear by Jonathon London, A Splendid Friend, Indeed by Suzanne Bloom, Love You Forever by Robert Munsch, No Matter What by Debi Gliori, I Love You, Every Little Bit by Margaret Wang, I Love You As Much by Mary Murphy, What Do You Love? by Jonathon London and Won't You Be My Kissaroo? by Melissa Sweet.

Feb 1-5 I Love You, Every Little Bit

Feb 8-12 We Say It With Squiggly Lines From Our Hearts Today

Feb 15-19 Love You Forever

Feb 22-26 What Do You Love

Wee little tidbit: When fostering social/emotional development, an infant/toddler will achieve trusting relationships with the important adults in their lives. When a child has such a relationship as their foundation, they grow socially, emotionally and cognitively. One of the milestones that mark the emotional development of a baby 4 months and older is milestone two: Falling in love (relating to others in a warm trusting manner). Mastery of this milestone means that a baby has learned that relationships can be joyful and that warmth and love are possible. Around 5 months, some infants eagerly reach out for relationships. They will return your smiles, watch your face with great interest and relax when held.

We will be concentrating on these objectives for the month: To demonstrate caring and cooperation, show interest in self and others to communicate a broad range of emotions through gestures, sounds and words and to express our feelings in appropriate ways.

Important Event: This month we celebrate **Heart Healthy** so **Love Your Heart** by eating these top 10 superfoods: Wild salmon, Quinoa, Olive oil, Sweet potatoes, Kiwifruit, Apples, Lentils, Egg, Edamame and Yogurt (lowfat and nonfat Greek or regular). Make your **Heart Happy** by promoting an active lifestyle. The importance of physical activity: Develops strong bones and muscles, promotes fitness and heart health, burns calories and promotes a healthy weight. Being physically active helps lower the risk for chronic diseases like: Obesity, Osteoporosis (a disease where the bones become brittle and can break), Hypertension (high blood pressure) and Hyperlipidemia (high levels of lipids [fat] in blood). All month we will be handing out heart healthy information, please watch for it.

Important Information: Suzie has moved to the one year old room and Kelsey and Norah will be joining her soon. We will miss them very much. We want to welcome two new infant room friends this month Gabby and Aiden.

If you have any questions or concerns, please contact Mary or Christy. Thanks.

February Red Room Newsletter

Ms. Katy, Ms. Rachel, Ms. Kaitlyn

We can't believe it's already February, this year seems to already be flying by. Last month we said goodbye to Brody, and Oskar as they moved on to blue room. Andrew will also be leaving us due to moving out of town. We will miss them so much! We also welcomed Suzie into red room, she has been doing great with getting to know her new friends, and we have more new friends to come in February! We will be welcoming Kelsey and Norah from the infant room. Ms. Rachel has also officially started in the red room as the assistant teacher, please feel free to ask her any questions that you have and she will either be able to answer them or pass them on to Ms. Katy.

This month we will be going over the following themes:

5 senses

Valentines Day

Forest animals

Storybook theme: Llama Llama

Our Valentines Day party will be on February 12th at 10 am. All parents and family members are welcome to attend. We sent home a list of acceptable items to bring if you want your child to bring in valentines. Ms. Katy will be putting up a sign up sheet on the door for bringing other items to the party.

Dear Blue Room Parents,

We have been pretty lucky with weather recently. Please be sure to bring everything that you would like for them to wear outside. We will do our best to make sure that they keep them on at all times! Thank you so much!

We welcomed lots of friends to our classroom last month. We welcomed Brody and Oskar from the Red Room and F.J. and Keira from outside our center. They have all been a great addition to our Blue Room family!!

We will be having our Valentine Exchange at 10:00 AM on Friday, February 12th. We have chosen to make a heart healthy snack for our party. Please remember that we are unable to accept outside food or drink. We will post a sign-up sheet on Monday for items such as decorations, plates, napkins, and cups. Also, if you choose to bring in Valentine treats, please make sure that they are non-food items. We would love for each child to bring in valentines to exchange with friends during our party. We are attaching a list of suggestions and a class list.

Thanks so much for all you do!

Have a great month of February!

YELLOW ROOM NEWSLETTER

FEBRUARY 2016

We have had a whirlwind start to the new year; we can't believe it's already February! Thank you to all the families who participated in Parent Teacher Conferences; we enjoyed getting to visit with you!

This month we will begin to see some new faces in the form of University of Missouri students who are doing volunteer work for their college classes. It is a real benefit not only to have the extra hands and eyes in the classroom but to have a wide variety of skills and knowledge that they bring with them. Each semester we end up learning right along with them! We look forward to working with them and giving them a great experience!

February also brings us another holiday to celebrate: Valentine's Day! The week before Valentine's Day we will be doing related activities as well as decorating boxes for our valentine card exchange. We are asking that families bring in a tissue box and if your child would like to give valentine cards to their friends we will send out a class list so they can address them. Our Valentine's Day party will be Friday, February 12 @ 3:00pm; we will actually exchange the cards earlier in the day so the party is a little less hectic. We will post a sign up outside the door soon for families who would like to bring items for the party; remember, **no outside food or drink** (this includes candy attached to the valentine cards). If you have any questions, please see Ms. Heather or Ms. Miranda.