

September 2019

What's New

Another busy month! We have welcomed three new amazing teachers. If you haven't had the chance to meet Ms. Kimberly, Ms. Bev, or Ms. Miranda please introduce yourself.

We have also enjoyed "Taste it Tuesday." If you have a healthy snack you would like us to sample, we would love to try it. So far we have tried pineapple, trail mix, and cottage cheese.

Yoga Pose of the month *Mouse Pose*

Mouse pose

- Feel calm as you become more aware of your breath.
- Mouse pose provides deep pressure touch to calm and soothe your nervous system.
- Curl up and squeeze your body to make it small like a mouse. This squeezing action will stimulate & activate the proprioceptive sense to help organise the nervous system, helping you feel more grounded.
- Wriggle your fingers & twitch your mouse 'whiskers', strengthening fingers & wrists.



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We do yoga daily to help calm us down before rest time. Physically, it enhances our flexibility, strength, coordination, and body awareness. In addition, our concentration and a sense of calmness and relaxation improves. Ask your child what is their favorite yoga pose.

Academic

This month we have talked about the following things:

- *Letters E, D, and P
- *Numbers 3,4, and 5
- *Noah and the Ark
- *Jacob's Dream
- *Samuel
- *David and Jonathan

Coming Soon

We will be making some small changes to our classroom and teaching style. In the morning instead of putting your child's name on the "Stoplight board" they will put their magnet on the behavior chart located on the file cabinet by the door. This new chart will give the children the chance to also move up if they are displaying positive behavior. Also you should be noticing less worksheets coming home. That doesn't mean we aren't working hard still we are just providing more hands on learning opportunities.

Reminders

**Grandparents day is October 14th 8-12. If the Grandparent is planning on taking your child for the afternoon please let us know. (Please watch weekly newsletter for more details.)*

*Progress reports will be coming home later this week. Check your child's mailbox for their progress report.

9/23- 10/3 Skills Check

10/9 Family fun Night

10/14 Grandparents day

10/20 Church Turkey and Sausage Dinner

10/26 Trunk or Treat

10/30 Picture Retake day

