

****Connected Journeys****

Ms. Jenna & Ms. Sue T/Th 8-11:30
December 2 - December 20
Winter Break: Dec 23-Jan 6



November was filled with all things sensory! Salt mixed with glitter, cinnamon and a splash of paint created endless opportunities for fabulous fun. Painting with leaves and twigs stimulated much creative thinking. Water, bubbles and egg beaters was definitely a huge hit with *all* students, encouraging lots of cooperative conversation and laughter! This month we will focus on rhythm and rhyme. We'll use rhythm sticks to get our bodies moving to different types of music and tap the beats to our favorite tunes.

Our **favorite** stories last month:

* ***Who Will Carve the Turkey this Year***

by Jerry Pallotta

* ***Pete the Cat Rocking in My School Shoes***

by Eric Litwin

* ***Pete the Cat and his Four Groovy Buttons***

by Eric Litwin

Explore Open-Ended Art:

Children need to touch, see, explore, and manipulate objects and ideas to develop and learn. Open-ended art is the perfect outlet for young children to process the information they take in. This art form taps into three key developmental areas for young children:

1. It allows an emotional outlet.
2. It builds executive function (manage/regulate/persevere)
3. It builds and strengthens fine motor skills necessary for buttoning, sipping, writing and typing.

(The Value of Open-Ended Art, by Christine Maynard & Kara J. Ketter)

****Remember your child's water bottle****

As part of our wellness initiative,
this month's healthy nutrition tid-bit:

Reach for a tall glass of water instead of sugar sweetened drinks. Make water exciting!
Add a slice of lemon, lime, cucumber or watermelon.
(Let'smove.gov)



and... this month's
healthy activity tid-bit:

Kids need 60 minutes of moderate to vigorous active play every day. It may sound like a lot, but it Doesn't all need to happen at one time.
Make bike-riding a family affair!

Show & Tell

Thurs Dec 5- your favorite nursery rhyme

Thurs Dec 12- a musical instrument

Thurs Dec 19 - your favorite song

****Discover the power of cinnamon... helps with exhaustion and fatigue; wonderful effects on nerves; calms you down and makes you more aware, and improves mood☺**

Please feel free to contact us with questions, comments, or concerns or if your child will be out:

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