

## EDUCATIONAL CORNER



March is here, and spring is in the air. As we enter the season of renewal and rebirth, we will continue to work together to help your child flourish and grow... cognitively, emotionally and physically.

March is *National Women's History Month*. March 8<sup>th</sup> is *International Women's Day*, a day that honors working women all over the world.

The first day of spring is March 20<sup>th</sup>. *Plant a Flower Day* is observed on March 12<sup>th</sup>.

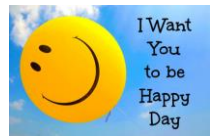
March is *National Nutrition Month*, an annual nutrition education and information campaign that focuses attention on the importance of developing sound eating and physical activity habits. This year's theme is "Fuel for the Future."

March is also *National Reading Month*. Dr. Seuss, one of the world's most well-known children's authors, was born on March 2, 1904. *The Cat in the Hat*, *Green Eggs and Ham* and *One Fish, Two Fish, Red Fish, Blue Fish* are among the best-loved books written by this extraordinary man.

March 3<sup>rd</sup> is "*I Want You to be Happy Day*," which encourages us to do something that makes others happy. *St. Patrick's Day*, a day of celebration and good luck in the Irish culture, is celebrated on March 17<sup>th</sup>.

*Daylight Savings Time* goes into effect on March 12<sup>th</sup>. Don't forget to set your clocks ahead one hour. **And...don't forget to change the batteries in your smoke/carbon monoxide detectors.**

The Creative Curriculum themes for March are "**Light**" for the toddlers and "**Clothes**" for the 3s and 4s. The CECD theme for the month is "**Weather.**"



### INFORMATION and REMINDERS

- ❖ Don't forget to sign up for your March **Parent-Teacher Conference**. It is very important that you know how your child is doing in school. This is the time to speak to your child's teacher without interruptions.
- ❖ The virtual Educational Follow-through will be held on March 27<sup>th</sup>. The topic is "Reading Aloud."
- ❖ **Early Dismissal** is on Friday, March 31<sup>st</sup> at 12:30 PM.



### Healthy Snacks Corner

#### Tropical Green Smoothies

##### Ingredients

- 1 banana (preferably frozen in chunks but room temperature works too)
- 1/2 cup plain yogurt
- 1 small cucumber cut into slices
- 1 cup fresh baby spinach
- 2 kiwis peeled and cut into chunks
- 1 tablespoon honey
- 1 cup fresh pineapple cut into chunks



Put it all in the blender until it's a smoothie!  
For a frothier, colder drink, add a handful of ice, too.  
Makes about 6 small smoothies.

### School Readiness Corner

#### School Readiness Goal – The children will demonstrate respect for diversity.

Your child is discovering the concepts of "same" and "different." Teaching diversity means making a major effort to expose your child to a variety of experiences:

- Attend a variety of cultural and religious celebrations with your child.
- Let your child visit with other preschoolers and explore their cultures.
- Encourage your child to taste a variety of foods and explore music and picture books about diverse cultures.
- Promote the similarities of people, both adults and children.
- Discuss similarities and differences with your child in a language that he understands.

