

***Spin Preschool Newsletter…A program proudly brought to you by Starpoint***

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***2020***

**Messages**

Wow! We have had some very interesting weather so far this year. Please remember that the weather does change very quickly around here. Be sure that your children have the proper clothing to go outside and play. They do go outside daily. There is no Preschool on Tuesday Feb. 4th for teacher work day. Also, all SPIN programs are closed on Monday February 17th in observance of President’s Day.

Michelle Trenhaile- Center Director

**Infant Room**

As we get more friends, we are introducing them to our current friends and learning their routines. Some of you know Ms. Karen is working in the yellow room and Ms. Sydney will be filling in for her. Please feel free to talk to Kaitlyn or see Karen in the yellow room.

We will be working on tummy time for the little ones, while the older ones work on crawling and free-standing. We have also been working on sign language with the children. If you would like to know which signs we are working with, please feel free to ask.

Ms. Karen, Ms. Kaitlyn and Ms. Sydney

**Toddler Room**

It's the beginning of the year and all the children have been growing into their unique selves. They've been really interested in books (especially the 5 monkeys jumping on the bed), we would like to know if there is certain books you and your child like to read at home.  And if you would like to bring the book so we can share it with the class that would be awesome. **Also we are still going outside and it's been a little chilly so if you could please bring the appropriate coat**s. Thank you for letting us be a part of you and your child's lives.

Ms. Angie, Ms. Kris, and Mrs. Pam

 Orange Room

Welcome to a new month in the orange room. We are finishing our sand study and preparing for the insect study, more information to come.

IF you have not brought in a family photo and would like to, please feel free to do so. The children really love to see their family photo on the wall.

**Please keep home toys at home, per the parent handbook.** They are a distraction and can cause fighting. We have plenty of toys for all of the children in the classroom. Please have a discussion with us if you have further questions.

We are looking forward to another wonderful month!

Ms. Terrie and Ms. Courtney

**Purple Room**

This month we will be finishing up our exercise study and move on to the building study. Look for more information as we get closer to the start date.

We will be having a Valentine’s Day Party on Feb. 14. More information will be posted the week prior so please watch for this.

We are working on the problem-solving skills of trading and wait & take turns. We are also working on knowing where the problem-solving charts are and how to use them.

Ms. Patti and Mrs. Chandra

 Ms. Lorene

### Yellow Room

The month of February is here and our class would like to welcome Ms. Allie. This month we will be working on the colors red and pink and our shape will be the heart. We are also working on expressing our feelings and wants to our peers and teachers.

**As a reminder, we go outside daily so please make sure your child has appropriate attire (hats, boots, jackets, gloves) labeled with the child’s name.**

If you have any questions or concerns, please feel free to talk to us or call us at any time.

Ms. Karen and Ms. Allie

**Green Room**

As we start the month of February we will be finishing the signs study and starting the exercise study. We will be working on letters O, P, Q and R. The kids are also working on problem solving and writing numbers and letters. We will be having a Valentine's Party this month, more on that to come later. **Just a reminder even though the weather has been warmer than usual, please bring a coat for your child, as Colorado weather can be very unpredictable.**

Thank you,

Mrs. Savanna

Mrs. Nina

**Family Home Activity Page**

1. **Dance Fever** - have a mini dance party.
2. **Put on a Mini Play** - either use a story you all know or make one up.
3. **Volunteer** - How about a visit to a local nursing home? Or maybe you could take an elderly neighbor on an outing with you, say to a bookstore or coffee shop. Helping others is always a positive experience.
4. **Visit a museum** - science, natural history, art. Go for a drive and enjoy the day together learning.
5. **Painting Rocks** - Find some nice rocks. Paint with acrylic paints. Paint pictures and let them dry. If you want a shiny surface you can put a coat of clear acrylic nail polish over the paint once it has dried.
6. **Have a Limbo Dance** - This is best if you have a few people. Get a rope or a bar that two people can hold and each person has a chance dancing under it. Keep lowering the bar and see who wins. Play some fun steel drum or Caribbean music if you can find it. Or any kind of dance music will do.
7. **Make Me Smile** - Players form a circle with one player in the middle. The person in the middle approaches each player in the circle and asks, “Honey, do you love me?” The person being questioned must answer, “Honey, I love you but I just can’t smile.” If s/he does smile or laugh, s/he becomes “it” and the previous middle person joins the circle. Decide whether you want to allow light tickling or just funny faces.
8. **Red Light Green Light 123** - Person who is “it” says “Red Light Green Light 123″ with their back to the rest of the players. The “IT” Person then turns around and everyone has to FREEZE. Anyone who is caught still moving by It person has to go back to the start. First person to tag it person wins.

SPIN EARLY CHILDHOOD CARE AND EDUCATION CENTER

**FEBUARY 2020**

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| 3)**B**- oatmeal, orange slices, milk**L-** grilled chicken breast on WG bun, mixed veggies, peaches, milk**S**- yogurt, apple slices, water | 4)**B**- WG bagels w/ cream cheese, apricots, milk**L**- sloppy joes on WG bun, French fries, pears, milk**S**- trail mix, milk | 5)**B-** WG cereal, pears, milk**L**- tuna WG pasta salad, cucumber slices, apple slices, milk**S**-, cheese sticks, water | 6)**B**- scrambles eggs, WG toast, banana, milk**L**- Shephard’s Pie w/ mashed potato, bread, peaches, milk**S**- cucumber sandwiches, water | 7)**B**- WG waffles, mandarin oranges, milk**L**- chili w/ beef, saltines, green beans, orange slices, milk**S**- celery w/ cream cheese, milk |
| 10)**B-**WG biscuit & gravy, apple slices, milk **L**- chicken bacon ranch penne, mixed veggies, apricots, milk**S**- cheese sandwiches, milk | 11)**B**- WG English muffin w/ cheese, peaches, milk**L**- beef stroganoff w/ WG noodles, peas, pears, milk**S**- pretzel rods w/ cheese sauce, milk | 12)**B**- WG French toast, applesauce, milk**L**- baked turkey, WG bread slice, mashed potatoes, apple slices, milk**S**- cauliflower, carrot sticks w/ ranch | 13)**B**- cinnamon WG tortillas, banana, milk**L**-ham & beans, saltines, peas, pears, milk**S**-WG toast w/ jelly, milk | 14)**B**- WG cereal, mixed fruit, milk**L**- tuna WG noodle casserole, carrot sticks, orange slices, milk**S**- graham cracker, milk |
| 17) **CLOSED** | 18)**B-** WG bagel w/ cream cheese, apricots, milk**L**- beef tacos w/ lettuce & tomato, corn, peaches, milk**S-** saltines w/ cheese slices, water | 19)**B**- pancakes, applesauce, milk**L**- Hawaiian chicken w/ brown rice, pineapple, cooked carrots, milk**S**- trail mix, milk | 20)**B-** scrambled eggs, WG toast, pears, milk**L-** turkey & cheese sandwiches, banana, cucumber slices, milk**S-** celery w/ almond butter, milk | 21)**B-** oatmeal, banana, milk**L-** WG rotini bake, mixed veggies, orange slices, milk**S-** Goldfish, orange slices, water |
| 24)**B**- cream of wheat, peaches, milk**L** cheesy chicken & broccoli casserole, slice WG bread, mixed fruit, milk**S**- cottage cheese, pineapple, water | 25)**B**- WG English muffin w/ sausage & cheese, mandarin oranges, milk**L-** tuna sandwiches, carrot sticks, apricots, milk**S**- apple slices w/ cheese slices, water | 26)**B**- WG cereal, mixed fruit, milk**L**- Chili WG mac w/ beans, green beans, mandarin oranges, milk**S**- cinnamon WG tortillas, milk | 27)**B-** yogurt parfait/ WG granola, pears, milk**L-** chicken & WG brown rice, carrots, peaches, milk**S-** pretzels, cheese sticks, water | 28) **B**- WG biscuits & gravy, bananas, milk**L-** Ham sandwich on WG bread, cucumbers, apricots, milk**S-** Cucumber sandwich, water |

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\*\*All milk served to participants is unflavored, all participants 2 years and older are served low-fat (1%) milk and children ages 1 to 2 are served whole milk

WG-whole grain