

A NOTE FROM MISS JESSICA & MISS JENAH

April is in the air!

Spring pictures are coming up on April 9th, 10th and 11th. Please watch for posters that contain more information.

We are accepting clothes and toy donations for our classes!

As we are in the flu season, please remember our flu policy. Children must be 24 hours fever free and symptom free before returning to daycare.

We want to give a shout-out to Miss Cassie! She has been an amazing employee. She stepped up to fill in for one of our teachers this past month. She goes over ABC's, numbers and the days of the week. She also never forgets to fit in plenty of stories! Thank you Miss Cassie!

Sweet April showers do bring May flowers!

Miss Jessica & Miss Jenah

TEACHER FUN FACT

If you could have any superpower, what would it be?

Miss Jenah: Teleportation

Miss Jessica: Mind reading

Miss Janet: To see the future

Miss Eva: Mind reading

Miss Brittnei: Super speed

Miss Brenda: Duplication

Miss Tori: Super strength

Miss Tiara: To be invisible

Miss Jenny: Mind reading

Miss Alexis: Teleportation

Miss Melanie: To be invisible

Health & Fitness



25 WAYS TO GET MOVING AT HOME



- 1 Run in place for 30 seconds
- 2 Dance party for 1 minute
- 3 Stand up and sit down 10 times
- 4 Read standing up
- 5 Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
- 6 Jumping jacks for 30 seconds
- 7 Do the hokey pokey
- 8 See how many squats you can do in 15 seconds
- 9 Stand up, touch your toes
- 10 Wall sits while reading
- 11 Practice yoga for 1 minute
- 12 Stretch your hands high over your head
- 13 Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- 14 10 frog jumps
- 15 Standing mountain climbers for 30 seconds
- 16 Stand on one leg, put your hands up, put your hands out to the side
- 17 5 lunges on the right leg, 5 lunges on the left leg
- 18 Practice spelling, do a squat for every vowel
- 19 Skip for 30 seconds, check your heart rate
- 20 Practice spelling by doing a jumping jack for each letter
- 21 30-second plank
- 22 Practice math problems, do a jumping jack every time the answer is an even number
- 23 20 leg lifts
- 24 Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
- 25 High knees for 30 seconds

MOVE MORE MONTH

April is Move More Month. The motto is whatever gets you up and moving – for better physical and mental health.

Children need 60 minutes of aerobic exercise at least 3 days a week, 60 minutes of muscle strengthening at least 3 days a week, and at least 3 days of bone-strengthening activity a week.

heart.org/KidsActivities

AVOIDING FOOD DYES

We've come to expect food dyes in packaged treats and snacks, like when your kid's tongue turns blue from candy or their fingertips turn orange from cheese puffs, because many of these grocery store staples contain artificial dyes and colors.

Artificial food coloring is readily abundant in the products we use everyday, especially in kids products like snacks, candy and even medicine. These synthetic food dyes are made from petroleum and have been found to be carcinogenic, cause hypersensitivity reactions, and instigate behavioral problems.

The website below has a great list of food brands that have removed or are working to remove artificial food dyes.

<https://dfwchild.com/how-to-cut-food-dyes-from-your-diet/>

SWAPS TO AVOID ARTIFICIAL FOOD COLORING

	→			→	
	→			→	
	→			→	

BECAUSE / HEALTH



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



count



go for a walk



take a drink



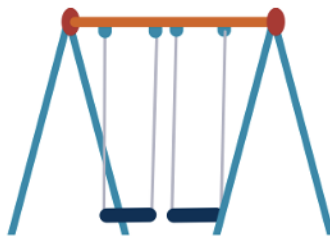
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle

CARE-A-LOT

Welcome spring!

We want to officially welcome **Cason, Nova and Lyla** to the Care-A-Lot room. We see it as a privilege to get to join you in your baby's first year of life.

This month we are going to continue working on tummy time and sitting up with support. A few of our little bears have been trying really hard to reach their milestones. **Zander** is starting to stand holding on to something for support. **Berrit** is now rolling over! Way to go guys!

Live, love and laugh because spring is finally here!

Miss Eva

DISNEY

Hello friends!

This month we will continue to work with all our Disney crew's fine motor skills. We have been enjoying a lot of sensory activities lately. It is so fun to watch the kids explore and figure out how fun new textures and activities can be.

We want to give a welcoming shout-out to our new friend **Niana**. She is an absolute joy to have in our room. She is full of giggles and adventure. **Addie** tells the best stories. They usually include dad. He is definitely her favorite topic. What a hoot!

Happy Birthday to **Lillian**!! We hope you have a special day filled with all your favorite things.

Don't forget spring pictures are coming up on the **9th** starting at 8am. We can't wait to see all the kids' beautiful smiles!

As spring swoops in, we want to get outside for walks as much as possible. In order to do this, please bring a jacket, hat and sunscreen for your little Disney crew member. If possible, we would also love to explore the toddler playground. Shoes are needed to be the best explorers we can be. Thank you in advance for bringing in all these items so we can thoroughly enjoy spring!

Miss Brittini

DUCKS

You know what they say, April showers...

We are so excited for Spring and all the nice weather. We will be learning about spring, the circus, bugs and Earth Day. To learn more about how we can take care of our planet on Earth Day, we will be doing a recycling activity.

We are hoping to go outside more as the weather warms up, so we are asking our Duck parents to make sure your little duckling has shoes and weather appropriate attire.

Learning to share can be so hard some days, but **Mah'Khi** was so sweet by helping pick up his friend's toy when they dropped it and he gave it back to them. **Melanie** has quickly become obsessed with bubbles! She gets so excited when the bubble machine comes out and she tries to pop them all!

Be sure to have your Duck all cozy and ready to celebrate Pajama Day on **April 26th**, with their most comfortable pajamas!

... can't wait for them May flowers!

Miss Tiara & Miss Jenny

BUTTERFLIES

Happy spring!

This month we will be learning about the weather and the days of the week. We will be learning about Earth Day and how we can take care of our planet through recycling. We will also be learning about circus animals & bugs, and doing activities & art projects about them. Our PJ & Movie Day is on the **19th**!

We are excited to be welcoming two new friends, **Carter** and **Nirvan**!

Quinn is doing such a great job with potty training. Let's go Quinn!
Gaia is such a kind friend by sharing her toys!

As the weather starts to warm up, we will be going outside a lot more. Please make sure your child has weather appropriate clothes.

Have a great month!

Miss Shelby

BEES

Welcome to the Bee room, where spring is blooming!

This month we are going to be exploring Earth Day. What does it take to keep our Earth clean? We will also take several walks to discover nature and all it entails. Along the way we will look for circular objects to help us learn our shapes.

T.J. and **Isla** are seeing the world from a whole new perspective as they both started to walk on their own!

We want to give a special birthday shout-out to **Holden**! Happy Birthday, buddy!

Don't forget to wear your coziest pajamas on **April 26th**, as we celebrate Pajama Day.

For our outdoor walks & playtime, please make sure your child has a jacket, shoes, hat and sunscreen. Thank you for bringing these supplies for your Bees.

Enjoy a happy spring from the Bee room!

Miss Brenda

DRAGONFLIES

The Dragonflies are looking forward to getting into the spring spirit!

Miss Tori is very excited to be the lead teacher in the Dragonfly room. She is looking forward to meeting all the kids & their families!

April showers bring May flowers! We will be looking at seedlings, and watching them grow. We will also be learning about spring, the circus, bugs & recycling! When we learn about bugs, we will go on a bug scavenger hunt to find different types of bugs.

Mark your calendars for **April 10th!** We will have spring pictures. We can't wait to see the kids & their big smiles!

Shane is always so kind and willing to help his friends. He is great at following directions, and sharing his toys with his friends. Thank you for being a kind friend!

Happy Birthday to **Beau & Amelia!** We hope you have a fun-filled day!

We look forward to a month of fun & learning!

Miss Tori & Miss Bre

FROGS

We'd love to say hello spring, as we will be learning about more about spring and what it brings.

Our little Frogs will be working on the letters P, Q, R and S. This month we will be enjoying the circus and also learning about those creep crawly bugs. We will learn about Earth Day and how to take care of our planet through recycling. On **April 26th**, we will celebrate Earth Day with a scavenger hunt outside.

With the cooler temps in the mornings, please remember to bring a jacket for your little Frog.

Jimena is doing great at sharing with friends! **Anastasia** is making leaping progress in recognizing her letters!

We would love to wish **Isaiah** a Happy Birthday! We hope you have a great day!

April 19th is our PJ & Movie Day.

We are excited for warmer weather and sunshine!

Miss Mattie

SNAILS

Happy spring from the Snails!

This month we will be learning about all things spring! We will learn about caring for our planet through Earth Day activities and recycling. We will also be learning and exploring about bugs.

Aiden is definitely making a great strides in using his kind words. Potty training can be hard, but not for **Marli**, she has gotten potty training down! Woo Hoo!

On **April 19th**, we will have our PJ & Movie Day! Be sure to get your Snails all cozied up in their most comfortable pajamas!

Let's watch our friends and flowers bloom this month!

Miss Alexis

PRE-K

Welcome April!

We will be learning about spring, the circus and bugs through various activities & art projects. This month we will be learning about Earth Day and how to take care of our planet through recycling. The letters we will be learning and reviewing are U, V, W, X, Y and Z. Our Pre-K class is going to do great.

We want to welcome our new Pre-K friend, **Tre!**

Maezee and **Tayah** have grown to be great helpers in the classroom.

Our PJ & Movie Day will be on **April 19th**. Be sure your Pre-K kiddo is all cozy in their favorite pajamas. On **April 26th**, we will be having an Earth Day activity outside, if the weather is allowing.

Miss Rachel and I ask that you bring a baby and present day photo for your child to be used in our graduation slideshow.

We hope everyone has a great April!

Miss Melanie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 THEME: Spring: Rain, Birds & Kites 	1 We will make spring art projects!	2	3 We will make bird feeders!	4	5 We will design our own kites!	6
7 THEME: Circus	8 We will feed cotton candy to clowns in a letter activity.	9 NO SCHOOL Sergeant Bluff- Luton Schools	10 We will play pin the nose on the clown.	11	12 We will do circus themed yoga!	13
14 THEME: A Bug's Life	15 We will search the center for bugs in a scavenger hunt!	16 PICTURE DAY	17 We will do bug movement actions!	18	19 We will do a roll & graph activity! SNAILS, BUTTERFLIES, FROGS & PRE-K PJ & Movie Day	20
21 THEME: Earth Day & Recycling	22 We will make Earth Day windsocks! 	23	24 We will make art from recycled items!	25	26 We will search the center for recycling signs! DUCKS & BEES PJ Day FROGS & PRE-K Earth Day Activity	27
28 THEME: The Wonderful World of Disney	29 We will read stories with Disney characters!	30	1 We will do a freeze dance with Disney songs!	2	3 We will search the center for Mickey & Minnie ears!	4