



A NOTE FROM MISS ERICA & MISS WHITNEY

Spring is in the air!

With the weather getting nicer, we will be going outside more. Please be sure you send your child to Building Blocks with a sweater or jacket, since it is still a little chilly in the mornings. Along with this, please check to see if your child has a weather appropriate change of clothes in their cubby.

A reminder, each child needs two blankets for nap time. Each of their blankets need to be able to fit inside of their cubby, along with any stuffie they bring.

Rain or shine, we learn all the time. We hope everyone has a great month!

Miss Erica & Miss Whitney

TEACHER FUN FACT

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

Miss Erica: To fly

Miss Whitney: To be invisible

Miss Ariel: To fly

Miss Nataleigh: To be invisible

Miss Soraya: Time travel

Miss Becky: Super vision

Miss Madison: Teleportation

Miss Zoe: To read minds

Miss Yesenia: To be invisible

Miss Lexi: To fly

Miss Yasmin: Time travels

Miss Jana: To be invisible

Miss Chloe: To be invisible

Miss Daisy: To fly

Miss Dayna: Super strength

Miss Becca: To read minds

Miss Natalie: To talk to animals

Miss Anna: Teleportation

Miss Alyssa: Luck

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



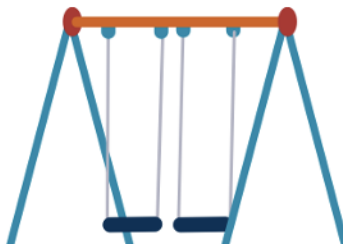
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle

CARE-A-LOT

April showers bring May..

We will be working on art projects this month that go with our themes of spring, the circus, and A Bug's Life. We will be learning about Earth Day, so keep an eye out for all of the cute projects coming your way! We will be having sensory play with crinkle books and sensory tiles that have various textures.

We will be working on sitting up and tummy time to help build our balance and neck muscles.

Kaylee is making strides as she is crawling now and **Loralynn** is starting baby food!

We will be having our Picture Day on the **3rd**.

Let's bloom like May flowers!

Miss Ariel & Miss Nataleigh

BEES

Welcome to the most bizarre class ever...APRIL FOOLS! We love our Bees!

This month we will decorate our own kites. The kids will learn about circus animals and how fun the circus is. We will celebrate Earth Day by learning all about what a plant needs to survive and how we can keep our earth clean. As spring approaches, bugs start to come out again. We will take time to learn all about bugs and their life cycles. We hopefully will get outside to explore everything we are learning.

Although **Ben** hasn't started walking, he has learned to take his first steps in the classroom. **Kharizthma** has been a helping hand in our classroom. She holds her friends by the hands to walk them to the lunchroom.

We hope this April Fools Day brings nothing but tricks and jokes! Happy April!

Miss Yesenia

BUTTERFLIES

April showers bring May Flowers!

This month we are going to get into the spring spirit by planting our own flowers. We will learn all about what a plant needs to survive and thrive in the world. We are going to continue to work on our counting skills. We are going to sort & count colorful bears. As a class we always are looking to learn new things.

Baely is saying her planets more clearly. What a fun fact to know! **Riley** is such a helper. She is always the first to help pick up and organize the book. Thank you **Riley**!

Have a happy April!

Miss Lexi & Miss Yasmin

DISNEY

Welcome to April for nothing but jokes and fun!

This month we will be learning about Earth Day. We will talk about flowers and trees.

Two of our Disney babies are almost on the move! Be on the lookout for **Mateo** as he knows how to stand on his own now. **Nayeli** is seeing the world from a new perspective now that she sits up!

Please be sure your child has an extra set of clothes, diapers, wipes and formula. We do mark on their daily sheets when they start to get low on supplies.

We hope everyone has a great month!

Miss Becky & Miss Soraya

DUCKS

Here's to a happy and fulfilling April!

This month we will be learning about spring and summer activities, bugs and insects, Earth Day, and the importance of recycling. We will make projects out of recycled materials such as soda bottles, egg cartons and water bottles.

Nathaniel is using more words to communicate with his teachers and friends. **Kaelynn** is getting better at sharing toys with her friends. It is amazing to watch our Ducks grow into such great friends!

We wish you all a very happy April filled with sunshine, laughter and all the things that make you smile!

Miss Madison & Miss Zoe

DRAGONFLIES

Happy spring!

We are loving the warmer weather. In hopes that it continues, we are going to jump right into learning about spring! We hope to get outside into nature to explore all the changing colors that come with spring. Flowers, bugs, and trees, what all will we see?

This past month we welcomed two new dragonflies. Welcome to **Liam and Finlee**! We are so happy you have joined our class.

Emma is starting to express her feelings better. **Lyla** has really grown into her voice recently. She has started to become very talkative.

We are so excited for everything that spring will bring!

Miss Jana & Miss Chloe

FROGS

Welcome April! We wish everyone a wonderful month filled with love and happiness.

This April we will be learning about spring, bugs and the circus. We will also be walking up to the water tower towards the end of April. Please make sure kids are dressed appropriate for the weather.

Braxton is almost done with potty training and **Oaklynn** turns 3 this month! Both are such huge milestones!

Have a great April!

Miss Dayna

ALLIGATORS

Welcome to spring!

We are excited for spring and all the nice weather it will bring! We will continue to explore the changes from winter to spring. We will keep an eye on the trees and grass, as we watch spring peek into our lives.

Our goals for this month are to master being able to write our own names.

Two star students this month are **Alexa and Jack**. **Alexa** is always trying to help the teacher and is kind to her friends. **Jack** is doing a really good job with potty training.

Happy Birthday to **Owen**! We hope you have an amazing birthday this year!

Miss Daisy

TURTLES

Spring has sprung! We can't wait for the nice weather!

This month we will be learning all about spring, bugs and their life cycle, going to the circus, and Earth Day. Along with Earth Day, we will learn about why it is important to keep our world clean. A fun project we have planned is puffy paint cotton candy.

Angel and Lorenzo worked together to build towers. They tried to see how tall they could make the tower before it fell over! We love that these two boys have become such good friends.

Happy Birthday to **Ellie**! We hope you have the best day!

We are going to be headed outside as much as possible, so please be sure your child has weather appropriate clothing. We hope you have a great month!

Miss Becca

LIZARDS

Hello! I am excited to announce that I am the new Lizard teacher! We are going to have a fun time learning & exploring!

This month we are going to talk about everything that comes with spring. We can't wait to get outside and explore all the changes it brings. We will be planting and growing our own flowers. We will learn what it takes to make a flower grow. We will also be learning about the circus. It will be fun to talk about all the fun things that people see at the circus.

Giyonna is doing amazing with art! **Damian** is learning how to use the potty! Way to go you two!

We can't wait for a great month!

Miss Natalie

PRE-K

We are swinging into spring with the Pre-K.

This month we are going to end our exercise unit and begin our tree study. We will go on walks to get closer to nature. We are going to make fruit pizza to learn about balancing healthy foods and work on mathematics.

Happy Birthday to **Isma**! We can't wait to celebrate with you!

As preschoolers, we all strive to be kind to everyone in our classroom. **Caydence and Eleanor** have shown kindness when they share toys so well during dramatic play. **Emmrick** showed us his incredible rhyming skills when he found five words that rhyme with ghost. Way to go guys!

Happy spring! Enjoy the warmer weather!

Miss Anna & Miss Alyssa

SCHOOL-AGERS

Welcome to April! We are ready for showers instead of snow & March winds.

This month we are going to start our own small garden. Save your egg shells to help us feed our new plants.

A few school-age girls helped Miss Anna hang up art. Thank you girls for being so helpful! We welcomed back to the school-age room, **Cristian**. We are so happy you are back!

We still ask that you send your child with a jacket.

With the school year coming to an end, please watch for the summer sign-up sheets. This will help us be able to plan more efficiently for summer.

We can't wait for all the fun that summer will bring. Thank you for all your communication and support!

Miss Alyssa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 THEME: Spring: Rain, Birds & Kites 	1 We will make spring art projects! NO SCHOOL Sioux City Schools	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	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	17 We will do bug movement actions!	18	19 We will do a roll & graph activity!	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!	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