

Preschool Newsletter for the Month of December



Themes and Activities

Bodies

- **Week 1**
 - **Exercising**
 - **Yoga**
- **Week 2**
 - **Parts of the Body**
 - **Playing Twister**
- **Week 3**
 - **Height/Weight**
 - **Tracing our Body**
- **Week 4**
 - **Healthy eating for your body**
 - **What foods fuel us**



SPECIAL DAYS

- December 6th Pajama Day
- December 20th Super Hero Day



Reminders

Bring your child's blanket home on Friday's to be washed and bring them back on Monday. This will help us cut down on sickness germs.
Thank you!

Skill to work on with your child:

Covering our coughs

Announcements

We will be closed December 25th