



SCHOOL FOR FRIENDS

Director's Report

INTERNATIONAL DINNERS

Plan to attend these fun potluck dinners after school in April. Each class has its own so there is plenty of time to get to know one another. Don't worry if your child doesn't eat too much – that'll mean more great food for the adults. Mark your calendars now:

GR – 4/19

RR – 4/25

BR – 4/26.

NUTRITIONAL BREAKFAST FACTOIDS

- One-third of 24-month-old children consume no fruit, 67% consume baked desserts, 20% candy, and 44% sweetened beverages each day.
- The most commonly consumed vegetable at the age of 2 years is French fries.
- When children eat breakfast daily: the nutritional content appears to be of higher quality, and children tend to eat foods with higher nutritional content later in the day.
- Contributing factors to the consumption of a nutritious breakfast include parental involvement in preparing breakfast, eating breakfast with the child, and providing healthy food choices for the child.
- Consuming a breakfast consisting of more complex carbohydrates (whole grain cereals and fiber) and less simple sugars (high-sugar cereals) allows for a more sustained attention span later into the morning.
- It may take up to 15 exposures to a food before a child will accept it. That is why it is essential to introduce a variety of foods to children and to continue to re-introduce them as the child develops.

- "A nutritious breakfast jumpstarts the day," by Lisa Ramey in Child Care Exchange.



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THANKS TO:

Michael McBride, Victoria

Fort, & Harvie Haun for a

great simple meal after

meeting for worship at the

Friends Meeting of

Washington on Sunday the

27th. It was a delicious meal

and gave the school

community a chance to

interact with the meeting

members. Thanks to the

families who contributed food

and worked to set up, serve,

and clean up. It's an

important event in the life of

the school each year.

School is closed on
Friday, April 22nd for Staff
Development Day

Quaker House Newsletter

It is April and we are all ready for some sunny weather and the end of the winter months. As March came and went rapidly, the QH Room has experienced many different activities and has done lots of different fun projects. We enjoyed the many cooking activities that taught us how to use our numbers, measurements, and we even went to the grocery store to pick out vegetables and to the bakery for bread. We discussed what it means to be a good friend and what we can do to show others how to be a good friend. Each month the blocks and choice of books and puzzles and some toys are rotated in and out of the classroom, and for the month of March we rotated the KAPLA blocks into the classroom. Quaker house really enjoyed having the KAPLA blocks in the classroom as we all put in a lot of time to building the different structures we saw in the books provided. Towards the end of the month we talked to Colin and his mom about their addition to their Family. And on March 19th, Colin's little brother was born. Congratulations to the Heenan Family!

As this month of April comes in, the children will become more aware of the different changes that will take place. They will talk about the growth of the leaves on the trees, the blossoming of the flowers, the Spring Holidays, and the birth of the many animal babies born in the Spring. With April being the month to focus on the Earth we will take time to explore the Earth by exploring the changes in the weather, taking walks and watching the plants grow. We will also explore the growth of our bodies strength, spatial awareness, flexibility, and range of motion. **Why Teach Movement?** Hops, skips, and jumps are not simply child's play. Daily movement is an important part of a child's educational experience. Preschoolers are ready to acquire and practice new motor skills at this stage of rapid development. New experiences can help them learn motor skills that they'll use for a lifetime. Regular physical activity for preschoolers may:

- improve a child's fitness, in both health-related and skill-related areas.
- build fundamental motor skills like running, jumping, or skipping.
- aid developmental growth.
- increase awareness of the body in space.
- reinforce a good self-concept through participation in success-oriented tasks.
- enhance language skills.
- strengthen social skills.
- encourage expressive/imitative thought and problem-solving.
- instill a love for movement.

As we move into Bodies in Motion, parents, we ask if you have any exercise equipment such as yoga mats or exercise balls, feel free to bring them in!

Upcoming Holidays

April 19th: Passover

April 22nd: Earth Day

April 24th: Easter

Rainbow Room Newsletter



In the first week of March we finished



our Black History theme in which we celebrated African Americans who made contributions to the world. The heroes and heroines of history we chose were Dr. Martin Luther King Jr., Wilma Rudolph, Benjamin Banneker, Maya Angelou, Duke Ellington, and Barack Obama. We found out two facts about each of them, and the children were confident when answering questions about the contributions that they made to our society.

During the second week, we began learning about community helpers. In our classroom we dedicated a bulletin board in the class to represent a variety of community helpers. The children placed them on the board and as they chose them, they told the teachers what services each one provided to help our community operate. The Rainbows voted on what helpers to focus on as we transformed the dramatic play area. They chose a fire station, restaurant, and post office.

Makai and LaJuan would like to thank everyone for donating items to make our activities and projects successful. Also, thanks for supplementing our snacks with fresh fruits and vegetables.



Reminders:

- Please make sure your child has two extra sets of clothing in the cubbies at all times. We have limited options in our lost and found basket.
- Please plan to attend the **International Dinner on April 25**. It is a good time to socialize, eat delicious food, and see your child and his/her classmates interact as a group.

Thanks,
Rainbow Room Teachers

Green Room Newsletter

Spring has arrived, although it seems to be in disguise. The Green Room has many exciting and challenging activities planned for the season and for the month of April.



In the month of March we focused on the following themes: Review Colors, Numbers, Shapes and Alphabet and Dinosaurs.

For Review activities, we reviewed and continued to explore more about colors, numbers, shapes and alphabet. For the theme "Dinosaurs" we learn dinosaurs names, their

habitat, created a dig site (in the water table with sand) and did several art activities. For our community service activities we made cards (drawing with notes) for a Friends school in Japan.

In the month of April our themes are: "Spring" and "Community Helpers". In addition we will be going on trips to several places. For "Spring" we will be focusing on occurrences in nature and special events such as Easter and Passover. For the theme "Community Helpers" we will be looking at some of the jobs/services that people do in our community. In April we will also start our trips to various places such as museums, the zoo, a parent's office, stores and others.



Special events:

April 19 - **International Dinner**

Trips in the Green Room:

April 6 - Walk to the Subway

April 13 - National Museum of National History

April 20 - Grocery Store April 27 – National Air and Space Museum

Birthdays:

April 30 – Jackie Whiting



Blue Room Newsletter

What happened in March?



In the beginning of March we finished our "Colors" theme. This gave the children an opportunity to mix primary colors in order to make secondary colors. Thanks to all the parents for participating by dressing your child in the appropriate color. This theme exposed the children to many colors (red, orange, yellow,

green, blue, purple, gray, brown, pink, etc). We are already exposing the children to color during our daily routines such as free constructive play, circle time and teacher directed activities. It is not expected that the children know all their colors; however; if they do then, that is fine as well.

We also learned about grassland, desert, and forest animals. The children did a great job recognizing the animals and recreating their sounds.



We also started our "Spring" theme, which has been transitioned into the month of April...

Spring Theme

We begin learning about flowers, plants, caterpillars and butterflies. We will do "Easter Egg Activities" in the April. We will also have a Bunny Brunch. Where the children bring in one food (carrot, celery, apple, etc) that they think bunnies eat. We will pretend we are the bunnies and eat the snack! We will also start planting flowers and plants.

Wish List

We are starting a "Planting" lesson within the "Spring". Please, parents if you have any extra: pots, soil, dirt and/or seeds, could you please help us with our "Planting" theme? We would greatly appreciate it!

Friendly Reminders

Please check/change your child's "change of cubby" and replace with the appropriate clothing items.

April 2nd-Jackson's Birthday

April 22-Teacher's Professional Development Day
(school is closed)

April 26-International Dinner



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